

## **CLASSROOM PRESENTATION TOPICS**

**Student Health Services Overview** (5-15 minutes)

**Health Insurance Coverage and Accessing Care** (10-30 minutes)

**Health and Academic Success**      Health & Student Success  
Stress Management

**Health and Prevention**              **QPR** Suicide Prevention (**Q**uestion **P**ersuade **R**efer-90 minutes)  
Colds & Flu Prevention  
Sleep, Nutrition & Exercise  
Healthy Relationships  
Sexual Assault Prevention

**Health and Sexuality**                  Contraception and STD Prevention  
Diversity in Gender and Sexual Expression

**Mental Health Issues**                Common Mental Health Issues  
Anxiety & Depression-Recognition and Response  
How to Deal with Grief and Loss

**Substance Use**                          Abstinence to Addiction: The Continuum of Substance Use  
Alcohol, Marijuana & Tobacco: Effects and Risks of Use

**Skill Building**                            The Power of Habit – Make It or Break It  
Anger Management Techniques  
Overcoming Sleep Difficulties

- We will customize classroom presentations to meet your needs.