SHE Workshop Menu: Fall 2018

~ Relationships & Sexual Health ~

**Sex and Chocolate**
Informal discussion about safer sex, including info about contraceptives, STIs, and campus resources. Your RC will provide the chocolate!

**Orgasm Workshop**
Discussions that are designed to help encourage communication and exploration, featuring info on orgasm stages, anatomy, sexual self-image, and more.

**Spice It Up**
Here are some more *creative* ways to have fun with your partner(s). Games included!

**Low Down on Going Down**
Submit your questions to the SHEs about all things oral and we’ll answer them in front of you! We promise the conversations will be entertaining and enlightening.

**Self-Serve**
Masturbation – there are probably still things you haven’t tried!

**Contraception**
A comprehensive overview of safer sex practices, contraceptive choices, and the on-campus resources available to you.

**Casual Dating (featuring the Peer Advocates!)**
Discuss how to navigate dating, hookups, and relationships @ Amherst.
~ Physical Health ~

**Stress at Amherst College**
How to recognize stress and manage it (guided relaxation exercises included!)

**Sleep**
Discuss the importance of sleep and get some tips on healthy sleeping habits, all while making *scented sleep pillows* that will help you get a good night’s rest!

**Remix Your Drink**
Safer drinking habits, mixing ratios, and how to count drinks.

**Nutrition**
Information about eating habits, followed by tips and demonstrations of healthy Val eating

**First Year Alcohol Workshop**
Debunk myths about alcohol and learn strategies for safer alcohol use through games and activities.

~ Mental Health ~

**Breaking Up With FOMO**
Strategies to combat the Fear Of Missing Out, followed by a discussion of mental health.

*Please feel free to contact us at she@amherst.edu for more details!*