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Program focuses on:

Emotional Wellness 

Physical Wellness 

Intellectual Wellness 

Financial Wellness 

Occupational Wellness 

Spiritual Wellness 

Environmental Wellness 

Social Wellness 

**Adulting 101**



Does money stress you out? Do you have debt? Adulting 101 will walk participants through how to budget, how to choose a credit card, and how to start saving money now. Engage in a financial check up to determine where you are in your financial journey and how much you know about finances. You will be given resources and tips to help you start saving and feel confident in your financial state!

**Blunt Talk**



Get ready to be blunt, because this is not your average discussion about marijuana. Join us for an honest, unbiased conversation about marijuana use. Learn about ways to reduce your harm and risk if you choose to use. In addition, we will talk about what to do if you or a friend is getting a little too high in the clouds. We have high hopes that you will learn a few new things!

**CLASPing Together at FGCU**



Are you worried about a friend, peer, or family member who is considering suicide or struggling with depression or anxiety? Suicide is the second leading cause of death for college aged students. The Collegiate Life Alliance for Suicide and Prevention (CLASP) is here to help! CLASP serves as an acronym that stands for Convey Care, Listen and Communicate without judgement, ASK DIRECTLY about suicide, Stay Focused and be Present, & Provide Resources. This presentation will allow us to CLASP together for suicide prevention!

## Condom Sense



Condoms! Demos! Oh my! Join us for some fun while participating in a condom race, a wide variety of condom demonstrations, and deciphering the correct order to putting on a condom. Once the basics are covered, teams will go head-to-head in this interactive program that hits on topics like STD's and contraception. Do you have condom sense?

## Do You Wanna...?



Once you decide you wanna to be intimate with someone, consent should be the first step, "So, do you wanna...?" We are taught that yes means yes and anything else is no. This is correct. However, yes can be shown in different ways, same with no, "That feels goods.", "I don't like that." This program gives students tools to use when they want to engage intimately with someone and make sure it is consensual. We will bridge the gap between understanding and implementing consent into future intimate activities.

## Escalation Workshop



**(1.5hr, facilitated by professional staff only)**

This program will help participants identify the warning signs of relationship abuse and teach participant skills on how to intervene to help oneself or a friend.

## Kiwi, Do You Love Me?



Getting tired of Ramen noodles and mac and cheese? This program is just for you! Learn about nutrition labels, the barriers to healthy eating, and how to keep a little money in your pocket! You will leave knowing how to make better food choices, even with the schedule of a college student!

## Love Yo'Self



We tend to focus on parts of our body that we dislike, physical features we want to change, and often compare ourselves to others. How did our idea of beauty become so distorted? What would it be like if we embraced who we are? It's time to learn how to LOVE the way you look. This presentation is designed to give you the facts about body image, help you recognize your self-perception, and empower you to think positively about your body!

## Mental Health Jeopardy



I'll take Mental Health Myths for 200, Alex! Yep, it's Jeopardy with a *mind*-ful twist. In this program, you will learn about mental health myths and how to improve your mental health. We also cover the important topics of anxiety and depression, which affect a large number of college students. Learn more about this important topic and become informed while having a good time with your friends.

## Mental Health Matters



In this program, you will learn about mental health myths and how to improve your mental health. We cover basic terminology, review the most common problems college students face, and discuss how to help a friend (or yourself!) who might be struggling.

## Overstimulated: Cocaine



What is all the buzz about? It is safe to say that cocaine can get you "Overstimulated". Let's find out what a stimulant is and how it affects the body. More importantly, why do people use cocaine to get overstimulated? There has to be another way to get stimulated safely and this program will teach you how to help yourself and a friend.

## Overstimulated: Study Drugs



We all know that studying is necessary in college and the course load can be heavy. We will do whatever it takes to get the best grade possible, maybe even take a stimulant to get there. 1 in every 5 college students (20%) report using study drugs without a prescription to take exams, write papers, and study. There is a cost to using stimulants even if we get the grade we are looking for. This program will show how stimulants effect the body in the short and long term and what it feels like when you misuse a stimulant. There is always another way to excel academically without use study drugs, we are here to show you the way.

## Party Smart



Do you know how to Party Smart? Learn how! Come pour yourself a “drink” to learn about standard drink sizes and how to calculate your BAC. We will discuss the positive and negative effects of alcohol, while providing you tips for being safe. Whether you choose to drink or not, this program has valuable information about ways to reduce your harm and risk and better protect you and your friends so that you can party smart!

## Peers CARE Recruitment



Our goal is for students, faculty, and staff to be informed about our Peer Education group to recruit new students to join. The audience will learn about the various outreach activities hosted by Peer Educators, such as Healthy Hump Day and Cash Cab and about the group’s tiered structure. Students will be able to apply on Eaglelink once it goes live in February.

## Pillow Talk



How did you sleep last night? According to a National Institutes of Health article, 60 percent of college students suffer from poor sleep quality. To help students get better sleep, Pillow Talk will guide students through the importance of sleep, how sleep cycles impact sleep patterns, and provide insight on how to identify sleep inhibitors. This program will also engage students to use what they learned to create their own unique bedtime routine!

## Prevention and Wellness Info



In this program, we will talk about all things Prevention and Wellness! We will talk about our initiatives, outreach, programming, resources and more! Take the time to learn about how we educate the student body on wellness topics relevant to their success in college!

## Sailing Your ‘Ship



Sail into a better relationship with this program! Our relationships with our family, friends, and romantic partners affect us in many ways and they are an integral part of our lives. Can you recall relationships that have been healthy or some that may have been unhealthy? Have you wondered why some of your relationships or friend’s relationships have been strong, and why some have been difficult? Do you wish to know more about what makes healthy relationships? Then this is the program for you! We will discuss key components of positive relationships, boundaries, and what to do when you are faced with unhealthy relationships.

## Step UP!



Have you ever been concerned about a situation and wanted to help... but didn’t? This is commonly known as the bystander effect, but it doesn’t have to end there. You can be empowered to help. Step UP! is a bystander intervention program that teaches you how to determine when to step up and how you can help. We’ll give you the tools to feel confident about intervening, so you can be a leader and make a difference.

## Step UP! In Style



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If you have ever wondered how to help in a situation, we are going to teach you how to do so in style! During this program, you will learn about different intervention styles and identify which style works best for your personality. Participants will then have the chance to debate and defend why their intervention style is the best! By the end of this energizing program, you will feel empowered and knowledgeable about the steps you need to take to help. We'll give you the tools to feel confident about intervening, so you can be a leader and make a difference.

## Stressed @ Hogwarts!



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Even wizards get stressed! According to FGCU's National College Health Assessment, 45.5% of students said stress negatively impacted their academic performance. In this program, students will learn about stress in their daily life, but more importantly how they might react to stress based on their personality. This program also helps students identify possible solutions to managing their stress, based on the house to which you belong. After they learn the basics, the houses compete against each other to see who will come out on top and win the House Cup!