

Alcohol and Drug Presentations

Good Times with a Drink... Not Drinking for Good Times

This session is designed to help students make educated choices about drinking in college. Students will examine the pros and cons of drinking, discuss the physiological effects of different levels of drinking, explore guidelines for lower-risk drinking, and set personal goals.

Our Chapter, Drinking and Drugging (new)

For Greek chapters who have completed the "good times" workshop within the last 12 months. Spend an hour working in groups to dissect real chapter problems with alcohol and other drugs submitted in advance by members through your risk management chair. Education on the topics and development of a game plan will occur.

Alcohol Jeopardy

This multimedia game show turns alcohol facts into a fun game. This activity can be added to any other relevant program or can be a workshop on its own. Greek chapters must have completed "good times" within the last 12 months and can not repeat this workshop twice in a row.

Tobacco Skills Training

Presentation illustrates techniques helpful in assisting future clients/patients who want, or need, to quit smoking, as well as how to help other students quit smoking. Includes discussion of Nicotine Replacement Therapy, current tobacco trends and motivational interviewing.

Who's Doing What @Stetson?

Presentation answers questions and shares accurate information about norms for alcohol use, drug use, and other related behaviors at Stetson University in an effort to correct misperceptions regarding these norms.

Our BLUNT Presentations

Exploration of the biological, psychological and social effects of recreational marijuana usage. Time is set aside for individual and small group discussion of views on recreational marijuana usage.

It's a Gamble

An interactive discussion of gambling and college students including: social norms, risks and the media. Do you know the signs of a gambling problem or how to help someone you are worried about? Workshop includes a self-assessment.

General Wellness Presentations

Spirituality at Stetson

In this interactive session, students will explore the meaning of spirituality, how to develop spirituality and why it is important. There will be an opportunity for reflection and sharing. Additionally, students will receive handouts on the resources available for spirituality at Stetson University and in the DeLand area.

Staying Well at Stetson

This program focuses on personal health assessment & management through the six dimensions of the Wellness Wheel: occupational, emotional, social, physical, intellectual and spiritual wellness. A personalized wellness assessment is worked on throughout the presentation. Participants draw their wellness goal at the end. Great for residence halls.

Relaxing at Stetson

Through this interactive session, students learn about stress, including definition, causes, consequences, and how to deal with it. Special emphasis will be placed on how to decrease or manage stress. Breathing exercises, progressive muscle relaxation, and imagery will be introduced. Students will leave feeling refreshed. Can be altered for student leaders.

Zen Leadership

Wellness and student leadership should go together. This workshop allows space for student leaders to discuss their health & wellness struggles and to talk about how being well does mean being a better leader.

Health Jeopardy

Challenge your health knowledge Jeopardy style. Topics include: fitness & nutrition, mental health, numbers, alcohol and sexual health. The winning team gets a prize and we'll discuss correct answers along the way. Great for residence halls.

You really are what you eat

A how to on basic college nutrition including discussion of myths, trends and supporting behaviors. Participants will leave with their own nutrition plan based on their individual goals and needs.

Sexual Health Presentations

Sex Ed 4 Stetson Students

The basics of Sexually Transmitted Infections (STI's), safer sex practices and sexual health. Includes a confidential question and answer session. A sharing fluids interactive exercise and condom demonstration are an option for this and any other related workshop.

Drinking and Hooking Up

Discussion of the combined effects of drinking and being sexually active. Reviews basics of alcohol use and safer sex practices. Video exploring "risky" drunk sex and sexual assault is shown and discussed. The focus is on the importance of consent. This video can be included in any other relevant workshop.

Contraceptive Grab Bag

Participants are divided into groups and each group selects one contraceptive out of the "grab bag." Each group has to answer a set of questions about the contraceptive they selected, ranging from how to use it to its approximate cost. After the groups finish answering their set of questions, the whole group reconvenes and the facilitator goes into more depth about each contraceptive.

Let's Talk About Sex

A fun interactive workshop about sexual health and behaviors. The workshop includes activities such as myth vs. fact questions, condom demonstration, and a risky business game which students learn about sexual behaviors. Students may also ask questions anonymously throughout the presentation using our Google text option.