

# WELLWVU Workshops

## ALCOHOL & VIOLENCE

### /// TIPS – Training Intervention Procedures

TIPS for the University is a 3-hour, interactive program that addresses the difficult problem of alcohol misuse on college campuses and related issues, such as violence, hazing, alcohol poisoning, and sexual assault. The program encourages an informal, conversational, and relaxed atmosphere in which the students are the experts. TIPS establishes that students are truly the only ones who can lead the way to creating a responsible campus environment, while providing practical and realistic ways to handle problems that students often encounter when among peers who are drinking.

### /// CHOICES

An interactive team game that takes students through a day in the life of WVU students and helps them identify protective factors related to alcohol consumption.

### /// Bartender School

Designed to teach students about standard drinks and serving size. Emphasizes setting a limit, having a plan for BAC if you choose to drink and knowing alcohol content of what you are drinking.

### /// A.O.D. Question & Answer

This program is designed to meet the unique needs of your group by providing participants with the opportunity to electronically submit ANY questions, concerns, or topics of interest related to alcohol and other drugs prior to the program that they want to learn about. The submissions are completely anonymous. The content of the session is based heavily on these inquiries, along with current, factual, and helpful information regarding alcohol and other drug misuse.

### /// C.H.A.P.T.E.R. (Cultivating Hazing Awareness and Prevention Through Early Recognition)

C.H.A.P.T.E.R. familiarizes participants with the broad definition of hazing and helps participants be able to recognize, prevent, and respond to hazing activities. This program provides education about the warning signs for alcohol poisoning, and raises awareness of resources, services, and strategies for hazing prevention and reporting.

## STRESS

### /// Transforming Stress

Helps students understand the underlying causes of stress and examine root causes of stress in their lives. Provides students with tools to cultivate self-awareness and reduce stress.

### /// Time Management

Participants will reflect on their current time management habits and review several different strategies that they can implement to help make day-to-day life more manageable.

## SEXUAL HEALTH

### /// Sex Jeopardy

A peer led educational game that allows participants to learn about issues ranging from safer sex to healthy relationships in a fun and interactive way.

### /// Ask the Sexpert

A health education specialist is available able to answer sexual health questions posed anonymously (via questions written on index cards) to increase comfort in asking questions.

### /// Condom Caravan

A mobile condom dispensary, where students can obtain external condoms, internal condoms, dental dams, and lubricant for NO COST.

Customized programs on all topics are also available.