









**All Tables - Alphabetical Order**

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Program focuses on:

- Emotional Wellness 
- Physical Wellness 
- Intellectual Wellness 
- Financial Wellness 
- Occupational Wellness 
- Spiritual Wellness 
- Environmental Wellness 
- Social Wellness 

Within the last 12 months, 5% of our students report sexual touching without consent. Let's lower that number together by learning about consent!

**Consent Culture**

Everyone has a right to choose what they want to do sexually, so to make sure everyone is on the same page and having a good time during sex, consent is a vital part of our relationships. It is important as a culture that we respect this to help build our relationships on trust and open communication. At this table, we will discuss consent and consent culture, why it's important, what language to use regarding consent, and what support is offered for sexual assault survivors.



**De-Stress For Your Tests**



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Managing your stress is a difficult challenge in college, and it is even harder to do during exam time. Coloring is a method of mindfulness and can be used as a relaxation tool during those times. Students will have a chance to color to take a mental break from their tests and assignments. They will also play with our thumbball to talk about what causes them stress and reflect on their responses to it.



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## Eat More Color

Good nutrition can be a major concern for college students. We know we should eat better, but that doesn't always mean that we do. The purpose of this table is to show students how easy it can be to build a balanced meal. You do not have to give up all of your guilty pleasures in order to start making healthier changes, just make small changes to each meal. Students will learn about recommended portion sizes according to MyPlate and then learn the benefits of adding a little more color to their diet!

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## Edit Your Credit



Credit cards and debit cards look almost identical on the outside. But there are some key differences between these two pieces of plastic. Depending on what the situation is, it may be better to use a credit card versus a debit card. No matter which card is used, it's always a good idea to make sure they are used responsibly. At this table, we will break down credit card facts using trivia questions and sort the differences between a credit and debit card to help students edit their credit!

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## EveryBODY Is Beautiful



The purpose of this table is to have students embrace the aspects about themselves that make them beautiful. They will identify their personal attributes, both physical and characteristic, that make them unique. Students will also identify the activities their bodies allow them to do. For example, while some students might be self-conscious about their thighs, that part of their body serves a physical purpose and allows them to walk, run, and dance. Students will be encouraged to embrace their uniqueness and be proud of what their bodies can do for them.

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## Fun With Beer Goggles



Whoa! Watch your step! When we consume too much alcohol in a short amount of time, it can negatively impact our coordination and the ability to complete routine tasks. At this table, students will have the chance to test how well they can complete different tasks while "under the influence" of our beer goggles.

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## Germ X



Spread kindness, not germs! Washing your hands and/or using hand sanitizer are great prevention tactics to eliminate illness-causing germs. With this table, students will put their handwashing technique to the test and see how they can improve their handwashing routine for maximum effectiveness!

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## Go for Goals



Creating a goal helps us know what we're aiming for in life and gives us a purpose. Whether that's a weight loss goal, going to graduate school, paying for school, or getting the grades we want. Sometimes putting pen to paper clarifies our thoughts of what we would like to achieve. Our gold-medal activities are designed to help you with goal setting as a college student to make this semester the best one yet!

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## HIV-AIDS



We have come a long way since the news of HIV and AIDS broke back in the 80s, but there are still some common misconceptions. We will tackle these misconceptions one block at a time by asking students trivia questions about HIV and AIDS using our Jenga game! We will also share ways they can support those who have tested positive for HIV. Additionally, students will be able to commemorate anyone they know who is currently battling HIV or honor an individual who has died from AIDS.

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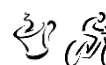
## I.D Identity



Let's learn the basic terminology in the LGBTQIA+ community! This table is designed to educate the student body on how to respectfully learn to "identify" different parts of the LGBTQIA+ identity and experience while interacting with the community using real world scenarios. It is important that we work actively to educate everyone on life within the community.

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## Let's Be Blunt



Let's be blunt, 44% of college students have used cannabis and 19% of them in the last two weeks (NIDA, 2021). At this table, students will have the opportunity to learn about the effects of cannabis use and facts on safe and responsible consumption. Students will also have the chance to test how well they can complete different tasks while "under the influence" of our cannabis goggles.

