

PEER HEALTH EDUCATORS

The Peer Health Educators are UMBC undergraduate students who are highly trained in various health related topics, especially those that are pertinent to college students at UMBC. They can provide your class, residence hall, organization, etc. with a variety of health education programs

HOW TO REQUEST A PROGRAM:

- >> Visit us on our website at:
umbc.edu/uhs/healthedu/peer
- >> Click the link to our program request form
- >> Select the program, fill out the form, and we'll get back to you with a confirmation!
- >> Please submit your request **AT LEAST TWO WEEKS BEFORE** the desired program date.

This is NOT the complete list of possible programs or health topics. If you do not see what you want or need, please ask! We can also cater programs to your liking.

Contact Jackie Mungo at:
jmungo@umbc.edu, 410-455-5331,
or visit the Office of Health Promotion in Erickson Hall for any further questions!



OFFICE OF HEALTH PROMOTION

Ground Floor, Erickson Hall
1000 Hilltop Circle
Baltimore, MD 21250
Phone 410.455.1558

uhs@umbc.edu
www.umbc.edu/uhs/healthedu/peer

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PROGRAM MENU



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General Health & Wellness

“What the Health is Going on?”

- Jeopardy style game format
- General health and wellness categories
- Variety of campus resource information

Sexual Health

“Risky Business”

- Focused on HIV/AIDS virus
- Safer sex practices
- Interactive activities

“Sexual Jeopardy”

- Jeopardy style game format
- Categories include: STI's, contraception, sexuality, sex under the influence, & more

“Women’s Seminar”

- Ideal for smaller, intimate groups
- What to expect in a routine GYN examination
- STI info & birth control options

Nutrition

“What’s On Your Plate”

- USDA food guide overview (MyPlate)
- Understanding nutritional labels
- How to choose healthier options

Alcohol, Tobacco & Other Drugs

“Alcohol & Drug Jeopardy”

- Jeopardy style game format
- Categories include: prescription drugs, illicit drugs, marijuana and alcohol, and binge drinking

“Red Watch Band”

- Bystander intervention program
- Focused on alcohol use, abuse and intoxication
- Normally lasts between 75-90 minutes

Mental Health

“Healthy Minds”

- Individual stress test
- Suicide myths & facts game
- Stress and anxiety information
- Relaxation exercise

“What’s Eating You?”

- Eating disorders overview for anorexia, bulimia & binge eating
- Signs, symptoms & health consequences of each
- Activity about body image and the media

“Making the Connection”

- How sleep affects personal and academic success

Healthy Relationships

“Love is Respect”

- What does a healthy relationship look like?
- Signs of possible unhealthy relationships
- Activity and discussion on the power and control wheel
- Reporting & resources

“One Love: Escalation Workshop”

- 45-min powerful film depicting a violent relationship on a college campus
- Followed by a 45 minute guided discussion about relationship violence
- Reporting & resources

“Un-blurring the Lines”

- Sexual assault information
- Consent scenarios activity
- Bystander intervention tools
- Reporting & resources

“Big Dawgs Don’t Haze”

- Define hazing
- Identify possible hazing behaviors
- Scenario & myth/fact activity
- Consent and power information
- Physical and mental consequences
- Reporting & resources

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