

# Peer Health Educator Menu

This menu offers campus living communities the opportunity to request pop-up programs on important health topics that...

- Create a safe space for students to discuss wellness topics with Certified Peer Health Educators.
- Raise awareness of on-campus and community resources.
- Educate students on skills to make healthier decisions.

*\*Please note programs should take place in a high-traffic lobby set-up for student engagement, with marketing from campus living staff to community members. Duration of all programs is between 45 minutes to an hour.\**

## Sexual Health Programs

Program Name	Description	Supplies/Set-up Needed
<b>Catch &amp; Learn: Fishing for STIs</b>	Cast your line and reel in an STI in this hands-on activity, where you'll explore high-risk behaviors, transmission, symptoms, and risk reduction through open discussions with Peer Health Educators. It's a fun, interactive way to learn about sexual health while staying informed!	1 table for activity, 1 table for additional resources, 2 chairs
<b>Contraception Challenge</b>	Test your knowledge in this Jeopardy-style game focused on contraception, including hormonal and non-hormonal methods, emergency options, and reproductive health resources. Compete with friends, learn something new, and become a contraception champion!	Large screen to display jeopardy game, laptop, 1 table for resources
<b>Wrap It Up Hub</b>	Swing by for free condoms and barrier methods, plus quick, easy tips on how to use them effectively. Stock up and stay safe with everything you need for stress-free protection.	1 table and two chairs



# Sexual Assault Relationship Violence Programs

Program Name	Description	Supplies/Set-up Needed
<b>Creepy or Cute? Know the Difference!</b>	Ever wondered if something is cute—or crossing the line? In this interactive activity, you'll decide whether real-life scenarios are creepy or cute, while learning to recognize healthy vs. unhealthy behaviors, communicate openly, and understand consent.	1 table for activity, 2 chairs
<b>Swipe Left or Right: Protect Yourself Online</b>	Ready to make your online presence safer? In this interactive game, you'll learn the dos and don'ts of digital relationships, focusing on cyberstalking prevention, healthy social media habits, and how to spot red flags, set boundaries, and protect your personal space online.	1 table for activity, 2 chairs

# Substance and Alcohol Misuse Programs

Program Name	Description	Supplies/Set-up Needed
<b>Virtual Bar: Find Balance, Lower Your Alcohol Risk</b>	Find your footing in social settings! This program explores safer drinking strategies, how to spot standard drink sizes, and when to call for help. A must for students wanting to keep the fun without the regrets!	1 table for resources
<b>Pot and Plants: Understanding Cannabis and Cultivating Healthy Choices</b>	Join us for an engaging cannabis education session where students will assess their personal risk levels, explore harm reduction strategies, and pot their own plant to take home as a symbol of growth and healthier habits.	2 inch pots, small 2 inch succulents, painting supplies (paint brushes, paint, paper towels), large screen for display, laptop, 1 table for resources <b>*CL is responsible for buying supplies</b>



# Stress Management Programs

Program Name	Description	Supplies/Set-up Needed
<b>Thriving with Self Care &amp; Coping Strategies</b>	Overwhelmed by college life? Join our interactive workshop to explore practical self-care strategies. Through reflection and group discussions, you'll create a personalized self-care action board to help you set achievable goals to thrive all semester!	Small poster boards/paper, colors, table(s) & chairs for all participants to sit at <b>*CL is responsible for buying supplies</b>
<b>Stress Hacks for College Life</b>	Stress happens, join us to learn how to manage it! In this hands-on session, we'll dive into quick and effective stress management techniques like mindfulness, breathing exercises, and more! You'll learn how calm your mind, and bounce back from setbacks.	3-4 tables for stress management stations

## Request a Presentation

If you want to request a presentation, head over to [in.nau.edu/campus-health-services/ca-resources](https://in.nau.edu/campus-health-services/ca-resources) or scan the QR code to get started.

