Health Education & AToD Prevention Programs

You don’t see the program you want listed below? Let us create it for you! Please contact Alyson Patascher at apatascher@esu.edu or 570-422-3298 to schedule a program or to speak about creating a new program.

Squeeze Me, Please Me, But Don’t Disease Me: Know the facts about STI’s before you go horizontal!
Step Up: A Bystander Intervention Program that educates students to be proactive in helping others.
Super Spring Break: Tips on how to have the best spring break, while keeping it smart and safe.
Watch Your BAC: Learn what your actual limits are when consuming alcohol to have a safe night.
Twisted Twister: Like to play Twister? Come play this while educating yourself about some real life facts about sex, drugs and alcohol!
Drunk or Flunk: Can you party hard and succeed academically? Find out...
Give Cupcakes Not Chlamydia: Find out about the Clap and the best prevention methods.
Busting Out Stress: Stressed out? Get some techniques on how to handle stress effectively.
Skintervention: Do you really need to apply sunscreen in the winter? It’s super important to care about your skin...even in college. Learn why!
Condomology: What? There are 21 Steps to putting on a condom? No joke! Come find out if you know them all!
Nutrition 101- Avoiding the Freshman 15: How to eat healthy without someone putting it on your plate for you.
Keep Moving: Keeping yourself moving is an important factor in staying healthy! Learn some helpful ways to incorporate fitness into your routine in college!
The Healthy College Life: How to be your healthiest during college. This presentation covers a little bit of everything!
Sleep Sweep: Tips to put your brain to rest, the healthy way.
Prescription Drugs: Wait...so I am not supposed to take something that isn’t prescribed to me? It’s not okay to share my medications with my friends? Find out why.
beYOUtiful: A body image program to celebrate yourself for who you are.
Meet Molly: Think Molly is a pure drug, think again.
Marijuana- You Don’t Wanna: Why Pot is Dangerous...and illegal.
We Care- Sexual Assault and Alcohol: Learn about how to keep yourself safe while enjoying a night out.
Jeopardy: Three different games available- Alcohol, Tobacco or Health Jeopardy. You bring the players, we provide Alex Trebek!
Focus on Finals- Adderall: Doesn’t everyone need Addy during finals? Let us tell you why you shouldn’t take Adderall when it’s not prescribed to you, and some healthy alternatives to get you through finals week!
Deadly Decisions: Excessive use of alcohol just one time can lead to big problems, including harming yourself or others.
Think Greek, Think Smart: A presentation for Greek Organizations regarding health and safety issues specific to the Greek Life population.
Play Hard, Stay Healthy: A program for NCAA Student Athletes and Club Sport Teams that covers aspects of wellness to help them perform to the best of their ability.