

<b>Title</b>	<b>Describe factors that influence, and strategies to manage, personal wellness in a prison environment</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	<p>This unit standard is for people working in a prison environment and covers the knowledge and skills required to manage their own personal health and wellbeing in a prison environment.</p> <p>People credited with this unit standard are able to describe factors that influence, and strategies to manage, personal wellness in a prison environment.</p>
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<b>Classification</b>	Offender Management > Prison Safety and Security
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Legislation  
 Corrections Act 2004;  
 Corrections Regulations 2005;  
 Health and Safety at Work Act 2015;  
 and any subsequent amendments or replacements.
- 2 References  
 The Department of Corrections, Policy and Legislation, available at [https://www.corrections.govt.nz/resources/policy\\_and\\_legislation](https://www.corrections.govt.nz/resources/policy_and_legislation)  
 The Department of Corrections, Prison Operations Manual, available at [https://www.corrections.govt.nz/resources/policy\\_and\\_legislation/Prison-Operations-Manual](https://www.corrections.govt.nz/resources/policy_and_legislation/Prison-Operations-Manual)  
 The Human Rights Commission, Prison policy, prison regime and prisoners' rights in New Zealand, available at [https://www.hrc.co.nz/files/6414/2550/8365/Young\\_year\\_-\\_Prison\\_policy\\_prison\\_regime\\_and\\_prisoners\\_rights\\_in\\_NZ.pdf](https://www.hrc.co.nz/files/6414/2550/8365/Young_year_-_Prison_policy_prison_regime_and_prisoners_rights_in_NZ.pdf).
- 3 Definition  
*Organisational policies and procedures* refer to the formal policies and procedures for a specific prison site and its activities, and which are consistent with its lead organisation.

#### 4 Assessment

For the outcomes of this unit standard, evidence is required of the following:

- understanding and recall of applicable legislation;
- use of technology applicable to the prison site;
- applicable reporting and recording;
- all performance criteria are to be in accordance with organisational policies and procedures.

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## Outcomes and performance criteria

### Outcome 1

Describe factors that influence, and strategies to manage, personal wellness in a prison environment.

### Performance criteria

- 1.1 Describe personal environment factors that could influence personal wellness.
- 1.2 Describe prison workplace environment factors that could influence own personal wellness.
- 2.1 Describe strategies to manage personal wellness.
- 2.2 Describe resources available to support personal wellness.

<b>Planned review date</b>	31 December 2026
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### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	15 September 2016	31 December 2024
Revision	2	25 July 2019	31 December 2024
Review	3	29 July 2021	N/A
Rollover	4	28 April 2022	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0121
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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### Comments on this unit standard

Please contact Toitu te Waiora Community, Health, Education and Social Services Workforce Development Council [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) if you wish to suggest changes to the content of this unit standard.