



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 and Family & Consumer Sciences provide a natural foundation for the state 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.

www.nysut.org
www.nyspta.org



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
- Keep open lines of communication in regards to sex, drugs and social media
- Turn off electronics and go for a walk
- Monitor your child's online activity
- Volunteer in the community
- Be knowledgeable about and support your children's school and social activities
- Model and foster responsible and respectful behavior
- Challenge you children to always do their best

**NYSUT Subject Area Committee for Health Education,
Physical Education, and Family & Consumer Sciences**
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A Family Guide to New York State Learning Standards in

Health Education, Physical Education and Family & Consumer Sciences



New York State
PTA[®]
everychild.onevoice.[®]



Health Education, Physical Education and Family and Consumer Sciences teachers focus on learning activities that 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:

- Violence prevention/ anti-bullying
- 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 factors
- Team building
- Good sportsmanship

DECISION MAKING

We provide information for responsible choices regarding:

- High risk behaviors
- Addiction
- Alcohol, tobacco and other drugs
- Career exploration
- Consumerism/resource management
- Eating habits
- Environmental responsibility
- Exercise, health and wellness
- Family life and parenting

