Elsie S. Shenk  
Center for Health Education and Promotion  

How to Request a Program

Located at the Montour House  
Office Hours  
Monday-Friday  
8:00am-4:30pm

1) Go to our website below to request a program. Please select a program you would like to be presented. We ask for a minimum of 2 weeks notice. We do not present programs on Wednesdays from 9:00-10:30pm.

2) After requesting a program, expect to receive an email response within 3 business days indicating that your request was received.

3) You will receive a program confirmation via email within a business week after requesting the program unless noted otherwise by the student manager.

4) Please respond to the email confirmation within 3 days indicating that the program information is correct.

Programs That Can be Requested

**Sexual Responsibility and Healthy Relationships**
1. Rubberwear
2. Sex and Chocolate
3. Keepin’ It REALationships
4. STI Bingo
5. The Hook Up

**Body and Mind**
1. Conquering College
2. BAM! Body and Mind
3. Not Fooling Me

**Alcohol and Other Drugs**
1. Wasted Safety
2. A Shot of Reality
3. Chasing That First High
4. Sex Goes to the Movies

**Karlie’s Angels**  
(Sexual and Domestic Violence)
1. One Love Escalation
2. Healthy Relationships
3. In the Green: Red Zone Awareness
4. Break the Silence, End the Violence
5. The Hook Up
6. Sex Goes to the Movies

*Athlete and Greek Peer Education  
Programs also available*

Contact Us

Website: [www.millersville.edu/chep](http://www.millersville.edu/chep)  
Email us: chep@millersville.edu  
Call us: 717-871-4141  
Facebook: Peer Educators at MU  
Twitter: @PeersEducate  
Snapchat: ChepMU  
Instagram: peerseducate

**Student Manager Contact**  
Johanna Simpson  
Email: josimpso@millersville.edu  
Call: 717-871-4138

COMPLETE A PROGRAM REQUEST FORM ONLINE NOW!  
http://www.millersville.edu/chep/peereducationprograms/program-request.php
Peer Educator Programs and Descriptions

All programs are 60 minutes, unless noted. Programs can be adapted to fit audience need.

Sexual Responsibility and Healthy Relationships
- **Rubberwear**: A fun and interactive way to discuss contraception methods and their role in safer sex practices; provides activities to demonstrate how STIs can be spread and condom demonstration.
- **Sex & Chocolate**: Anonymous question and answer session openly discussing sex and relationships.
- **Keepin’ It REALationships**: An active discussion of various types of intimate relationships found on a college campus; discusses healthy and unhealthy relationships.
- **STI Bingo**: Involves playing bingo based on STIs. Students will learn about various types of STIs.

Alcohol and Other Drugs
- **A Shot of Reality**: Discussion about the use of alcohol on campus and risk reduction strategies.
- **Chasing that First High**: Interactive program on substance abuse and addiction.
- **Wasted Safety**: Interactive program discussing alcohol poisoning, alcoholism and identify ways to act as a bystander.

Body and Mind
- **Conquering College**: This program identifies major stressors students may face in college. Students will learn different stress management techniques.
- **BAM! Body and Mind**: Interactive program to help increase students’ knowledge on good mental health and how to identify and address common mental health concerns.
- **Not Fooling Me**: Explains issues young adults deal with pertaining to body image, self-esteem, eating disorders, and mental health.

Karlie’s Angels (Sexual and Domestic Violence)
- **One Love Escalation**: Film that illuminates the warning signs of an unhealthy and potentially dangerous relationship followed by a discussion about unhealthy relationships, how to identify warning signs, and how to be an active bystander. (90 minutes)
- **Healthy Relationships**: Focuses on information regarding dating and domestic violence and helps students know available resources on and off campus.
- **In the Green, Red Zone Awareness**: Aimed at raising awareness about sexual assault and the Red Zone by providing information about bystander intervention and how to intervene in a potentially risky situation.
- **Break the Silence, End the Violence**: Focuses broader on sexual misconduct and includes information on dating violence, domestic violence, sexual assault, and stalking.

Alcohol and Consent
- **Sex Goes to the Movies**: Uses popular movie clips to educate about risky and unsafe partying, alcohol consumption, consent, how to avoid potentially risky situations, and resources available on and off campus.

Sexual Responsibility and Consent
- **The Hookup**: Explains the multiple definitions of “hooking up” and how it could be different for each student. This program helps to identify potential negative impacts of hooking up and educates on what consent means.