Published on *Department of Residence* (http://www.uni.edu/dor)

(For 2011-2012)
WRS staff can provide the following programs for students (e.g. residence hall houses, fraternities/sororities and student organizations). These programs are facilitated by a member of the professional staff or a Peer Health Educator. Peer Health Educators are UNI students who are trained to design and present health-related programs. In addition, ?packet programs? are available for checkout and can be self-led.
To schedule any of these programs, please contact the Wellness Lab 319-273-6119.
PLEASE NOTE: If your program, please remember that you do not see listed below, do not hesitate to call and request a program. We would be happy to work with your interest and create a new program!

Sexual/Reproductive Health Programs

The Empathy Belly (Pregnancy Simulator)

The Empathy Belly is a weighted garment that simulates more than 20 symptoms that accompany pregnancy. Both males and females can wear it for a sneak preview of the physical demands of pregnancy. Participants also complete a preconception checklist.

Sexual Jeopardy

Played like the game show, participants are quizzed on their sexual knowledge. Categories include: anatomy and physiology, contraception, STDs, pregnancy, sexual assault, sex and alcohol. (6-30 players).

Contraceptives

Current contraceptive methods are discussed in this program as well as cost, convenience, availability and risk factors. A variety of methods will be available for participants to look over.

Condom Sense

The program starts with a 5-minute video icebreaker. This unique, hilarious video uses satirical World War II footage to demonstrate the simple steps to using a condom. A penis model is available to practice what you?ve learned. The program emphasizes that abstinence is the only guaranteed method of contraception and STD protection.

Red Light, Green Light

Red Light, Green Light is a comprehensive program discussing sexual behaviors and sexually transmitted diseases. Red Light, Green Light is set up as a game to create a safe and open discussion regarding sexuality. The goal of this program is to provide participants with information regarding high, low, and no risk sexual behaviors, so participants

can make informed decisions to keep themselves safe and protected.

Substance Abuse Prevention/Education Programs

College Life Jeopardy

Played like the game show, participants are quizzed on their alcohol knowledge. Categories include: alcohol facts, safe drinking, healthy relationships, vacation situations and sexual health. (6-30 players).

When you?re boozin?, don?t be cruisin?: Impaired Driving

Discover why ?buzzed driving IS drunk driving? by trying out the fatal vision goggles. It?s easy to dismiss warnings about driving after drinking. It?s harder to blow them off after you?ve experienced the goggles. Brief information about blood alcohol content, drinking and driving penalties, and UNI statistics on drinking and driving will be provided.

Facts on Tap: Alcohol Poisoning & Good Samaritan Provision

Consuming too much alcohol in too fast of a time-frame can be risky business, even leading to alcohol poisoning. Receive information on the signs of alcohol poisoning, blood alcohol levels, and learn tips for helping a friend in this situation. In addition, learn about the Good Samaritan Provision that is part of the UNI Student Conduct Code.

Alcohol 101 Plus

Alcohol 101 Plus is an innovative, interactive CD-ROM program aimed at reducing the harm associated with the misuse of alcohol on college campuses. Set on a "virtual campus" in a "virtual" college neighborhood, it targets students in general, and has scenarios that specifically address issues related to first-year students, Greek students, athletes and students referred to the campus judicial system.
The CD-Rom allows you to enter a virtual party where you make drinking decisions for the characters and watch the plot change as a result of those choices. At the virtual bar, you can calculate blood alcohol level based upon the alcoholic content of the drinks you select and the time spent drinking. ?Reality Wall? brings campus drinking tragedies and disciplinary cases to life in full-color video. Alcohol 101 diskettes can be checked out at your hall desk and are also available for on-site use at the Wellness Lab (WRC 104). You may also schedule a program in the lab for a group of students.

Gender-based Violence Prevention/Education Programs

Woman-Wise: What every college woman should know about alcohol and sexual violence

This brief program is intended for an all female audience. National and UNI specific data illustrate the need for college woman to be in-tune with their surroundings and aware of the important role alcohol far too often plays in college sexual violence. The ultimate goal of this program is to provide strategies for reducing risk as well as information on resources available to UNI students.

