**Forever A Rebel: Connections and Belonging**

Synopsis: Are your students stressed out? Research shows that a common source of stress for students is social isolation. In this UNLV-themed workshop centered on campus resources, students learn strategies to socially connect and build community on campus as stress management techniques. Students will experience hands-on activities and a progressive muscle relaxation exercise. Our #1 most requested workshop!

Audience: This workshop works well for general audiences of all ages and genders.

Details: This workshop requires 55 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer, a projector, and speakers.

**I Am the 50%: Alcohol Safety and Prevention**

Synopsis: About 50% of UNLV students report not having consumed alcohol within the past 30 days. This interactive workshop provides students with alcohol safety strategies and information on how to help a friend. The workshop includes reflection activities that encourage students to define their values and take steps to be proactive bystanders.

Audience: This workshop is ideal for student organizations or Student Affairs partners. This workshop is customizable for classroom settings.

Requirements: This workshop requires at least 55 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer and a projector.

**Keep Your Rebel Covered: Safer Sex and Healthy Relationships**

Synopsis: In this fun and interactive workshop, students learn about healthy relationships, consent, and how to practice safe sex. This evidence-based workshop also covers campus support resources and healthy communication.

Audience: This workshop works well for general audiences of all ages and genders, and is perfect for student organizations or classrooms that emphasize safer sex practices.

Requirements: This workshop requires at least 55 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer and a projector.

**Fuel for Success: Nutrition**

Synopsis: Some college students need support learning how to make healthy food choices. This interactive, activity-based workshop illustrates healthy food choices, portion sizes, budgeting, and how to read food labels.

Audience: This workshop works well for general audiences of all ages and genders.

Requirements: This workshop requires 55 minutes. Groups requesting this workshop must have access to a computer and a projector.

**Dollars and Sense: Financial Wellness**

Synopsis: This workshop covers the basics of personal finance, including definitions, credit scores, and budgeting. Students receive tips on managing and maintaining their financial wellness in the digital era.

Audience: This workshop works well for general audiences of all ages and genders.

Requirements: This workshop requires at least 55 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer and a projector.