

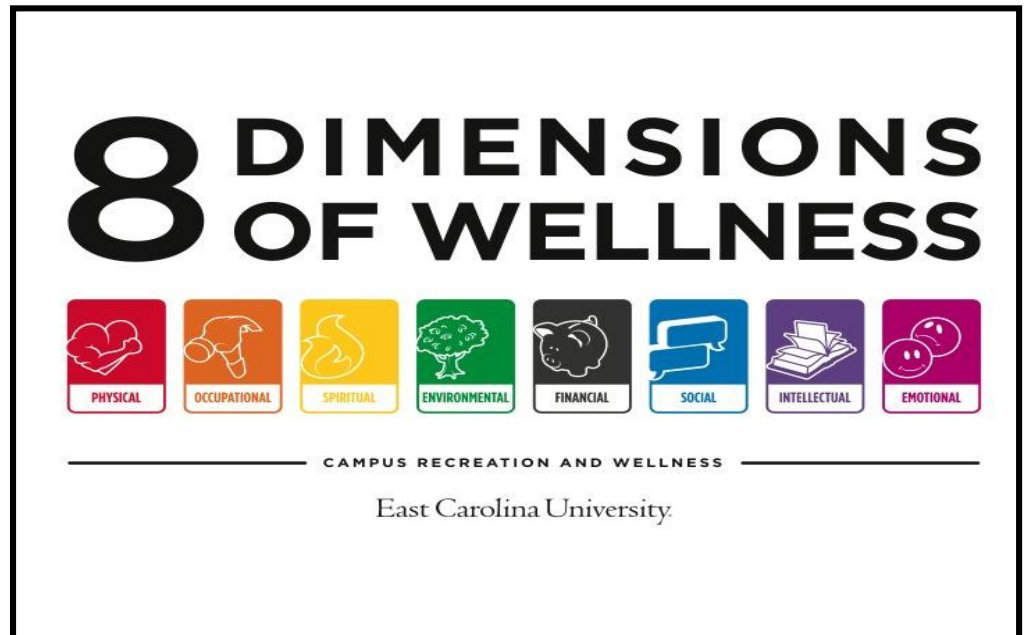
## Programming Options from Campus Wellness

Campus Wellness offers a variety of programming options for the ECU Campus. We conduct programs for COAD 1000 classes, students in the residence halls, Greek Organizations and more! Our trained peer health educators bring the programs to you, and it's absolutely **FREE**.

### What we can do for you:

- Custom Programs
- Bulletin Boards
- Wellness resources (books, models, condom demonstrators, etc.)

All you have to do is visit our website and request a program through the provided link. You can even request custom programs based around the needs of your group.



### **How to Request a Program:**

1. Visit our webpage at [http://www.ecu.edu/cs-studentaffairs/crw/programs/campus\\_wellness/raresources.cfm](http://www.ecu.edu/cs-studentaffairs/crw/programs/campus_wellness/raresources.cfm)
2. Read about the programs we have available (see descriptions on following page).
3. Click "**request a program**" and complete the form on the page that appears.
4. A professional member will be in contact with you about your request, and the CWELs (Campus Wellness Education Leaders) assigned to conduct your program will reach out to discuss any specific needs you may have.

**\*\*Please note that we need at least two weeks to plan the program and schedule staff, so try to plan in advance as much as possible. We have limited staff so it is first come first serve!**

### **Any Questions?**

Contact Shane Stephens at [stephenssh@ecu.edu](mailto:stephenssh@ecu.edu) or 252-737-4892. You can also visit our webpage at [http://www.ecu.edu/cs-studentaffairs/crw/programs/campus\\_wellness/raresources.cfm](http://www.ecu.edu/cs-studentaffairs/crw/programs/campus_wellness/raresources.cfm).

## **Programs Available through Campus Wellness!**

### **Before the Lights Go Out (Sexually Transmitted Infections)**

What are STI's? How do you know if you have one? How do you protect yourself? This program will fill you in on all the details, from talking to your partner about STI's to learning risk reduction techniques for all types of sexual behavior.

### **Body Image: One Size Does Not Fit All**

Many people suffer from body dissatisfaction, both guys and girls alike. This program allows students to have the conversation about what external influences shape their body image, especially media and societal norms. Learn ways to improve self-esteem, start to change the way you view yourself and how to deconstruct the idea of the "perfect" body.

### **Get Real: Straight Talk about Men's Health**

This program provides students with a comfortable environment to ask questions about men's health. Topics may include: sexual health, contraception, testing for sexually transmitted infections (STIs), testicular cancer and self-exams as well as steroid use and other pertinent men's health topics. It's a great way to get reliable information about your body and your health options in a relaxed setting.

### **Get Real: Straight Talk about Women's Health**

This program provides students with a comfortable environment to ask questions about women's health. Topics may include: annual gynecological exams, self-breast exams, contraception, PMS, testing for sexually transmitted infections (STIs), yeast infections, and emergency contraception. It's a great way to get reliable information about your body and your sexual health options in a relaxed setting.

### **Healthy Relationships Speed Dating**

Participants will learn the secrets of cultivating healthy relationships with others, discuss sexual consent and address relationship myths in this interactive program.

**Improve Your Form in the Dorm:** Learn how to perform a whole body workout in the comfort of your residence hall room using body weight, resistance tubing and other non-traditional workout equipment.

### **Keep it Safe and Sexy (KISS)**

This program provides specific information on how to prevent unwanted pregnancies and the spreading of sexually transmitted infections (STIs), while also discussing safer sex practices for heterosexual and same-sex couples through a variety of interactive games. Ways to make love without having "sex" are also included.

### **Party Like a Pirate**

Who doesn't like a good party? In this fun and interactive program, students will learn the 5 Pirate Party Principles, how to party smart if they choose to drink while also discussing sexual health and sexual assault.

### **Pills, Patches and Rings, Oh My – Methods of Contraception**

With so many contraceptive options available today, it's hard to decide which one is best for you. This program teaches you how to choose and use the method of contraception that's right for you.

### **Sexy Bingo**

This isn't your grandma's Bingo! Everything from healthy relationships to safer sex will be covered in this special version of a classic game.

**Sexy Jeopardy**

Think you're a sexpert? Bring it on Trebeck. Test your expertise in this competitive game of Jeopardy like you haven't seen on TV.

**Stressed? Who Isn't?**

Finding ways to deal with stress can be....stressful! In this program participants will literally throw their cares away while identifying what causes stress in their lives and healthy ways to manage it.

**The Freshman 15**

The Freshman 15...fact or fiction? Come learn what contributes to weight gain during your college years and what can be done to avoid it

**Top 10 Ways to Stay Safe and Healthy @ ECU**

This program is specifically tailored for incoming freshman who have just arrived on campus, but has important information about staying healthy **throughout** college and into adulthood. Learn how to keep yourself healthy and happy in this game-show style program.