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## Map Your Night



When alcohol becomes part of your night out, do we really know where the night will take us? Map Your Night allows students to make their own decisions to see where their actions will lead them. Will they go home with somebody, get a DUI, make it home, or get alcohol poisoning? They will also have the chance to engage in trivia about alcohol!

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## Mocktails



Everyone can have a tasty, nonalcoholic beverage when they are out. At this table, students will learn how Mocktails support safer drinking practices though recipes for non-alcoholic drinks from ingredients often found at parties. They will also get the chance to try some delicious drink options.

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## Name The Grain



A diet lacking in nutrient balance and food group variety can be associated with lower grades, susceptibility to illness, and increased fatigue. With access to dining halls, late night food delivery, and cheap ramen, it can be hard to maintain a healthy diet. Students will have the opportunity to identify different grains they could use in their diet today to prepare them for a lifetime of healthy eating!

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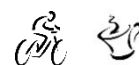
## Picture Yourself a Peer Educator



Current Peer Educators inform students about our group and recruit them to join. Students who stop by will learn about the benefits of being involved in Peers Care and the various outreach activities hosted by Peer Educators, such as Healthy Hump Day and Cash Cab. Students will also be able to identify how they can apply to be in the program and have the chance to take a photo with our picture frame to picture themselves as a Peer Educator!

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## Pour Decisions



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Different types of beer, wine, and liquor can have very different amounts of alcohol content. Not knowing the standard drink size for different alcoholic beverages can lead to us making poor decisions regarding how much alcohol we are consuming. At this table, students will participate in an interactive pouring activity to help them learn that “one cup” doesn’t necessarily equal “one drink.” They will also have the chance to engage in trivia about alcohol!

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## Prevention & Wellness Info



Prevention and Wellness is a high energy office, here to meet the health and wellness needs of FGCU students! We provide health education, free resources, outreach events, and other methods of engaging to educate students on wellness topics relevant to their success in college. At this table, students will engage in a matching game to help them understand some of the different resources that are available through our office and similar offices.

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## Private Protection



We believe that protecting one’s sexual health is something to be proud of, not embarrassed about. Don’t let pregnancy or STI’s come between you and your partners. At this table, students will learn about different contraceptive and protection methods that may work for them or their partners.

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## Relationship Red Flags



A relationship is a connection between two or more individuals. Our lives are made up of so many of them – friends, family, acquaintances, and romantic partners! At this table, we will review how to identify the differences between a healthy and an unhealthy relationship. By understanding what factors create a healthy relationship, we hope that students will begin to recognize “red flags” of an unhealthy relationship in order to help them lead fulfilling lives.

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## Safe Spring Break



Spring Break is a much anticipated time of the year for college students. Whether students go to the beach, drink, rest and relax, have sex, or go on an adventure, we want them to be prepared. Students will be able to create a personalized Safe Spring Break Kit with a selection of resources. They will also will get the chance to test their sun safety, sexual health, and alcohol knowledge!

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## Sleep On It



Sleep is vital to success in classes, work, and personal life. However, most students sacrifice their sleep to balance everything on their plate. Studies reveal that when people fail to get enough sleep, concentration and memory can suffer. This table gives students the opportunity to learn what can help and hinder their sleep by navigating their way across our game board to collect as many hours of sleep as they can! It also offers a unique activity, allowing students to try meditation using our anti-gravity chair! This is a simple technique every student can use before bed to help them relax and have a better night’s sleep.

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## Soul Searchin’



Spirituality holds different meanings for everyone. To some, it is part of a religious practice such as going to church and praying. To others, it is non-religious and can be felt through reflection, yoga, or long walks. At this table, students will have the opportunity to guide their spiritual journey by defining what spirituality means to them, identifying their personal values, and expressing gratitude.

