

# STUDENT HEALTH ADVOCATE WORKSHOP MENU

## ALCOHOL & OTHER DRUGS

### ALCOHOL JEOPARDY

Learn about alcohol facts, alcohol effects, alcohol and college life, plus more in this fun and interactive game modeled after the famous TV show.

### WEED IT OUT

An interactive, highly competitive program exploring important facts about marijuana gathered from the newest research studies. You have to dig deep to get it all!

### JEOPARDY: DRUGS REMIXED

Learn about marijuana, “study” drugs, ecstasy, and many others through an exciting game of Jeopardy.

## GENERAL HEALTH

### MISSION NUTRITION

Learn how to make healthy choices when cooking in or eating out, and discover ways to grocery shop on a budget in this fun and interactive workshop.

### LIFE IN THE STRESS LANE

Participants will learn a variety of healthy ways to handle stress through a series of fun activities and group discussions.

### ZZZs = DEGREES

Learn why sleep is so important for cognitive performance, academic success, and overall health as you engage in interactive activities. Plus discover helpful tips to help you get a good night’s sleep.

## SEXUAL HEALTH

### FRISKY NOT RISKY

Learn about the basics of sexually transmitted infection (STI) transmission, protection, and how to talk to partners about safer sex through a variety of collaborative activities.

### SEXUAL JEOPARDY

This program teaches participants about essential sexual health information including STIs, birth control, anatomy, and more!

### BIRTH CONTROL BASICS

Work with fellow participants as you learn about 10+ types of birth control, how they work, and how effective they are in preventing pregnancy.

Looking for a workshop topic not listed here?

Contact Vivian Lau, Health Promotion Assistant, at [vilau@ucsd.edu](mailto:vilau@ucsd.edu)