

## Peer Health Advocates

The Peer Health Advocates are UMBC undergraduate students who are highly trained in various health related topics, especially those that are pertinent to college students at UMBC. They can provide your class, residence hall, organization, etc. with a variety of health education programs.



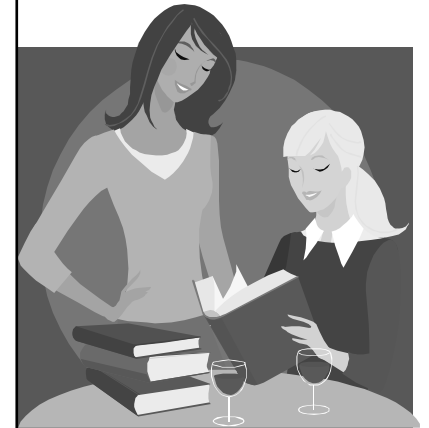
This is NOT the complete list of possible programs or health topics. If you do not see what you want or need, please ask!

**Contact Mickey Arora at [parora@umbc.edu](mailto:parora@umbc.edu), x5-3752, or visit the Health Education Office in Erickson Hall to request a program.**

You must submit your request at least 2 weeks before the desired program date!



## UMBC Peer Health Advocates



## Program Menu

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## ***Sexual Health***

- Sexual Jeopardy - Students are split into teams and asked questions about sexual & reproductive health. Topics include: STDs, slang terms, alcohol & sex, drugs & sex, contraception and more!
- Sex in the Dark - Students are given index cards and asked to write questions they have about sex, sexuality, reproductive health, STDs, etc. The Peer Health Advocates turn off the lights and read the questions with a flashlight to provide anonymity, and then discuss the answers to the questions with the group.
- Risky Behaviors & Sex IQ - Students are given a T/F quiz to test their sex IQ and then play a game where they place different sexual activities along a continuum of riskiness for transmitting STDs.
- HIV/AIDS 101 - Students participate in a variety of activities meant to educate on the basic facts of HIV/AIDS and dispel common myths about the disease.

\*All programs may include a condom demonstration or condom race by request \*

## ***Healthy Relationships***

- Voices Against Violence - Students will go over signs & symptoms of unhealthy relationships through a T/F quiz, a role playing activity and a mini jeopardy game. Peers will discuss stereotypes, stigmas, statistics, campus resources and go over how to get help if they themselves or a friend are in need.
- Mars vs. Venus - Students will divide into male and female teams and discuss qualities they look for in a potential partner. The teams will then have the opportunity to ask ANY questions to the opposite team and get honest answers back!

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## ***Alcohol, Tobacco and Other Drugs***

- Alcohol/Drug Jeopardy - A spin off of Sexual Jeopardy, this program focuses on drugs and alcohol. Topics include: street drugs, alcohol & sex, predatory drugs, and alcohol misuse/abuse.
- Twisted Bingo - A combination of Bingo & Wheel of Fortune, this program will educate students on a variety of effects & consequences with drug & alcohol use. Students will also be able to compete in unique 'challenges' wearing beer goggles.
- Seeing Double - Based off the popular children's game "Memory", students will match up drug & alcohol names with their definitions or related effects/causes.
- Booze Bingo - Students will learn about alcohol and the effects it has on academic performance and health while playing an interactive game of Bingo.

\* All programs may include an activity with the use of beer goggles by request \*

## ***General Health and Wellness***

- Health 101 & Sugar Demo - Students participate in a "Test Your Health IQ" quiz with topics including stress, nutrition, alcohol, and sexual health. A sugar demo of various drinks and snacks are shown to students. UHS services are discussed.
- Making The Connection - In this program, students will be educated about the causes & effects of sleep deprivation as it relates to their health, academics and overall state of mind while playing a fun, fact-filled version of 'Connect Four'.
- RAC 'Em Up! - A program focused on the importance of physical fitness & how to maintain or lose weight in a healthy manner, and what services the UMBC Retriever Activities Center (RAC) can offer to help students in that process!

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## ***Nutrition***

- Nutrition Mission - Students will learn about the new USDA Food Pyramid and discuss healthy eating options. Peers will go over how to properly read and understand a food label and students will play an interactive game, similar to Taboo, using the information they just learned.
- Eat This, Not That! -Based off the well-known novel by David Zinczenko, this program will teach students about the new food guide pyramid, correct portion sizes, how to read food labels critically & what food options are better than others through a fun game of jeopardy.
- Eating Disorders & Body Image - Students will learn about eating disorders such as anorexia, bulimia & binge eating. They will learn how to recognize signs, symptoms & health consequences of each and also participate in an activity about how body image is portrayed in the media using popular magazines.
- Sugar Shockers - A mini presentation on the amount of sugar found in popular drinks and snacks. You'll be shocked!

## ***Stress and Time Management***

- Serenity Zone - Students are able to identify signs and symptoms of stress, perform stress reducing exercises (ex. Progressive neuromuscular relaxation and deep breathing) and learn ways to better manage their time.
  - Stress Free Bingo - Students answer questions about stress and its effects on the body, while also playing bingo. Peers discuss ways to decrease stress levels and perform a relaxation exercise for students to participate in.
  - Laugh it Away - Students will identify positive ways to cope with stress and play a fun activity to bring out some laughter.
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