

How To Schedule A Program

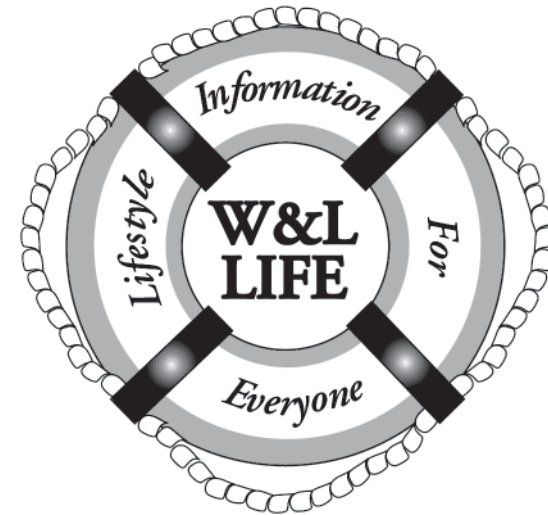
- ◆ Call the Office of Health Promotion at 458-4501
- ◆ E-mail Jan Kaufman, advisor to LIFE at jkaufman@wlu.edu
- ◆ Visit the Health Library
<http://go.wlu.edu/healthlibrary>

Help Directory

Student Health Center	458-8401
Counseling Services	458-8590
Office of Health Promotion	458-4501
CAIR Resource Line	458-5800
Traveller	458-8900
Public Safety	458-8999
Project Horizon	463-2594



LIFE PROGRAMS



***A guidebook of ready-made,
informative and useful programs
for your hall, members, or
organization***

life.wlu.edu

L I F E Outreach Programs

BYOB--"Bring Your Own Brain": A PowerPoint presentation that looks at myths surrounding alcohol consumption and the effects of high-risk drinking on learning and memory. This program takes cutting-edge neuroscience research and translates it into practical reality.

Alcohol 101 Plus: Attend an interactive party, make choice about drinking behavior and let the good times roll! See the consequences of high-risk drinking without having to personally experience the pitfalls and dangers of excessive drinking.

The BAC Educator: An interactive CD program that demonstrates how drinking affects individual BAC levels based on gender, weight, rate of drinking and choices an individual makes.

Breaking the Cycle: An interactive activity that looks at the concept of enabling and provides participants with the skills to speak up and confront a friend who is drinking in a high-risk way.

Beer Goggles: Interactive use of beer goggles simulates intoxication at .08. Effects of alcohol at various BAC's will be discussed. Can be combined with any of the above alcohol programs.

Sexual Etiquette: Discussion about gender expectations in relationships, real-life stories about sexual decision-making including the "hooking-up" scene, provides a brief overview of methods of contraception (including Condom Scramble!) and resources available on campus.

**Budget 1 hour per program to allow discussion time*

Sex in the CD: An interactive adventure in exploring sexual health issues. It has three rooms; a nightclub (Club in the Mix), a bookstore (HIStories & HERstories) and a coffee house (Friends & Lovers).

He Says, She Hears... She Says, He Hears: Discussion about meaning of consent--how consent is given and how it is heard. Looks at common situations on campus and how to avoid problems.

Silent Epidemic: A power point presentation of the most common STI's found on college campuses including W&L. Prevention is emphasized.

A Delicate Balance: Students who have experienced sexual assault share their stories. How does a student know if sexual misconduct has occurred when so often alcohol has been misused and there are no witnesses? The issues of consent and respect will be discussed.

Painful Encounters: W&L Video discusses acquaintance rape. Discusses what to do if you or a friend is sexually assaulted and who can assist you.

Playing the Game: Video of date rape situation and the morning after. Perception differences between men and women are discussed.

Nutrition 101: Want to eat a healthy diet while at W&L? Learn how to choose the right foods for you.

The Mood/Food Connection: Looks at some of the issues young adults face as they struggle with eating issues. Provides positive ways to enjoy a healthy diet in a college setting.

Marijuana Myths: PowerPoint presentation which looks at myths surrounding marijuana use and the effects on learning, motor skills and the addiction potential.

Create Your Own: Mix and match programs or ask for a program to meet your organization's specific needs.