

Workplace Readiness Skills for the Commonwealth Grades 9 – 10 Home

Professional Knowledge and Skills

11. **Health and Safety:** Follows safety guidelines and manages personal health

Objective: Student will identify physical and psychological needs.

Activities:

1. Discuss physical needs and physical changes with your son/daughter.
2. Identify community resources that can provide information about physical and psychological needs.
3. Create list of concerns about self and brainstorm ideas to address these concerns.

Objective: The student will be able to determine potential health and safety hazards and how to handle them.

Activities:

1. Discuss with your son/daughter when to call 911.
2. Discuss with your son/daughter when to contact a doctor.
3. Go through the home with your son/daughter and have them assist in identifying health and safety hazards.