

WELLWVU Workshops

ALCOHOL & VIOLENCE

HAZE

The documentary HAZE tells Gordie's story within the greater context of alcohol abuse and hazing on campus. Facilitated discussion aims to spark in-depth conversations about the role of alcohol and "traditions" to initiate members as well as motivate audience members to intervene in an alcohol emergency.

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.

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

Using an online tool called the WELLGO calendar, participants in this workshop will use building blocks to plan and identify activities that make up a typical day (e.g., breakfast, class, workout, free time, dinner, etc.). Analysis helps them understand what behaviors might be contributing to higher levels of stress and directs to resources. Conversation focused on setting priorities and exploring relationships between specific behaviors and performance leads students to optimize their plan.

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 are able to purchase condoms at low costs (.25 for 1 or 5 for \$1).

Customized programs on all topics are also available.