

Everyday, the youth in New York State are expected to make choices that affect their health and well-being now and in the future. The disciplines of Health Education, Physical Education & Family and Consumer Sciences provide a natural foundation for the NYS standards. Each makes a significant contribution to the education and development of the whole child. Together they embrace a broad range of related skills, concepts, and attitudes that prepare students to make these decisions.

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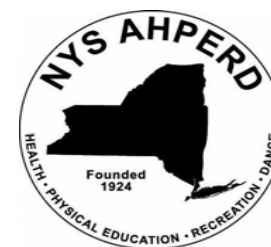
### ***Some suggestions to support lifelong wellness within your family:***

- Model good nutrition and eating habits
- Encourage an active lifestyle
- Teach children to solve problems without violence
- Eat meals together
- Talk with and listen to your children
- Teach your children to budget their money
- Turn off the TV and go for a walk
- Volunteer in the community
- Be knowledgeable about and support your children's school and social activities
- Acknowledge and foster responsible and respectful behavior
- Challenge your children to always do their best

NYSUT Subject Area Committee for Health Education,  
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## **Parent's Guide to New York State Learning Standards in:**

***Health Education,  
Physical Education and  
Family & Consumer Sciences***



**New York State**  
**PTA®**  
*everychild.one voice.®*



New York State United Teachers

***Health Education, Physical Education and Family and Consumer Sciences teachers focus on learning activities which foster skills for living and enable students to become competent, confident, and responsible adults and, therefore, enhance the quality of their lives and communities.***

### **CHARACTER DEVELOPMENT**

We teach:

- Bullying/violence prevention
- Conflict resolution skills
- Cooperation
- Fairness
- Honesty
- Interpersonal/social skills
- Responsibility
- Respect for self and others
- Self-discipline
- Goal setting

### **LIFELONG WELLNESS**

We promote:

- Disease prevention
- Environmental Health
- Fitness and weight control
- Mental and emotional well-being
- Nutrition
- Physical activity for life
- Sex education/risk reduction
- Stress management
- Family health history- risk factor

### **DECISION MAKING**

We provide information for responsible choices:

- Alcohol
- Career exploration
- Consumerism/resource management
- Drugs
- Eating habits
- Environmental responsibility
- Exercise
- Family life and parenting
- Tobacco