Educational Programs

We offer over a DOZEN interactive and educational health and wellness programs

Student Wellness and Health Promotion
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About Our Programs

Are you looking for a peer-led or staff-led educational program for your class, student group, or residence hall? Our program topics include recovery in college, substance use, stress management, gender based violence, mental health, safer sex, and bystander intervention. View our peer-led and staff-led program descriptions online:

http://sites.udel.edu/studentwellness/program-request/

Peer Led

Trained peer leaders present all of our peer-led programs. In general, these programs take 45–60 minutes and cannot be reduced into a 20-minute time frame. Most of these programs are ideal with 50 people or less. When filling out the program request form, please choose the “Request to Meet” option if you are not prepared to give us the full time or you expect a much larger audience. Submit your program request at least two weeks in advance of your preferred presentation date.

Staff Led

We offer programs that can be tailored to suit your specific classroom needs, as well as the needs of large groups (such as Sorority/Fraternity chapters, or Athletic teams). Program topics include: mechanisms of alcohol (ie. physiology and overdose), Naloxone training, Recovery Ally training, bystander intervention with regards to alcohol, stress management and self-care, sexual violence and media literacy, social norms around masculinity, healthy relationships and bystander intervention with regards to sexual misconduct.
Other Services: Provided by our S.O.S. Peer Advocates.

**Audience Support**
S.O.S. provides audience support at campus events which discuss sexual misconduct, sexual assault, relationship violence, etc. Some attendees may have a strong emotional reaction to the content and wish to speak with an advocate. If you are planning an event that will focus on these topics, you can request that S.O.S. provide advocates to be present during the event in case audience members would like support. It is encouraged that you include this information in any introductions or announcements made at the beginning of the event to make your audience aware.

**S.O.S. Table**
S.O.S. can have a table with our resources and information at your campus event if it is relevant to the topics that we address. If you are planning a resource fair or event that will focus on these topics, you can request that S.O.S. have a table at the event.

To request either of these services, click the following hyperlinked text: [https://sites.udel.edu/studentwellness/peer-led-programs/#SOSOutreach Request](https://sites.udel.edu/studentwellness/peer-led-programs/#SOSOutreach Request).
Peer Led Programs

Presented by our Collegiate Recovery Community (CRC)

Recovery in College
Peer educators from the Collegiate Recovery Community here at UD will come and talk about their own personal experiences with addiction and recovery as students. They will also talk informatively about addiction and recovery from a medical and sociological perspective, dispelling common misconceptions about substance use disorders in the general population and among college students. This program concludes with a presentation of the services offered by the Collegiate Recovery Program at UD and ways that interested students can get involved supporting sober students on campus. (Limited Availability).


Presented by our Sexual Offense Support (SOS) Peer Advocates

Get Up! Stand Up!
Are you a Courageous Bystander? Have you ever heard a sexist or homophobic joke and wished you had confronted it? Witnessed someone name-calling or hitting another person? Seen a woman passed out drunk in a room at a house party, then a man goes in and closes the door? Were you left with the nagging feeling that someone should have intervened...yet getting involved felt too risky? A "Courageous Bystander" is someone who takes an active role in promoting a respectful environment, or who takes action to safely and responsibly interfere with abusive behaviors, statements, or
attitudes. This interactive program helps participants learn ways to be a courageous bystander and possibly save someone from victimization and trauma.

**Where Do You Stand?**
This human continuum exercise will help participants identify or clarify their own beliefs and values related to sexual assault, sexual harassment & sexual abuse as they consider and discuss a variety of both provocative and common college sexual scenarios. Students will learn what their peers think about when behavior crosses a line. Traditional myths about sexual assault will be de-bunked.

**Netflix and Chill?**
How do you ask for consent? Talking about sex can be scary, but it’s essential to be sure that your behavior is safe & legal. Find out how your peers ask for sex in this fun and interactive exercise. Learn about verbal & nonverbal red flags, and learn pathways to mutually respectful sexual encounters.

**Why Doesn’t She Just Leave?**
Learn more about Intimate Partner Violence in this interactive simulation, where participants will be placed in a dating situation and asked to make some crucial decisions. Will you stay? Will you go? To whom can you turn? Participants will explore what makes a relationship healthy, unhealthy, or abusive; learn how to help a victim; and become familiar with the resources available to students regarding relationships.

