Healthy Rebels Presentation Topics

**Stress Management and Wellness Resources**

**Synopsis:** Are your students stressed out? This UNLV-themed presentation will provide students with personalized stress management techniques, as well as a progressive muscle relaxation activity. Students will also learn about how UNLV Student Wellness resources can promote their academic and personal success through stress relief. Our #1 most requested presentation!

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

**Details:** This presentation requires at least 45 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer, a projector, and speakers.

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**Rebels Against Impaired Driving**

**Synopsis:** This interactive presentation provides students with alcohol safety strategies and information on how to help a friend. The presentation includes fatal vision goggles activities to simulate impairment while maintaining a sober mind.

**Audience:** This presentation works best in a workshop format, ideal for student organizations or Student Affairs partners. This presentation is customizable for classroom settings.

**Requirements:** This presentation requires at least 45 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer and a projector.

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**Keep Your Rebel Covered**

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

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

**Requirements:** This presentation requires at least 45 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer and a projector.

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**Food Fight!**

**Synopsis:** Some college students need support learning how to make healthy food choices. This interactive, game-based presentation illustrates healthy food choices, portion sizes, hydration, and how to read food labels.

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

**Requirements:** This presentation requires at least 45 minutes. A minimum of 15 participants is recommended (not required). Groups requesting this workshop must have access to a computer and a projector.

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**Financial Wellness**

**Synopsis:** This presentation covers the basics of personal finance, including definitions, credit scores, and student loans. Students receive tips on managing and maintaining their financial wellness, including budgeting.

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

**Requirements:** This presentation requires at least 45 minutes. There is no participant minimum or maximum. Groups requesting this workshop must have access to a computer and a projector.