Health and Wellness Programming Menu
for Residence Life

Served up hot and fresh by the Office
of Health Promotion

2012-2013
These appetizer sized programs whet your residents’ appetites for more learning. They can explore these topics further by meeting confidentially with one of our staff and/or by signing up for a mini-course (see “Three-course meals” below). See inside for descriptions and contact information.

- Stressbusters
- Safer Sex Taboo
- Sexual Assault Myths and Facts
- Dating, Relationships & College Life
- Media and Sexual Violence
- Gender Roles
- Consent is Sexy
- Trivia Night
- How to Help a Friend
- Mixing it Up: Alcohol and the Social Scene
- Get M.A.D. (Make a Difference)
- What do You Want to Know?
- You Name it, We’ve Got It

Three-course meals (mini-courses)
These multi-part programs satisfy your residents’ appetite for gaining new skills, bonding with peers and learning from campus experts. These mini-courses satisfy the core programming model requirements and include an evaluation component. Visit http://studenthealth.emory.edu/hp/hp_minicourses.php or read on for descriptions and contact information.

- SleepWell
- Healthy Relationships: A Mini-Course for First-Year Students
- Stress Less for Success
Mini-Course Offerings 2012-2013

For a schedule and waiting list information, visit http://studenthealth.emory.edu/hp/hp_minicourses.php.

SleepWell
SleepWell is an evidence-based program to help students enhance their sleep habits for greater personal and academic success. The mini-course will meet online via Blackboard for five consecutive weeks. Students are encouraged to sign-up with a friend or roommate so that they might reinforce sleep-enhancing behaviors in each other. **Instructor: Heather Zesiger, MPH, CHES.**

Healthy Relationships
This mini-course explores different kinds of healthy relationships and social expectations on campus in order to prepare students to make positive and safer choices regarding interpersonal relationships, including dating, friendship, working, and sexual relationships. **Instructors: Lauren Bernstein, MSW and Willie Bannister, LPC.**

Desserts
Looking for something (short and) sweet to round out your day? Our bulletin boards and Stall Street Journals offer bite-size goodies for your residents. By including an evaluation component, these “passive” programs may also satisfy your Core programming model requirements. Contact Michael Faccini, RHD Fellow for the Office of Health Promotion, at mdfacci@emory.edu or 404-727-9003 to request a Bulletin Board Kit or a Stall Street Journal series.

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<th>Bulletin Boards:</th>
<th>Stall Street Journals:</th>
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<td>Holistic Wellness</td>
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<td>Alcohol, Tobacco and Other Drugs</td>
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<td>We Can Work it Out!</td>
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<td>Let’s Talk About Sex</td>
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Midnight snacks

We may not always be on-campus at midnight, but you can still feel our presence on your hall when you make our contact information, brochures, and/or safer sex supplies available to your residents in the places they are most: bathrooms, kitchens, study lounges, hall bulletin boards, your room, etc. And, don’t forget you can link to our website from your hall conference and/or point your residents toward our Facebook page. Contact Michael Faccini, RHD Fellow for Health Promotion, at mdfacci@emory.edu or 404-727-9003 to get free stuff for your hall: posters, brochures, condoms, etc.

Tapas Descriptions

**STRESS MANAGEMENT**

*Stress-Busters*

Practice some stress-busting techniques and learn more about stress reduction resources at Emory. Great for busy students. Contact Heather Zesiger to schedule this program.

**RELATIONSHIPS, VALUES AND SEXUALITY**

*Safer Sex Taboo*

Residents enjoy this highly interactive and competitive introduction to sexual terminology. This game, adapted from the popular board game “Taboo,” provides a great overview of sexual health topics, including abstinence, relationships, and anatomy. The presentation includes the game, discussion, prizes and free safer sex supplies and resources. Contact Heather Zesiger to schedule this program.

**ALCOHOL AND SUBSTANCE ABUSE**

Contact Willie Bannister to schedule one of these programs.

*Trivia Night*

This popular program offers many freebies for answering challenging questions about alcohol and other drugs and their effects. There is always FIERCE competition as individuals or teams battle their way to prizes and victory. And, everyone leaves with new info on how to make well-informed choices around these difficult topics.

*What Do YOU Want to Know?*

This low-key discussion features topics students have shared that they most wish they knew more about (including alcohol poisoning, metabolism of standard drinks, tolerance, how does marijuana impairment compare to alcohol use, etc). An extensive Q&A period is the cornerstone of this interactive program, and basic informational handouts and campus resource information are shared in a safe atmosphere.
Mixing it Up: Drugs and the Social Scene
Take a look at how the use of substances can affect individual and group dynamics and relationships. We will explore together the positive opportunities available for relationship building, safe and meaningful sex, and enticingly enjoyable recreational activities that don’t involve the use of substances! Participants always have great stories and ideas to bring to this part of the discussion – so be ready!

How to Help a Friend (dealing with substance abuse)
This program focuses on specific signs and symptoms of alcohol poisoning and other medical emergencies, as well as on the bigger picture of long term impairment, DUI’s, relationship problems, sexual assault, and dependence issues associated with substance use. Participants will leave not only with a better understanding of what these issues look like, but also empowered to reach out and help others while still taking care of themselves!

You Name It, We Got It
Do you want to know more about a specific drug? Name it, and we will teach you all we can about it!

Get M.A.D. (Make a Difference)
Are you tired of seeing your friends or classmates make dangerous or disruptive decisions about alcohol and drug use? Do you want to know more about actions you can take as a student to promote a healthy campus culture and advocate for low-risk alcohol use? If so, we can help. This program explores avenues for activism and advocacy at Emory.

SEXUAL ASSAULT PREVENTION AND RESPONSE
Contact Lauren Bernstein to schedule one of these programs.

Sexual Assault Myths and Facts
A candid discussion on the myths and facts about sexual assault on university campuses and at Emory. This program addresses the problem of sexual violence and what we can do to create a safe community and to foster positive sexual experiences.

Dating, Relationships, and College Life
During college, students often find that their dating and sex life changes. Participants clarify their own values, attitudes, and priorities through interactive exercises. This program also addresses communication skills for healthy relationships.

Media and Sexual Violence
Does the media have an impact in the incidence of sexual violence? A presentation of images and sounds.

How to Help a Friend (dealing with sexual assault)
Worried about a friend? Learn about Emory resources and what you can do to help a friend who has been sexually assaulted through role plays, scenarios and open discussion.

Gender Roles
What are gender roles? What do they have to do with sexual violence? An interactive presentation addressing behavioral norms and their correlation to interpersonal violence.
Consent is Sexy
What can you do to achieve mutual consent for sexual intimacy? This presentation will show you how.

To schedule a program by one of our colleagues at the Counseling Center, please contact Jane Yang, PhD, Coordinator of Outreach Services, at 404-727-7450.