

### Healthy Relationships

This workshop covers the four basic building blocks of a healthy relationship: respect, honesty, trust and communication. Participants will also discuss the characteristics of an unhealthy relationship. Group discussion is included on romantic and intimate relationships, including how to save a worthwhile relationship and how to end a relationship in a healthy way.

### Making Connections

Worried that your residents are experiencing feelings of homesickness and/or loneliness? Well then, this might be the perfect workshop. "Making Connections" is an interactive experience that addresses issues involved in making the transition to Gustavus, illicit how residents have faced obstacles in the past, and presents strategies on what students can do to feel more at home, both on their floors and in their sections and on campus.

### Guy Stuff

Need a chance to hang out with the guys? Have some fun and maybe learn a few things? "Guy Talk" is just what you need. This workshop covers the steps to putting on a condom, teaches how to protect against sexual assault (being the victim or the accused), and discusses

Workshops last approximately one hour and can be tailored to the needs of your group. We are always open to suggestions for alternative workshops. If you have any questions about the workshops or would like to schedule one for your floor, section, class, or organization, talk to any Peer Assistant. You can also call the Peer Assistance Center (located in the lower level of the Campus Center), x7607 or email us at: [pa-l@gustavus.edu](mailto:pa-l@gustavus.edu)

Gustavus

P.A.

Workshops



**PEER ASSISTANTS**

2005-2006

# Peer Assistant Workshops

The fun and educational solution for tackling lifestyle issues on your floor or in your section!

## Be-Weiser: What You Need to Know

A multiple choice game that informs first-year students about the consequences of choices, especially concerning alcohol consumption. A great way to get the facts to your residents.

## Archie Bunker's Neighborhood

Some prejudice is obvious, but other times it occurs more subtly. This interactive workshop places participants in a community-building simulation. Participants will face a variety of real-life situations and issues such as prejudice and an uncooperative system as they try to build their community. The main goal of Archie Bunker's Neighborhood is to increase cultural awareness and provide an opportunity to examine subtle prejudice and oppression.

## Creative Dating

An exciting, interactive, thought-provoking workshop that provides a refreshing perspective on the subject of dating. This workshop is geared to offer a new outlook on the dating scene. There is no excuse not to date at Gustavus!

## Don't Assume I Cook, Don't Assume I Fix Things - Gender Communication

A workshop designed to encourage communication and address male/female stereotypes in a fun-filled way. Your floor or section will get a better understanding of each other, and learn what the opposite sex actually thinks! (Best done with a combination of sections or floors.)

## Pillow Talk

This workshop provides an opportunity for women to reflect on their personal image and self-confidence. Special instructions: Wear PJs and bring a pillow!!

## Never Too Busy to Relax!!!

Learn what causes stress, how your body is affected by stress, and how to counter these effects. The program includes discussion on reducing

## Sex, Lies and Videotape

This workshop is an experiential program (with a NEW videotape) designed to help college-age students openly and candidly discuss male/female relationships and positive sexual communication while at the same time calling attention to the realities of assault and acquaintance

## Bachelorette Party

Help the students on your floor or in your section become aware of all forms of birth control and STD protection, their effectiveness rates and the health risks associated with each. Join "Betty Birth Control" and her team as they explore safer sex choices and creative ways of showing a partner you love them without really doing "IT".

## "Sex in the Dark"

This program puts all the questions of sex and issues pertaining to sex out on the line for your floor to talk about. We encourage your residents to bring their personal questions on note cards and we will answer them to the best of our knowledge. We also encourage floor members to discuss the questions on

## When Gays Move into Mr. Roger's Neighborhood

This is an interactive workshop that aims to dispell myths about Gay, Lesbian, Bisexual, and Transgender people. A fun and easy-going atmosphere helps facilitate discussions about stereotypes that GLBT individuals face and the realities of being gay at GAC.

## Making the Most of College

This workshop gives students a perspective of the first year and the over-all college experience through the eyes of an upperclassperson and emphasizes choices that need to be made both in their academic and their social life.

## Promoting Healthy Body Image

This workshop looks at current media images of the body and how societal portrayal of the body affects our lives. It also addresses the possible effects of negative body images such as low self-esteem and eating disorders. However, the objective of this workshop is to help find more positive, healthy views and activities that can increase self-confidence and decrease the effects of a negative body image.

## Peer Assistants

Kelly Anderson  
Alicia Blomquist  
Bobby Caldwell  
Tessa Carlsen  
Ali Chorley  
Chris deLaubenfels  
Dana Friedline  
Barb Guy  
Katie LeBlanc  
Jessica Lewis  
Jon Quinlivan  
Lindsey Reimnitz  
Elliot Saltzman  
Amy Schmidt  
Lisa Udem  
Luis Valle  
John Wippler

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