

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 health 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!

