# 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 *(Question Persuade Refer-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.