



NYU Health Promotion Workshop Menu



Alcohol and Other Drugs:

Getting What You Want from Drinking

The purpose of this workshop is to give students information and tools to help them figure out how to achieve a greater balance between what they do want and what they don't want from drinking. Students participate in several activities both as a larger group and in smaller groups.

Safer Clubbing

This workshop focuses on topics related to clubbing. It consists of students both playing "Club Drug Bingo" as well as acting out a club scenario. Topics covered during the workshop include: safety tips, basic alcohol and other club drugs information, roommate/friend responsibilities, alcohol poisoning, and university resources.

Eating and Nutrition:

Eating 101

An interactive workshop that explores ways to eat healthy at NYU whether you're a vegetarian, athlete, performer, resident, commuter or just plain confused about how to put together a healthful, inexpensive and satisfying meal.

Smoothie/Nutritional Cross-training

This hands-on workshop allows students to make their own "smoothies" and to explore healthful eating on a budget. Host is responsible for buying ingredients – we will provide you with a list.

General Health and Wellness

Dicey Decisions

An interactive game where teams test their knowledge on a variety of health issues, including alcohol and other drugs, eating and nutrition, relationships, safety, sexual health and campus resources.

Imagine That!: An Interactive Drinking Game

A very interactive workshop that asks students to imagine the kind of decisions they would make in certain situations during an evening of drinking. Students are given a set of scenarios as well as three options about how they would behave or react for each situation. They then choose sides, discuss their choice, and try to persuade others that their reactions or behaviors are the right ones. They are then given a chance to change their answers. For each answer they receive points, and their total points at the end are used to give feedback about the relative risk of their choices.

Whatta Ya Know About Pot?

You think you know, but you have no idea! Is marijuana smoke a carcinogen? Can pot be addictive? Explore myths and facts about marijuana in this interactive workshop.

Quick and Healthy Cooking

Looking for ways to eat healthier food on a budget? This hands-on workshop allows students to prepare their own dinner and learn how to prepare cheap, quick and healthful meals. Host is responsible for buying ingredients – we will provide you with a list.

Stress Busters

Stress is part of everyone's life, especially as a student in New York City. This workshop provides practical ways to manage stress in order to improve mental and physical health.



NYU Health Promotion Workshop Menu



Sexuality and Sexual Health:

Orgasms

Orgasms abound in this interactive workshop, where male and female orgasms are described, myths are debunked, and tips are given on how to achieve that (sometimes elusive) state.

Sexploration

Learn how to make sex safer and more fun; including the latest information about STIs such as chlamydia, herpes, HPV, and HIV/AIDS; and sexual health resources on campus.

Sexual Assault:

What's the Real Deal?

This workshop features everyone's favorite BINGO game chock full of helpful information and challenging facts regarding sexual assault.

That's What Friends Are For

This interactive discussion includes information on medical, legal, and support/counseling options for survivors of, either recent or past, sexual assault. Scenarios will be presented for a more detailed discussion on helpful tips on what to do and say when your friends disclose that they have been sexually assaulted.

Sex Toys for Safer Sex

An evening with rubber, silicone, and vibrating toys. Everything you wanted to know about how to safely use toys to increase pleasure and reduce the risk of transmitting STIs, including where to buy toys around campus.

STIs

An interactive workshop for learning about how to identify different kinds of sexually transmitted infections (STIs). We'll talk about how to prevent them, how to talk to a partner about them, and safer sex strategies.

Sexual Assault Awareness 101

This interactive workshop features both an awareness quiz that addresses the prevalence of sexual violence in our society and a hilarious dating exercise that will leave participants with a better understanding of consent in sexually intimate relationships.

Tough Guise: Violence, Media, and the Crisis of Masculinity

This film discussion group is a critical analysis of socialized masculinity and its influence on a culture of violence. We will evaluate what it means to be a man in our society and examine the role that media plays in our definition.

To request one of our workshops, please call
212-443-1234
at least two weeks in advance.

Hosts are asked to provide
chalk board/dry erase board/flip chart paper
for all workshops.