

HEALTH EDUCATION



Health Education Office

HEALTH ED HANDOUT

University of Connecticut's Health Education Office provides prevention, harm reduction and public health promotion services to the campus community which includes data collection and analysis, educational programs and workshops, program evaluation, health awareness events and campaigns, academic lectures, trainings and consultations. UConn's Health Education Office provides students with information and resources to make healthy decisions in the area of sexuality, stress management, body art and other areas of wellness.

Abstinence Kits

If a student chooses abstinence, we want that person to feel supported. Health Education offers Abstinence Kits to students who ask for them. The Abstinence Kits include various items such as popcorn or candy, pens, lip balm, play dough or sun block. Our kits also include information about abstinence and suggestions to show love without sex. We also provide candy at all of our events. We want everyone to feel welcome and realize that each person needs to make their own choice and we respect that!

Goodie Bags

If a student chooses to be sexually active, we support that choice as well. Students can come by our office to receive a Goodie Bag which contains an assortment of condoms, dental dams and lubrication. We also make custom Goodie Bags for students who want a specific kind of condom that we carry.

Stress Free Kits

Health Education supplies Stress Free Kits as a way to provide resources and tips for students on how to manage stress. Our kits also include items to help relieve stress. These may include any but not all of the following items: Play-Doh, Stress Relief Lotion, Toys, Tea, or a Stress Squeasy.

Health Education: Home of the Sexperts

Sexperts educate their peers on the topic of sexuality, aromatherapy, and making healthy choices. Sexperts are trained and meet weekly on Thursdays at 5pm. Students are required to commit three hours a week, one for the meeting and two for a programming night. Please call or email for further information.



Stress Free Zone

Students can stop by year round anytime the office is open and utilize our Stress Free Zone. Our relaxation area includes two massaging back rests, one full body massager, foot massager, and massagers that can be used by friends on each other. The Stress Free Zone also has books about "not stressing the small stuff" and some books on humor. We encourage students to utilize this free resource!



Programs put on by Health Education:

- Aromatherapy
 - Massage 101
 - Herbal Pillows
 - Rubberwear
 - Sexual Fued
 - Spring Break Taboos
 - Body Art
 - Custom Programs on Request
 - Other Sexuality Programs
- Interested in any of the above programs? Contact your CA about bringing it to the Residence Halls**



Want to know what's going on in health? Email healthed@uconn.edu with subject line "Subscribe to HealthEd E-mail" to get added to the list and receive weekly updates on Health Education events and programs as well as other information on different health-related topics and campus events.

We have Resources with valuable information for students who are doing health related projects. Students are welcome to take up to 10 pamphlets and our web resource list. There are many posters and pamphlets available for CAs and student groups to use. There are also bulletin boards for display. We are available to answer questions and to assist in directing the students to the appropriate resources.



Condoms, dental dams, lube & abstinence kits are available free to you at Health Education. We are located in South D, downstairs near the mailboxes, next to the south complex office. Got questions? Contact Joleen Nevers, Health Education Coordinator at 486-0772 or visit our website: www.healthed.uconn.edu