

**NEW YORK STATE EDUCATION DEPARTMENT  
MIDDLE LEVEL CAREER AND TECHNICAL EDUCATION  
HEALTH, SAFETY, AND WELLNESS THEME MODULE  
UPDATED JUNE 2023**

## MODULE DESCRIPTION

This module introduces students to health-, safety-, and wellness-enhancing behaviors. Students will examine ways that personal choices and experiences affect their current wellness and long-term



- d. Define "mental health"
- e. Identify school personnel with whom to discuss social, emotional, or mental health issues
- f. Identify school, workplace, and community resources providing services for individuals and families facing social, emotional, or mental health issues

## 6. STRESS MANAGEMENT

Students will:

- a. Define "stress" and identify situations that contribute to stress
- b. Discuss how stress and poor emotional health can affect the immune system
- c. Recognize signs of stress and take steps to reduce its impact on overall wellness
- d. Research and practice techniques to manage stressful situations
- e. Assess the effectiveness of stress management techniques and determine steps to take to address stress if reduction is not achieved

## 7. CAREERS IN HEALTH, SAFETY, AND WELLNESS FIELDS

Students will:

- a. Investigate knowledge, skills, and practices needed for a career in the healthcare, human services, and safety fields
- b. Analyze career paths within the healthcare, human services, and safety fields
- c. Evaluate personal skills, abilities, and interests for employment in the healthcare, human services, and safety fields

## ILLUSTRATIVE ACTIVITIES BY CTE CONTENT AREA



Divide the class into small groups. Give each group a workplace situation. Ask the groups to discuss how the situation might be stressful. Invite the groups to roleplay both a positive and a negative reaction to one of the stressful workplace situations.

Workplace situations might include:

- A new boss is starting at the company next week
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14.0 Nutrition and Wellness

Demonstrate nutrition and wellness practices that enhance individual and family well-being.

14.1 Analyze factors that influence nutrition and wellness practices across the life span.

14.1.1 Explain physical, emotional, and social factors that influence nutrition and wellness practices across the life span.

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4. Students will develop an understanding of the cultural, social, economic, and political effects of

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