Wellness Education & Prevention
Program Catalogue

Below is a list of all available programs that the Wellness Education & Prevention Office has to offer. If you would like to request a program that is not listed below, please contact Alyson Patacher at apatascher@esu.edu and allow a minimum of two weeks for the creation of a program.

Addictions: Discover what’s fact and fiction in this drug abuse and dependency defining program that teaches you about different addictions and the affects they can have on your life. The symptoms might not surprise you, but the repercussions will!

Bar Crawl: Come take a trip down Main Street in this interactive bar crawl. This scenario based program will take you through real life examples of consent, being an active bystander, and alcohol poisoning while teaching you how to party smart and what to do if someone has alcohol poisoning.

BeYOUtiful: In this program we focus on individual self-acceptance and positive body image. Covering mental and physical health along with healthy dieting this program dives deep into your perception of how you view yourself and ways to improve your confidence.

Breathe Easy: What's the difference between smoking and vaping? Is vaping really that bad? What the heck is an e-cigarette? Is mouth tobacco really that bad for me? Find out where to get help for tobacco addictions on campus.

Busting Out Stress: Exams, papers, and deadlines stressing you out? Get tips and tricks for studying better, getting more sleep, and ways to manage your stress. Learn the ways stress effects your body mentally and physically and how a bad diet plays into your bad mood. Learn where you get help and how to use your resources to their full extent.

Contraception Not Conception: Let us tell you the ins-and-outs of contraceptives, so you can decide which is best for you and your lifestyle. We’ll also cover the different types of sex, and how to maintain a safe sexual relationship. This program may have a tongue-twister title, but you’ll walk out able to speak confidently about contraceptives!

Contraceptives, Consent, and Cupcakes: Do you know how many quarts of milk a male condom can hold? What are the symptoms of chlamydia in men and women? How many calories do you burn during 30 minutes of sex? In this nail-biter game of trivia, we cover the different types of contraception, healthy sexual behaviors, and how to best protect yourself from STD's and STI's.

Deadly Decisions: Ever think about driving drunk? This program will educate you on the real cost of a DUI, and what happens when you get arrested. Learn what safe alternatives to driving after drinking, how to handle it when things get dangerous, and the future consequences or drunk driving. Trust us, you can't afford to miss this.

Do You Really Need Weed?: Think marijuana is all fun and games? Think again. Learn the physical and financial effects of weed, how it works, as well as it's many forms and supposedly “safe” alternatives. This program will separate fact from fiction, answering the question – no, you really don’t need weed.

Drunk or Flunk: Can you party hard and still succeed academically? You may think your professors believe you when you say, “But I studied all night” but your drinking is reflected in your grades. This program goes into the link as to why your grades suffer the more you drink and where to go for help.
**Focus on Finals:** Let us tell you how to survive finals week without going crazy, pulling your hair out, or starting a diet of Red Bull and coffee. Learn the Law of Adderall, and other “study drugs” – and why you don’t need them! After this program, you’ll have all the help you’ll ever need for less stress, more focus, and a healthier mind and body too.

**Germ Busters:** Germs, germs, everywhere! Did you know that a man who had never been to Japan was found to have germs native to Japanese soil in his bellybutton? Find out this and the rest of the dirty truth in this germy jeopardy game, as well as how to protect yourself, one question at a time.

**Harry Potter and the Goblet of Wellness:** You know the movies. You know the houses. Now it’s your turn to enter the race for the Triwizard Cup! Learn how to PARTY Smart, be an active bystander, ask for consent, and how stay healthy at Hogwarts! I mean, ESU.

**Health Tac Toe:** Remember Tic Tac Toe? Well it’s been revamped so each turn is a new trivia question about the common flu, stress, living a healthy lifestyle, being active and more. With mini games like “Name That Drug” and “MyPlate Charades” the fun never ends!

**The Healthy College Life:** Health can often take a back seat in the transition from “real life” to college, whether you’re a fresh-faced freshman or a seasoned senior. Learn everything from what it means to PARTY Smart and practicing safe sex to setting yourself up for financial and academic success. Take full advantage of the opportunities you have at ESU and put your best, healthiest self forward.

**Healthy Relationships:** Do you surround yourself with healthy relationships? This program gives you the breakdown of what a healthy and unhealthy relationship and explains what to do if you or someone you know is in an unhealthy relationship. We’ll cover the cycle of relationship violence, how to spot abuse and how to be an active bystander.

**Jeopardy:** You bring the brains, we bring Alex Trebek! (Or something like that). Come test your smarts about drug and alcohol use, preventing the spread of STD’s and STI’s, and the laws of underage. Think you have what it takes?! Find out – there’s never a loser when you play with us!

**Keep Moving:** We all know how hard it is to find time to take care of yourself in college – but it doesn’t have to be! At Keep Moving you’ll learn ways to exercise, eat healthy, and even get enough sleep (trust us, it’s possible), while navigating the college terrain. Let’s get moving!

**Live Free from HIV:** Have any questions about HIV or AIDS? They can be answered here, as well as what it means to give and receive consent during sex, how to use a condom, and on-campus resources for more information, STD/STI testing, and Condom Hotspots. Let us tell you how to really live free from HIV!

**Meet Molly:** Think molly is the “Love Drug”? Think again. Learn about the drug taking the party scene by storm, as well as the signs of overdose, how to protect yourself, and separate fact from fiction.

**No Glove, No Love:** How is consent like a cup of tea? Come find out with us, as well as the science of Condomology, separating fact from fiction, and on-campus Condom Hotspots.

