

PEEPs Programs

CHEW's PEEPs Health Educators have many fun and interactive health programs available for your enjoyment! These trained health educators will provide you or your group with an educational and entertaining program sure to be fun and memorable! Explore our various healthy options and choose your favorite. Don't see what you're looking for? Just contact us and we can work to create an entirely new program based on your needs. Take a look!

Alcohol and Other Drugs:



Stop@Buzzed (30 minutes): **Stop@Buzzed** is our most requested program through CHEW. This interactive program uses fun video clips, quizzes, and pictures to demonstrate the importance of responsible drinking. Students that choose to drink will learn ways to still experience the positive euphoric effects of alcohol, while avoiding the negative consequences of binge drinking by stopping at buzzed!

Mythbusters: Hopkins Edition (30 minutes): Our newest addition to AOD, this program focuses on the misconceptions students may have about hookah, caffeine, drug interactions, and Adderall use. Participants interact to guess whether each 'fact' is confirmed, plausible, or myth-busted!



Are You Smarter Than an RA? (30 minutes): Using the template for the show "Are You Smarter than a 5th Grader", this program matches students head-to-head against RAs and is perfect for your next floor program. Ten different question categories test residents' knowledge of alcohol use to see if they can show that they are smarter than an RA!

It Doesn't Adderall Up! (30 minutes): This program focuses on the abuse of the prescription drugs Adderall and Ritalin for academic performance enhancement. Dangers, penalties, and myth busting are discussed along with interesting quizzes and scenarios. Additional street and club drugs are also discussed.

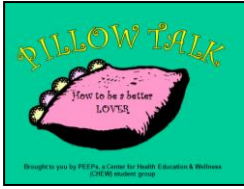


Party Crashers (20-30 minutes): This program focuses on the party scene of alcohol use. Beginning with an interactive skit, participants are transformed into 'typical' party-goers. Can you spot *that* guy or *that* girl in the crowd? Following the activity, a short program is given highlighting ways to safely get to and from parties, tips on sipping, and ways to spot potentially dangerous or embarrassing situations.

Jeopardy (30 minutes): Based on the hit TV show, three different versions of Jeopardy are available for your use and enjoyment. Choose between Alcohol, Drugs, or Tobacco Jeopardy and compete in team challenges to see who can answer the most trivia questions for the most points!

Alcohol Games and Activities (varies): Our infamous "Beer Goggles" can be used for a variety of games, obstacle courses, and other activities. Whether it's playing basketball, navigating a course, or just as simple as walking a straight line, these goggles demonstrate how alcohol can impair vision and coordination.

Sexual Health:



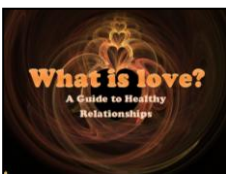
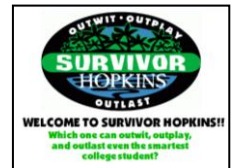
Pillow Talk (30-45 minutes): Two versions of this interactive sexual health program are available, one for females-only, and another gender-neutral version. Our most extensive sexual health program covers everything from STIs, to contraception, to on-campus resources. Video clips and demonstration help you to become a better, safer lover.

Battle of the Sexes (30 minutes): Males and females go head-to-head in this highly interactive program. Each team is posed with various sexual health questions and physical challenges on the topics of STIs, birth control, sexual assault, healthy relationships, and resources. Test which sex comes out on top when it comes to healthy, safer sex!



CSI: College STI Investigation (30 minutes): You've seen the show, now try the game with a sexual health twist! Use your sleuthing skills to follow the clues to correctly identify the guilty STI culprit of each case. In the meantime, you will learn about the signs, symptoms, and prevention methods of prevalent STIs.

Survivor: Hopkins (30 minutes): This program asks which team can outwit, outplay, and outlast the competition to kick the most STIs off their tribe's island. This game uses challenges, quizzes, and online games to see who can be the ultimate sexual health survivor! (*Program requires internet availability*)

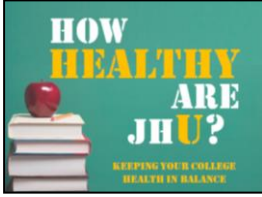


What Is Love? (20 minutes): From hook-ups to break-ups, this program focuses on healthy relationships. Friendships, dating, sex, and single living are discussed as video clips demonstrate the trials of relationships through college. Learn ways to make and maintain healthy, loving relationships during your time at Hopkins.

Sexual Health Jeopardy (30 minutes): Based on the hit TV show, this version of Jeopardy is all about sexual health. Categories include Condom Sense, He Said/She Said, STIs, and Risky Business. Compete in team challenges to see who can answer the most trivia questions for the most points!

Sexual Health Games (varies): Condoms! Displays! Flavored lube! Oh my! Let us add some more excitement to our programs with sexual health activities. Have a "Rubberware Party" where you can have fun with condoms in a whole new way! Fill 'em, stretch 'em, and test just how strong they can be! You can even attempt to put a condom on "Big Blue" with drunk goggles on. Feeling daring? See if you can correctly identify the correct flavor with a blind lube taste test. Who knew condoms could be so fun!?

Healthy Living:



How Healthy are jhU? (45 minutes): With so many lifestyle changes in college, where does your health fit in!? This interactive program tests where your health stacks up in comparison to the “average” Hopkins student. Get tips to incorporate healthy behaviors into your normal routine to keep your health in balance. From exercise, to sex, to safety, and sleep- this session will help you to be a happier, healthier JHyoU!

Naked in the Kitchen (30 minutes): Get your mind out of the gutter! This program is all about healthy, natural, whole foods- also known as naked foods! Learn about the benefits of whole foods on your health and the environment, as well as healthy options on campus. Get tips on cooking a featured food with a live cooking demonstration!



iChef (30-60 minutes): Learn how to make healthy meals in 30 minutes or less! This program educates on ways to eat healthfully while on a college budget. Get sample shopping lists, healthy recipes, and even participate in a meal demonstration! Join your PEEPs as they show you how to utilize your meal plan, dining dollars and college budget with **iChef!** *Kitchen area required.*

To request any programs or for further information, visit
<http://chew.wufoo.com/forms/peeps-program-request-form/>
or email Brooke Nestor at bnestor1@jhu.edu