Gannett Health Promotion Workshops

**Strengthening Resilience: Staying Balanced Training:** Managing change and the multiple demands placed on a college student’s time, energy, and attention can feel overwhelming at times. This session will help students learn ways to meet academic, personal, and leadership responsibilities with skill and confidence. Participants will consider short- and long-term strategies to find or maintain balance and learn to use campus resources to thrive (not just survive) at Cornell. *60 minutes*

**Listening Micro-skills Training:** Participants will learn good attending behaviors; how to establish trust; how to identify and empathize with the speaker’s emotions; how to evoke information using open-ended questions and how and when to employ affirmations. Participants will then practice their new micro-skills in small groups. *75 minutes*

**Notice and Respond: Friend 2 Friend Training:** This session was designed to help students recognize when a friend may be struggling, what to say and where to find support. Using a realistic filmed scenario (developed by CITE), facilitated discussion and a PowerPoint presentation, students will be given tools and information to help their friends and themselves stay safe and healthy. *75 minutes*

**Alcohol & Other Drug (AOD) Safety:** Participants will receive health and safety information that will help them evaluate their AOD use in a safe, nonjudgmental environment. Students will learn strategies and set goals to reduce their harms and increase their safety and quality of experience. Participants will evaluate standard serving sizes, personal beliefs and risks and have the opportunity to ask anonymous questions. This is not an abstinence program (we discuss other harm reduction strategies besides not drinking). *This program fulfills the IFC requirement for alcohol education. 60 minutes*

**Sexual Violence Prevention:** Using a short film and facilitated discussion, participants will explore ways to identify unhealthy sexual situations, barriers to intervention, and opportunities for intervention that can create a healthier sexual environment. This program is available to groups of men, groups of women, or mixed-gender groups. *This program fulfills the IFC requirement for sexual assault programming. 60 minutes*

**Alcohol & Other Drug (AOD) Safety & Sexual Violence Prevention:** Participants will discuss alcohol and other drug use in the context of healthy sexual behavior. Using a short film and facilitated discussion, participants will explore ways to identify unhealthy sexual situations, barriers to intervention, and opportunities for intervention that can create a healthier sexual environment. This program is available to groups of men, groups of women, or mixed-gender groups. *This program fulfills both IFC requirements for alcohol education and sexual assault programming. 90 minutes*

The Gannett Public Health Fellows, Stephanie and Leslie, can facilitate these workshops on evenings and weekends. A minimum of two weeks’ notice is requested for scheduling a workshop. Contact the Gannett Public Health Fellows, Stephanie and Leslie, at gannett.fellow@cornell.edu for info on programs, scheduling a program, or if you have questions.