Alcohol

**Hey Bartender!**
What is a standard serving size? What is BAC? This informational and interactive presentation on drink sizes, alcohol content, and BAC levels will keep you safe and could be life saving.

**My Drink & My 2 Step**
Think you know how to handle your liquor? Come learn about common misperceptions about drinking through an interactive game of myth or fact.

**Last Friday Night**
Ready to party? Come find out how to be both a safe party host and party guest. Students will learn about both Washington state laws and Eastern Washington University's alcohol policies, the consequences associated with high-risk drinking and how to be a moderate, low-risk drinker, and how to host a fun and safe party when alcohol is involved.

Sexual Health

**Let's Get It On**
Do you know 44% of EWU students did not use contraceptives the last time they had intercourse? This presentation will educate students on all available contraceptives, how to use them, where to get them, and WHY they are so important to use. Presentation includes how to put on a condom demonstration.

**Sex Talks: Safe Sex & Hookup Culture**
This is not your parent's talk about the birds and the bees. This interactive presentation will go over safe sex, the hookup culture, and any questions you were too embarrassed to ask your parents.

**What's in YOUR Pants?**
About 20 million people in the U.S. are infected with HPV at any time and three-fourths of sexually active people between 15-49 years old have been infected at some point in their lives. Come learn about how HPV and other sexually transmitted diseases are contracted, spread, and what you can do to protect yourself.
**Nutrition/Physical Wellness**

**Sexy and I Know It**
What does it mean to be sexy? During this program we will examine the impact media has on your body image and will learn ways to boost your self-esteem, confidence, and love your body without altering your physical appearance.

**The Greatest Wealth is Health**
What does it mean to be healthy and well? This presentation will include dimensions of wellness, nutrition, fitness, goal setting and campus resources to make you a healthy and focused student.

**Hunger Games**
This is not your typical presentation, you will compete on a team and be quizzed on various nutrition and physical activity trivia style questions. Education includes the food pyramid, SMART goals, BMI, food labels, and how to make the healthiest choices on campus.

**I'm Great in Bed**
Sixty-six percent of EWU students felt tired or sleepy during the day at least 3 days out of the week. Sleep is a priority and not a luxury and needs to be treated as such. This presentation will combat common barriers college students have for not getting enough sleep and suggest tips and tricks to improve your sleep.

**Grocery Store Tours**
Join us for a peer-led tour at Cheney Trading Company to learn how to eat healthy on a budget. Participants will learn handy tips, and receive a $10 gift certificate at the end to purchase a healthy meal.

**Sexual Assault/Consent**

**Start by Believing**
A friend or family member is typically the first person a victim confides in after an assault, each individual’s personal reaction is the first step in a long path toward justice and healing. Knowing how to respond is critical-this program is designed to improve our personal response to those that have been sexually assaulted.

**Stand Up, Step In & Speak Out**
Have you ever been in a situation where you felt you should intervene? During this presentation, you will learn about bystander intervention and how you could step up a potentially harmful situation. Knowing what consent is, how to ask it, and when to ask it will also be discussed in detail.
Ask Before You Proceed
What is consent? How do you ask for consent? Consent is not the absence of a no it is the presence of a yes. This presentation will bring about a dialogue about consent that you may have not heard before. Learn the best ways to ask for consent to ensure a safe and mutual experience.

Drugs/Marijuana

Because I Got High
Fact or Fiction: marijuana is addictive. This interactive presentation is designed to create a non-judgmental conversation about the most common myths about drugs and the raw facts, including information on Initiative 502; the legalization of recreational marijuana in Washington State.

Cold/Flu

Cold and Flu IQ
Do you know how to protect yourself from the seasonal flu? This interactive conversation will educate you on best practices to stay healthy during flu season, myths about the flu vaccine, and include free hand sanitizers for all audience members.

Stress Management/Mental Wellness

I Got 99 Problems but Stress Ain’t One
During this presentation you will learn ways to cope with and manage stress. An emphasis on time management will be discussed and you will create your very own calendar to manage your time more efficiently.

I Will Ace My Test
Do you feel anxiety when taking a test? Do you know what your learning style is? This presentation will help you learn proper study techniques and test-taking skills that fit your learning style.

I Choose To Be Happy
College can be overwhelming and sometimes you forget to take care of yourself. This program will help you learn how to take care of yourself emotionally, lessen your stress, and be a considerately happy and healthy student.

Healthy Relationships

Love is Respect
Learn what a healthy relationship encompasses through an interactive activity and discussion, and also be able to recognize signs of an unhealthy relationship.