

# Healthy Rebels Workshop Topics

## 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.