Presented by our Promoters of Wellness (POW) Peer Educators

**Sex Jeopardy**
It’s Jeopardy, but with a healthy sexuality twist! Participants will test their knowledge of STIs, gender identity, sexual orientation, sex drive, anatomy and more. Students will walk away with a better understanding of how to engage in safer sex, while respecting themselves and their partners. They will also learn where to find appropriate campus resources.

**Substance Use Jeopardy**
This jeopardy board covers vaping, marijuana, alcohol and prescription drug misuse. The classroom program also provides students with an interactive opportunity to "Map Your Night" and see how the choices they make impact the end of their night when they go out.

**Stressed Out!**
Finals got you falling back on your old bad habits? Learn healthy strategies for managing stress through this fun, interactive skit. Find out how to recognize the signs of stress, what you can do to relax and when to reach out to campus resources for you or a friend. This program requires an audience size of at least 7 people in order to have enough characters for the skit.

Staff Led Programs

Alcohol and Substance Use

**Understanding Alcohol**
This program’s focus is on the mechanisms of alcohol—how it impacts your body, your brain, stress, and academics. Learn about alcohol physiology, alcohol overdose, interactions between alcohol and other substances, signs of problematic drinking, and harm reduction strategies, as well as available resources on campus for recovery, alternative activities, or counseling support. This program requires a minimum of 45 minutes and is best at 60. This program can also be tailored to specific populations if desired.

**Understanding Addiction (60–90 minutes)**
What exactly is addiction? What is the difference between misuse, disordered use, problematic use, dependency? We may think we know what addiction looks like, but are we right? This session explores the myths, realities, and science of addiction; signs of misuse; what disordered use is and looks like; behavioral addictions such as gambling and internet gaming; methods of treatment; and recovery, and provides information about helpful campus resources. This program can be tailored to any audience, for any lengths between 60 and 90 minutes, and can be paired with our Understanding Alcohol program for a two-part series on substance use.

**Recovery Ally Training**
Learn how to best support a person in recovery from substance use disorder. This training will discuss what recovery means, how to support a friend/family member, support services available on and around campus, and why language matters when we talk about substance use and recovery.
**Naloxone Training**
Learn how and when to use the opioid overdose reversal medication Naloxone. This training will outline the signs of an opioid related overdose and train the attendee in how to use the life saving medication, Naloxone. 2 Naloxone kits will be included with each training. Additional kits are available for purchase and arrangements can be made while scheduling the training.

**Alcohol Awareness and Bystander Intervention**
This program focuses on how alcohol impacts your body and brain, signs of alcohol overdose and impairment, harm reduction strategies, and methods of intervening in risky or dangerous situations involving alcohol. Recommended for groups that have been mandated to receive an alcohol program. Requires a minimum of 60 minutes. This program can also be tailored to certain populations, including athletics teams or Fraternity or Sorority chapters.

**Stress Management and Mindfulness**

**Your Brain Online: Well Being and Social Media**
We know that staring down at a phone all day makes our necks ache, that we need blue light filters to protect our eyes, and that people have been warning us for years about the dangers of sedentary binge-watching. But what about the effects of screen time on our mental well being? Through a series of case studies, this program explores the multifaceted ways that social media can impact our behavior, emotions, self-image, self-esteem, and mental health. From how quickly anger travels across the internet to the intoxicating effect of likes and shares, this program explores the properties that enable social media to impact our lives and gives participants the opportunity to explore their own relationship with social media. 60–90 minutes.
**Breaking Up with Stress (Short Version: 50 Minutes)**

Participants will learn about the foundations of stress through a combination of lecture, self-assessments, and group exercises aimed at increasing their understanding of how they experience and deal with stressful situations. Topics include signs of burnout and the effects of chronic stress. They will also learn brief evidence-based exercises and practices for counteracting stress in the moment. This program is suitable for 50-60 minute sessions and can be tailored to a variety of populations.