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## STI Roulette

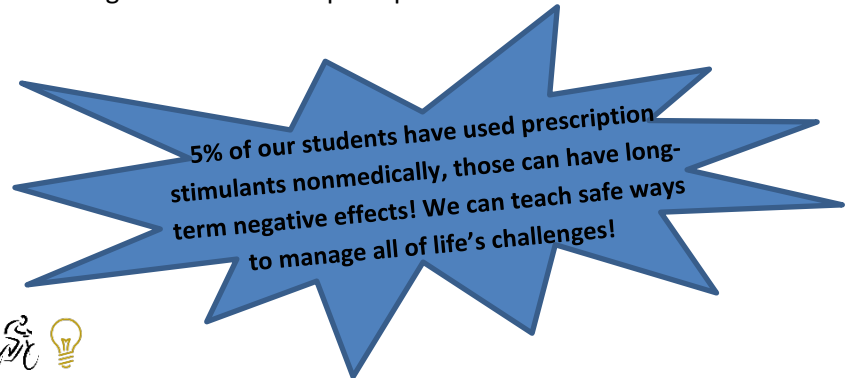


STI Roulette is a fun way to test your knowledge of STIs! Students will spin the wheel to select an STI category and answer trivia questions related to that STI to learn more about it. Participants will also have the opportunity to identify which STIs are curable and which are incurable, but treatable. Since many STI’s remain asymptomatic for quite some time, we will also raise awareness of testing resources.

## Stop the Stigma



The National Alliance on Mental Illness defines mental health stigma as viewing a person in a negative way because of their mental health condition, which can cause feelings of shame or judgement. This table aims to stop the stigma of mental health and the shame that many people who struggle with mental health feel on a daily basis. We hope to normalize mental health by talking about it and by correcting the common misperceptions that surround it.



## Study Safe

Tests are unavoidable for college students. Some students may pull “all-nighters” and consume an excess amount of caffeine or use study drugs to ace a test. At this table, students will be able to learn the pros and cons of caffeine consumption as well as the daily allowance for caffeine. The table also discusses the effects of study drugs and some alternatives to using them!

## The Blame Game



Victim blaming is when the victim of a wrongful act is made to feel partially or entirely responsible for the actions committed against them. Sexual assault is never the survivor’s fault. In speaking with a survivor of a traumatic incident, language is incredibly important. The goal of this table is to make students aware of common questions and phrases that are actually examples of victim blaming.

## The Hazing Divide: What is Hazing?



Hazing is a concern for all groups on campus, not just Greek Life, and it is one that needs to be addressed. Hazing is defined as any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization operating under sanction of a university or college. The dangerous part is that it has become a cultural norm, often written off as a “rite of passage.” Many times students dismiss acts of hazing as minor and/or not that serious. This table will educate students that although some actions may seem less intense, they are still considered hazing. Hazing is anything but harmless and can cause emotional and physical damage that is long-lasting.

## The Roommate Life



This table will give students an understanding of how conflict may arise when living with a roommate(s). Many students who live on campus are living with non-family members for the first time. Students may be used to one way of living at home and may have a hard time adjusting when living with someone else. This table allows students to reflect on their way of living, navigate common conflicts, and be able to identify resources available to help.

## Tick Tock, Manage Your Clock



In college, you have the chance to be involved on campus, have a job, and take some neat classes. How do you balance it all? How do you know what to do first on your long list of things to do? At this table, students will come away with one concrete adjustment to help prioritize their time better. Students can also take a procrastination self-test to determine whether they are struggling with procrastination.

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## Vaping: Unclouding the Truth Education



Join us for a discussion about the health effects from, e-cigs, and hookah products, and leave a little more educated on the health effects of those various smoking methods. In addition, learn about the resources available to support those seeking to reduce nicotine use

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## Wellness: Keeping It Wheel



Life is all about balance. At this table, students learn about the 8 dimensions of wellness and how balance within it contributes to their overall health. They will get a chance to recognize successes and improvements in their personal wellness journey, while learning about campus resources that can support them. In addition, we inform them about our Wellness Coaching program, in which students can participate in a one-on-one meeting to achieve a well-balanced lifestyle! They will also get to learn about our Wellness Warrior pathway, where students can earn neat prizes!

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## You're Invited



It is not always easy to know someone is considering suicide. Signs are not always given in a direct and easy way. Usually, people with thoughts of suicide show others in different ways. What we see, hear, sense or learn about a person can give us an invitation that they are struggling with thoughts of suicide. Students will be able to learn about these invitations and resources that can be utilized to provide the best support for someone with thoughts about suicide.

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## Zombie Zone



Drugs such as Flakka, Molly, and LSD can lead to users being in a zombie-like state with an altered state of mind. At this table, students will be able to jump into the zombie zone and navigate through it by answering some trivia questions. Along the way, they will be able to learn the physical and mental effects of Flakka, Molly, and LSD and enjoy some look-alike candy.