Playing the Game 2: What every college male should know about the bottom-line on sexual violence

This powerful, 12-minute remake of the award-winning original explores sexual assault and date rape. ?Chris thought he?d had a terrific evening? Jenn thought she?d been raped. Whose perception is accurate? Without pointing fingers of blame, this film explores the dynamics of sexuality, dating, communication and alcohol use in a manner intended to provoke thoughtful discussion between participants.? This program is intended for an all male audience.

Just the Facts

Do you have the facts? Do you know what to do if a friend comes to you for help because he/she was sexually assaulted, is in a relationship rampant with physical and emotional abuse, or is experiencing harassment? This program gives some of the latest facts regarding gender-based violence in the college setting, discusses services and resources on campus, and finally provides information focusing on why this topic is important for everyone to know, and what we can each do to make a difference, as men and women. (Please note: this program utilizes a power-point presentation. Special arrangements would need to be made to present this in the halls, or your house can come to a classroom in the WRC with advance notice for arrangements.)

Sexual Consent: The Bottom Line

Our UNI Student Sexual Misconduct policy is ?consent-based.? What does that really mean? The purpose of this program is to allow open, safe dialog, and Q &A regarding sexual consent. Another part of this discussion gets to what is often described as, ?well? what?s the bottom line I need to know with this.? Perhaps most importantly, however, is the opportunity to focus on "what consent looks like and essentially, how you do it," as this can really be confusing and mind-boggling for many people. The final piece of this program, offered for the consideration of the audience, is sharing the ?affirmative consent standard? as a guiding philosophy for sexual behavior.

Technology and Victimization

Today?s technology offers us numerous benefits, and makes our lives so much easier. Unfortunately, technology can also be used as a weapon against us. This program discusses technology misuse, cyberstalking, spyware, prevention tips and more.

Programs for Building Healthy Habits

Intuitive Eating

Intuitive Eating provides a way of eating that is healthy for your mind, body and spirit. It means trusting your body and its signals then responding appropriately. This program will focus on the principles of honoring your hunger, discovering the satisfaction factor and coping with emotions without using food.

Dying to Be Thin (Eating Disorders)

A video is used that emphasizes the physical and emotional problems that accompany anorexia and bulimia nervosa and compulsive overeating. If you know someone you believe has an eating disorder, you?ll get concrete information about how to talk to him/her and where to receive help.

Healthy Intimate Relationships

How many waking hours of our lifetime are spent in relationships? It?s pretty easy to imagine?a lot! Come find out the ?real? answer, and other insights into your own relationship IQ from the fun quiz. This discussion also explores healthy verses unhealthy relationships, as well as the keys to building and maintaining healthy intimate relationships. While the content is geared toward intimate relationships, it?s important to note that this information is really transferrable to any relationship!

Intervention: What would you do?

Come to this program, and be prepared for a "move around" activity where you will make 1 of 3 choices regarding what you would do in given situations. These situations start off pretty safe, and maybe even with a little humor, but evolve into more complex, real-life collegiate situations. An open dialog with your active participation follows the activity. The goal of this program if for you to walk away with better insights into how well you are looking out for your friends, and avoiding negative health, safety, and legal consequences.

A Special Touch

(Breast Self-Exam and Testicular Self-Exam)
Breast Self-Exam (BSE)
An American Cancer Society video demonstrates three BSE methods and summarizes risk factors. Information on the pap and pelvic exam can also be included. Breast models with simulated lumps are available to practice detection.
Testicular Self Exam (TSE)
Testicular cancer is most common in men between 15-34 years of age. The majority of male UNI students fall within this age group. The program demonstrates testicular exam and highlights the importance of early detection. Testicular models with simulated lumps are available to practice exam techniques.

Massage

There are many health benefits of massage including improved circulation, reduced muscle pain and tightness, and physical and emotional relaxation, among others. Participants will learn about these benefits of massage as well as simple techniques for back/neck and hand massage through hands-on practice with a partner. A fun, relaxing program that is always a hit!

Women and Tobacco

Tobacco is a product that kills half of its best customers. But it IS possible to quit smoking, especially with the support of friends and family. The new Women and Tobacco: Seven Deadly Myths video and program packet provides an opportunity for groups of college women to learn the facts and discuss ways to combat the barriers to quitting and support each other through the quitting process. The packet includes a discussion guide and a variety of printed resources.