



Health Education at Rensselaer

Alcohol

- **TIPS Training (Training for Intervention Procedures):** 2.5 hours
This program is for anyone who will be serving alcohol. It discusses alcohol's effect on individuals as well as how to intervene when someone is using alcohol in a high risk manner. This is a great program for learning how to host a safer party.
- **Prime for Life ~ On Campus Talking About Alcohol:** 5 hours
This research based and interactive program is for students with questions about the impact of alcohol or the consequences of high risk drinking in their lives, those with issues around alcohol, or those students who receive sanctions for violations of Rensselaer's alcohol policy. If you want to know what your relationship with alcohol is, call Tara to register for this program. You will discover the answer to this question and much more...
- **Beer Buzzed: Before & After:** 1 hour
This program will cover low-risk drinking guidelines, alcohol poisoning, how to help a friend, blackouts and passouts, and include the ever-popular "before & after" beer goggles activity.

Stress Management

- **StressBusters 101:** 1 hour
Feeling burnt out and stressed? Falling asleep in class? Uncover the truth about good stress and bad stress. Then, join us as we explore creative ways to balance life, including meditation, massage, and good sleep hygiene.
- **Mentally Aware:** 1 hour
Mental fitness is just as important as physical fitness! This program will take a look at depression and anxiety; one of the top 10 impediments to academic performance. We'll discuss the difference between stress, sadness, and clinical depression. Then we'll wrap up with an innovative activity that will give your mental health a workout.

Nutrition

- ***Eating Healthy in the Dining Hall or On the Go:*** 1 hour
With all the options out there, it's a wonder we don't feel overwhelmed sometimes! Organic? Vegetarian? Fast Food? The Pineapple Diet? Come learn about navigating the dining halls or grabbing healthy food on the go. We'll also discuss portion control, the new food pyramid and brain food to help you succeed.

Sexuality

- ***Playing the Game:*** 1 hour
We'll view the infamous "Playing the Game" video about sexual assault on a college campus. Then, we'll kick things up a notch and tackle some of the hard to talk about issues such as date rape, domestic violence prevention and date rape drugs.
- ***Safe Zones Training (LGBT Awareness):*** 2 hours
This program was designed to address concerns of the lesbian, gay, bisexual, transgender (LGBT) and ally campus community. Join us as we explore human sexuality in a safe and inviting environment. Presentation includes a look at popular media, discussion of heterosexism and homophobia and a panel discussion with members of the Rensselaer LGBT community.
- ***Making Sex Safer & Sexier:*** 1 hour
Join us for a candid discussion of sex in the millennium. We'll explore issues of abstinence, consent, safer sex, relationships, sexually transmitted infections, the G-Spot and more! Round the program out with an "Ask the Sexspert" activity and we'll call it a night.
- ***Contraceptive Choices:*** 1 hour
So many choices and not enough time to try them all! Curious about the variety of contraceptive choices out there, but not sure which one is for you? Come to this interactive program where we'll explore the plethora of contraception out on the market and weigh the pros and cons of each.
- ***Your Pelvic Exam:*** 1 hour
Calling all women! It's time to take charge of your reproductive health! This program will take a look at the pelvic exam, pap test, breast cancer awareness and more.

Request a Program Today!

Two Weeks Notice Preferred!

Contact Tara Schuster, Health Educator at Student Health

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