**Breaking Up with Stress (Extended Version: 75 - 120 Minutes)**

In this program, participants will explore the physical and mental foundations of stress and will have multiple opportunities to learn and practice proven stress-fighting techniques, including deep breathing, progressive relaxation, body scan, stretching, and more. Students will learn about problem-focused and emotion-focused coping skills, the signs of burnout, good stress, and setting boundaries and priorities, and they will explore their unique responses to stress through a variety of self-assessments and group exercises. Participants will engage in evidence-based methods for reducing stress both in the moment and long-term. This extended program is intended for 75-120 minute sessions and is best at 90 minutes or more. It can be tailored to a variety of populations.

**Sexual Misconduct Prevention and Education**

**A Picture Paints A Thousand Words: Deconstructing Sexual Images in the Media**

On average, we consume 5,000 advertisements a day. This (60 or 90 minute) interactive workshop encourages thinking critically about advertisements and images in mainstream media, and about how images inform our sexual attitudes, beliefs, and behaviors. Participants will learn to identify when
messages in sexual media conflict with personal values, and the role media plays in normalizing sexual violence in our culture.

**Bringing In The Bystander®**
This two hour sexual misconduct program introduces participants to the bystander approach, helps them to identify harmful behaviors that often go unrecognized, builds empathy towards people who have experienced sexual misconduct, and equips students with the skills and confidence necessary to intervene safely and effectively. Bringing in the Bystander® contributes to a safer UD by promoting the message that everyone in the community has a role to play in ending sexual violence. This program includes content that could be difficult or uncomfortable for participants at times. Everyone is encouraged to actively take care of themselves.

**The Devil You Know: Conduct Versus Character and the Language of Sexual Assault**
Does language matter? Can we separate the behavior from the person? Are labels helpful or harmful? These questions and more will be considered in this 60–90 minute interactive program where participants will analyze how language shapes our beliefs about people who commit or are harmed by sexual misconduct.

**Real Man, Strongest Man**
Counter stories provide a framework for challenging traditional definitions of masculinity, and breaking outside the “box of masculinity.” During this interactive exercise students of all genders explore the full range of characteristics and emotions of men we admire in our lives and compare them to the dominant stories about manhood prevalent in our culture. Students will discuss how these contrasting stories affect what it means to be a man.
Request a Staff-Led program: http://bit.ly/staff-ledprograms
Engagement Opportunities

Annual Events

Recovery Yoga
Takes place every Wednesday at 7pm in the Christiana Engagement Center. Classes are free and require no registration. Learn more about this great weekly program:
http://www.udel.edu/studentwellness/project/recovery-yoga/

Halloween Spooktacular
Saturday, October 26 at 9pm in Trabant MPRs. FREE: food, music, dancing, caricature, henna, palm reader, and more! Check out our website for more info about this awesome annual event:
http://www.udel.edu/studentwellness/project/halloween-spooktacular/

Shamrockfest
Saturday, March 14 starting at 9am in Trabant and 11am in Perkins. FREE: food, games, prizes, airbrush tattoos, face painting and more! Check out our website for more info about this awesome annual event:
http://www.udel.edu/studentwellness/project/shamrockfest

Wellness Speaker Series
We’ll feature one amazing speaker each month in the spring semester (March, April and May). Check out our website for more info about this awesome annual event series:
http://www.udel.edu/promoters-wellness/wellness-speaker-series/
Get Involved with Our Student Groups

**Collegiate Recovery Community**
Assists students in developing or maintaining their foundation for long term and sustained recovery by providing a safe and confidential environment to discuss topics and ideas supportive of recovery. Learn more: [fb.com/UDCRC](http://fb.com/UDCRC)

**Promoters of Wellness**
Peer educators present classroom programs, design interactive kiosks, and coordinate the annual Wellness Speaker Series. Learn more: [fb.com/UDPoW](http://fb.com/UDPoW)

**Sexual Offense Support**
Provides victim advocacy and crisis intervention for survivors of sexual misconduct via the UD Helpline 24/7/365, and interactive programs about asking for consent, supporting victims, and gender based violence. Learn more: [fb.com/UDSOS](http://fb.com/UDSOS)

**Internships**
We offer both paid and unpaid internships ranging from 40 to 400 hours to meet various academic requirements. Learn more: [bit.ly/SWHPInternships](http://bit.ly/SWHPInternships)

**Connect with Our Office**
Visit: 231 S. College Ave, Newark, DE 19716
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Explore: [www.udel.edu/studentwellness](http://www.udel.edu/studentwellness)