

## SEXUAL HEALTH

### Merge Carefully?

Learn the latest menu of birth control options including advantages and resources for all the methods including emergency contraception.

### What's Up Down There?

Learn facts about the most common sexually transmitted infections, including signs, symptoms, and treatments available. Learn to protect yourself and the power of a prophylactic conversation before love becomes infectious.

### Sex in the Dark

Do you have questions about sex you've always wanted to ask but were too afraid, embarrassed, or shy? Submit questions and receive accurate information. You'll be in a dark room but not in the dark.

### Sexcessful Communication

This activity fosters an honest, open discussion about issues of sexual communication including: sexual decision making, alcohol and sexuality, risk reduction, and sexual consent. Requires 10-25, preferably with a mixed balance of men and women. This activity can be focused for any relationship topic/group desiring communication regarding differences.

### Condom Sense

This presentation complements the University Housing sexual health promotion program. This talk demonstrates how, when and why you want to use condoms and other protective barriers. Communication skills in sexual decision-making are also taught.

## RELATIONSHIP VIOLENCE

### What Lies Beneath

Learn strategies to help when you or a friend is in an abusive relationship. Become familiar with the cycle of violence, common forms of power and control, warning signs of abusive relationships and basic safety planning.

## OTHER WORKSHOP OFFERINGS

- HIV/AIDS Awareness and Risk Reduction
- Sex<sup>2</sup> Board Game
- Gambling Addictions
- Sleep Issues
- Sports Nutrition
- Emotional Intelligence
- Club Drugs

## DON'T CANCEL THAT CLASS

Instead of canceling a class when you know you will not be available, call us and staff from the Wellness Center will use the class time to present one of our Health-To-Go workshops or explain Student Health Center services.

## PROFESSIONAL TRAINING

- Stress Management and Burn-Out Prevention for Professionals
- Recognizing Signs of Abuse and the Cycle of Violence
- Recognizing Substance Abuse

## PUBLIC PRESENTATIONS

Regular wellness presentations are scheduled throughout the semester in our Student Health Center. These presentations are open to anyone who would like to attend. Some classes offer extra credit to students for attending. Visit our website for a complete listing.

## CONFIDENTIAL COUNSELING

Individual appointments are available for students in areas of Stress Management, Substance Abuse, Sexual Health, Nutrition, and Relationship Violence by calling (618) 536-4441.

# Health-to-Go

Workshops For Groups, Classrooms  
and Residence Halls



## Wellness Center

[www.shc.siuc.edu](http://www.shc.siuc.edu)



Southern  
Illinois University  
Carbondale

Student Health Center

## GENERAL WELLNESS

### Healthcare on Campus – Get the 411

Learn about your campus resources for medical and dental care, counseling, and general lifestyle information. Provided in brief or extended format.

### Stop the Hate

Uncover your hidden biases and stereotypes; learn how to deal with negative comments and how to encourage others to be more tolerant.

### What Would You Do If...?

You can make a difference. Learn skills to use if you witness a situation that may be harmful. This interactive presentation is in the SHC auditorium to use the audience response system for an experiential process.

## STRESS MANAGEMENT

### Stress Management

Learn about relaxation techniques that reduce the negative health effects of physical, mental and emotional stress to improve academic and overall success.

### Time Management

Effectively managing time is a common challenge. This workshop will provide tips to be more in control of your time and your life.

### Test Anxiety

This workshop offers information and activities to deal with test anxiety to keep you focused.

### Mental Fitness

Mind and body affect each other in being healthy. Learn symptoms and resources for help with depression/anxiety, common student issues.

### Surviving Stressful Relationships

Conflict is often a part of relationships with friends, room-mates, family members or intimate partners. Knowing your conflict style and how to communicate helps manage stress.

### Ask a Question, Save a Life

Do you know how to help a friend who may be down or depressed? Anyone may be able to help prevent suicide with the practical information provided in this workshop.

## VIOLENCE PREVENTION

### A New Generation of Men

Learn about a new SIUC group of men called Progressive Masculinities Mentors (PMM). PMM is a group of individuals concerned about the traditional gender scripts currently being offered to men. Instead of remaining in the traditional 'man box' PMM attempts to move outside of it to communicate love, vulnerability, compassion, hope and respect. This group meets every Thursday during Fall/Spring semesters at 7pm in the SHC room 111/112.

### Squash All Beefs

A growing number of students are experiencing conflicts or "beefs." These can develop into violent episodes that can lead to serious physical and psychological injuries. This presentation will address: men who feel pressured to not back down from confrontation, the phenomenon "cat fighting" (women fighting other women), gossiping, group conflicts, and cyber harassment.

## SEXUAL ASSAULT PREVENTION

### What if...?

"Victim blaming" is a serious problem faced by sexual assault victims and survivors. Questioning the assaulted individual keeps victims and survivors silent about assault. It is time we ask "WHAT IF." What if we shifted our focus from blaming victims to addressing why people assault others and how do we work to end sexual violence?

## ALCOHOL & OTHER DRUGS

### ATOD Jeopardy

Participate in this interactive game that stimulates discussion on information on alcohol, smoking, marijuana & other drugs.

### Fatal Vision

Learn how alcohol affects your driving vision by trying a fun device that mimics intoxication effects.

### Alcohol 101

How does drinking affect college students academically, socially, physically and legally? Get the facts on this hot issue.

### Computer Compulsion

Computer use can be addictive, from online gaming and gambling to dating, use of social networking sites and viewing pornography. Examine the risks, signs and consequences of compulsive computer use and what you can do about it.

## NUTRITION

### FitNut U

College students often lead a sedentary life filled with convenient fast foods. Explore immediate and long-term health consequences of such a lifestyle and easy ways to eat better and fit in activity.

### Super 7 Fatigue Busters

Feeling run down and tired? Learn seven dietary changes that improve memory, enhance physical performance and increase energy.

### The Freshman 15 and Other Weight Myths

Discover why popular diets don't work and which techniques have been found to lead to permanent weight loss.

### Basic Nutrition Survival Skills

Learn how to read food labels, make healthy substitutions in recipes, and select healthy fast-food and cafeteria options. Learn how a poor diet can lead to chronic diseases as you age.

### The Silent Struggle: Disordered Eating Habits at College

Eating disorders are increasing despite their potentially life-threatening complications. We will provide resources for recovery and how to talk with someone whom you suspect has an eating disorder.

### Every Body is Perfect

The influence of media, culture, and peers on body image will be explored as well as the factors associated with an increase in males and minorities struggling with body dissatisfaction.

## How to request a workshop

Complete Workshop Request Form available on our website or call 618/453-5227. Please make your request at least two weeks in advance.

[WWW.SHC.SIUC.EDU](http://WWW.SHC.SIUC.EDU)