Student Wellness Services
Health and Wellness Programs
2014-2015

Student Wellness Services staff can provide the following programs for students (e.g. residence hall houses, fraternities/sororities and student organizations, etc.). These programs are facilitated by a member of the professional staff or Peer Health Education team. 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.

***PLEASE NOTE: If you have a program idea that you do not see listed below, do not hesitate to contact us and request a program. We would be happy to work with your interest and create a new program!***

To schedule any of these programs, please contact Joan Thompson: joan.thompson@uni.edu or 319-273-2137.

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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.

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.

**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).

**Facts on Tap**
This program explores: Impaired Driving, Alcohol Poisoning and the Good Samaritan Provision. The fatal vision goggles simulate some of the effects of alcohol on the body, as well as providing eye-opening insight on impaired driving. Consuming too much alcohol in too fast of a time-frame can also 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.

**“Win By Quitting” --Smoking and Chewing Tobacco Cessation**
The support in the quitting process can greatly improve your chances for success. This program provides a wealth of information, behavioral strategies and stress management tips. The program has been very successful to date.

**Marijuana Today**
Science has learned more about marijuana in the past 20 years than in the preceding two centuries. However, there is a gap between the scientific knowledge and what the public understands about this drug. According to the Iowa Department of Public Health, marijuana is the drug of choice by 65% of Iowa juveniles & 22% of Iowa adults in substance abuse treatment. Nearly 60% of all positive Iowa workplace drug test results indicate workers have used marijuana (2008 IDPH). College students are likely to have exposure to marijuana so having science-based information may help reduce risks of health, legal, educational or career issues regarding marijuana.

**Generation Rx**
According to the National Survey on Drug Use and Health, more Americans abuse prescription painkillers, sedatives and stimulants than all illicit “street” drugs combined except marijuana. And the number of people first abusing a prescription drug exceeds that for those first abusing marijuana. This program will introduce 15 facts about prescription drug abuse that could save your life. Why? Students are likely to encounter the opportunity to misuse or abuse prescription drugs while in college. This program will help to raise awareness about the dangers of prescription drug abuse, which has the potential to derail your college career.

**Gender-based Violence Prevention/Education Programs**

**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!
Mentors in Violence Prevention (MVP)
The Mentors in Violence Prevention (MVP) Model is a gender-violence prevention approach that encourages men and women from all socioeconomic, racial and ethnic backgrounds to take on leadership roles among their peers, on their campuses and in their communities. This is not a presentation! You will spend this hour participating in large and small group conversation as gender-violence topics are explored through multiple activities.

Gender-Violence 101
Sexual Assault, Intimate Partner Violence, Harassment and Stalking... issues that cross all racial, religious, socio-economic, and sexual orientation boundaries. This program provides an overview on: the latest facts regarding gender-based violence in the college setting; services and resources available on campus and in the community; the affirmative consent standard and the UNI Student Sexual Misconduct policy; and finally, why this topic is important for everyone to know, and what we can each do to make a difference, as men and women.

Sexual Consent: The Bottom Line
Our UNI 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.

Healthy Eating/Eating Issues

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.

Life in the Fast Food Lane
Video and discussion following. Do you find it hard to eat healthy when you are on the run? Does the extra value menu option #11 have your name on it? Learn what makes some fast food unhealthy and how you can make healthier choices when ordering at your favorite fast food restaurants.

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.

Programs for Building Healthy Habits

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!

Walking the Labyrinth
At first glance, the labyrinth looks like a maze, yet it is very different. The labyrinth is a path that one walks and is a tool used for reflection, centering, meditation, stress reduction or just slowing oneself down to focus on what is most important. This particular labyrinth is portable and can be brought to a location convenient for your group.

Lighten Up
Video and discussion following. Attitudes...how we feel about our lives and ourselves. “What your mind possesses, your body expresses.” Sit back and enjoy this comical take on remembering how important your attitude is and how you choose your attitude each day.

LGBT Health/Wellness Panel Discussion
Identifying as lesbian, gay, bisexual or transgender can bring unique health/wellness challenges and opportunities. Listen to individuals from UNI Proud talk about their experiences and contemporary issues as LGBT individuals or allies as it relates to health/wellness. Professional staff will be available to answer questions and talk about services on campus. The panel consists of students from UNI Proud.

Health Care Consumerism
Are you interested in taking an active role in your health? This program will help you to achieve this goal. Learn steps to take to improve your health, when to make an appointment, what information you need to make sure your medical appointment is successful, and how to start a health journal.

Health Insurance 101
This program will help students to understand the importance of having health insurance, upcoming laws related to health insurance, and different types of health insurance plans. You will learn health care terminology and gain a better understanding of health insurance, its purpose, and how to pick the best plan that fits your needs.

Get Your Green On: What You Can Do to Reduce Your Carbon Footprint
Issues and interest related to global warming and energy conservation are at an all-time high. But what does this have to do with wellness? Lots! This session will provide an overview of the Green Triangle and engage students in discussion of their views, sharing what they are already doing, and generating new ideas for practical actions they can implement to “make a difference” on and off campus.

Ahhhh.....to Sleep, to Dream, to Be Your Best!
When tests, projects, and papers are upon us, we always think we can give up sleep “for awhile.” Yet, most of us live in a constant state of sleep deprivation, not realizing what a profound negative impact it has on our lives. Sleep is a most basic and important factors over which we have control. This session will explain the importance of sleep and assist you in making a plan to get more sleep.

Practical Spirituality
You may not think much about spiritual health or well-being and what role it plays in your life, but its significance is stronger than you may believe. Spiritual wellness may mean different things to different people. For some, spirituality may be synonymous with traditional religion, while for others it relates primarily to the quality of personal relationships or love for nature. This session will explore the many possibilities within spiritual wellness, while providing you practical ideas, and time to reflect upon how you might incorporate chosen ideas into your daily life.
Wash that Stress Right Out of Your Hair!

Stress is anything that causes change within your body; physical, mental, emotional or behavioral. This fun-loving presentation is interactive and intended to lift your spirit, while providing information, tips and resources to help you achieve a balance in your life that works for you.

Live Like a Student: Assessing and Managing Your Spending Habits

When your “outgo” exceeds your “income”, or your spending habits don’t align with your values, the stress can affect all parts of your life. Participants will assess their financial values and spending habits and explore practical tips related to personal budgeting, credit and credit cards, student loans, and identity protection. Presented by the UNI Office of Financial Aid.

Intuitive Eating Workshop

This 4-week workshop is especially designed for the chronic dieter. Participants will learn how to: reject the diet mentality, feel feelings without using food, honor hunger and feel fullness, normalize the relationship with food, honor hunger and feel fullness, normalize the relationship with food and practice the principles of intuitive eating. This program can be facilitated at a location convenient for your participants.

Packet Programs

Packet programs are designed to be self-led. We provide the materials (e.g. videotape, discussion guide, detailed outline of program content, handouts and visual aids) and you present the program to your group. After reviewing the material, you may schedule a brief meeting with a Health Educator if you have questions about program content or delivery.

College Life Jeopardy          Winter Safety          Sexual Jeopardy