**Nutrition 101:** We’ve all heard of the Freshman 15, but soon it’ll be a thing of the past. Nutrition 101 is a crash course in healthy eating habits, how to read nutrition labels, and how to navigate the dining hall. Learn the effects of sugar on the body (with polar bears!) and effective weight management tips too.
Party Safe: Party Drugs: Think your brain works on crack cocaine? Wrong! Debunk this and many other drug-related myths, as well as learn the dangers of LSD, ecstasy, and cocaine. These drugs often go by other names too – we've got them all! And, as always, learn why you can't give consent while on drugs, and how to Step Up! in the face of problem situations.

Pills Aren't Thrills: What are the four most commonly abused drugs on college campuses? Learn this and other FAQ's of prescription drug abuse. Abusing drugs is a real problem with real consequences – trust us, it's not a thrill!

Red Light, Green Light: This scenario based game shines the light on consent and gets in depth with real examples of what dose and does not constitute as consent.

Red Watch Band: Toxic drinking is a widespread problem on college campuses- this means consuming so much alcohol the drinker passes out. But while "sleeping it off," the victim may be quietly dying. The Red Watch Band program is an hour and half training designated to end alcohol poisoning death by teaching students how to handle alcohol emergencies and call for help.

The Red Zone: And we aren’t talking about the area between the 20-yard line and the goal line. The red zone we are talking about is the period of time between the beginning of the fall semester and Thanksgiving. Sexual assault is a sensitive topic to talk about, but we are here to help you stay safe and have the best experience during your time at ESU!

Sex Bingo: Not your Granny's Bingo! Learn new sex related facts while playing a cut-throat game of bingo for prizes.

Sex Double Dare: This revamped version of Jeopardy has you getting physical. With new categories like Myth or Fact, Contraception Methods, and more you'll be on the edge of your seat wanting to know more!

Sex Tac Toe: This is not your average Tic Tac Toe game. Learn about STD's/STI's, Sexual Assault, and condoms while contemplating where to place your next game piece.

Skintervention: In need of a Skintervention? Find out what you need to keep your skin clean and looking its best. Learn a face-friendly diet for even the most sensitive skin, what type of skin you have and how to best take care of it, and even tips on what makeup works best for you!

Sleep Tight Sleep Right: Did you know lack of sleep can lead to difficulties in concentration, and reaction time? The dangers of sleep deprivation are real – so real, that going 21 hours without sleep is equivalent to being drunk! Let us tell you the healthy way to fall asleep and stay asleep.

Squeeze Me, Please Me, but Don’t Disease Me: Did you know there are 21 steps to using a condom correctly? Do you know what puts you at risk of contracting an STD or STI? Do you know the difference between an STD and an STI? Find the answer to these questions and more. Trust us, you don’t want to miss it!

Super Spring Break: Before you head out for a Spring Break Bash, let us fill you in on what to consider before you leave (are you going international? We’ll tell you about that too!), how to PARTY Smart ... and keep it fun too.
Twisted Twister: Find yourself getting tangled in daily struggles? Let’s unravel. Come play a game of Twister while educating yourself about the real life facts about sex, drugs and alcohol. There’s never a loser when you play with us!

Watch Your BAC: Do you know how to keep your BAC L.O.W.? Well we do! Let us tell you this and other things like what a standard drink really looks like, the dangers of alcohol poisoning, and even try on the infamous drunk goggles! Don’t worry, we’ve got your BAC, and now you can watch yours too.

We Care: Sexual Assault: Sexual assault isn’t something anyone likes to talk about it, but it’s critical to keep informed about the troubles facing young men and women on college campuses across the U.S. Learn how to protect yourself and others, as well as how to Step Up! when things get tough. We’ll also cover things like consent, the real definition of “bae”, and on or off-campus resources where you can find help when you need it most. This is not a program you want to miss.

What Would YOU Do?: In this live active scenario based program participants get a chance to see real life conflicts about consent, relationship violence, and alcohol poisoning and learn how to Step Up! and be an active bystander.

Who Wants to be a Millionaire?: Do you think you know it all when it comes to drinking, sex, and being an active bystander? We’re here to test your knowledge with Who Wants to be a Millionaire?! We don’t have million dollars or the dramatic music, but you can still phone a friend if you get stumped!

Step Up! Series
Step Up!: A Bystander Intervention Program that educates students on how to be proactive in helping others. Learn the 5 Steps and the 3 D’s to be an active bystander and Step Up! in your community.

Step Up! Part 2: Scenarios Strike Back: Similar to Step Up!, Scenarios Strike Back uses new scenarios to demonstrate how to help others in need when trouble arises, and offers additional information to prepare ourselves to be active bystanders. What will you do to Step Up!?

Step Up! Hazing: No matter who you are, hazing isn’t cool. Did you know that since 1970, there’s been at least one student death each year in the U.S. related to hazing practices? This Step Up! program will teach you the 3 D’s of being an active bystander, and how to step up (literally) in the face of hazing. Learn to stop the cycle, and on or off-campus resources when you need help.

Mandatory Programs
Work Hard, Play Hard: Work hard, play hard right? But what about your health? Are you drinking responsibly? Learn the ins and outs about partying smart and being an active bystander. As a member of a university sport others look to you for guidance, know how to set a good example for them.

Think Smart. Think Greek: A presentation for all Greek organizations regarding health and safety issues specific to the Greek Life population. Learn the keys to safe sex, no stress, Title IX, and how to Step Up! in troubling situations like hazing and binge drinking. Think “it’s all Greek to me?” Not anymore!

Just Play. Have Fun. Enjoy the Game: In this program specifically for all members of any NCAA sport, you’ll learn about ESU’s drug and alcohol policies and how alcohol effects your body. Show off your skills in a condom demonstration while learning about Title IX and consent.