

Sexual & Reproductive Health Programs

Empathy Belly (Pregnancy Simulator)

Both men & women wear a weighed garment that stimulates more than 20 symptoms that accompany pregnancy.



Sexual Jeopardy

Contraceptives

Condom Sense

Program starts with a 5 minute video, fact or crap style game to learn about STI's and contraceptives. A penis model is available to practice what you've learned.

Red Light Green Light

Program that discusses sexual behaviors and STD's. Creates a safe and open discussion regarding sexuality. The goal is to provide information on different risky sexual behaviors so participants can make informed decisions to make themselves safe.



Student Wellness Services Staff can provide the following programs for students through campus organizations, residential halls, fraternities/sororities, etc. The programs are facilitated by members 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 to these programs, we also offer "packet programs" that are available to check out and be self-led.

If you have a program idea that you don't see, do not hesitate to contact us and request a program. We would be happy to work with your interest and create your own program!

To schedule programs, contact:

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UNI Peer Health Educators

You can find us in
the Wellness Lab,
WRC 104

Substance Abuse Prevention

Facts on Tap

Program explores: impaired driving with fatal vision goggles, responding to acute alcohol intoxication & blood alcohol levels and the Good Samaritan Provision within UNI's Student Conduct Code.



Gender-based Violence Prevention

Healthy Intimate Relationships

Sexual Consent: The Bottom Line

Mentors in Violence Prevention (MVP)

The MVP model is a gender-violence prevention approach that encourages men and women 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 conversations as gender-violence topics are explored through multiple activities.



Building Healthy Habits

Wash that Stress Right out of your Hair

Massage

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

Practical Spirituality

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.

Healthy 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. The program focuses on the principles of honoring your hunger, discovering the satisfaction factor and coping with emotions without using food.

Dying to be Thin (Eating Disorders)

STUDENT health101

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