PHEW Class Learning Outcomes for 2014-15

Party Classy (Sep. 4th, Sep. 16th, Nov 5th, Mar 18)
- Participants will describe what one standard drink is
- Participants will identify at least one sign of alcohol poisoning
- Participants will identify at least one personal protective strategy

Keeping It Safer and Sexier (KISS) (Sept 9th, Oct 15th, Dec 1st, Feb 10th)
- Participants will identify three methods of birth control
- Participants will identify one bacterial STI and one viral STI
- Participants will demonstrate knowledge of the concept and definition of consent.

Empowered Bystander (Sept 11th, Feb 3rd)
- Participants will be able to define ‘empowered bystander’
- Participants will recognize the importance of being an empowered bystander
- Participants will identify the three Ds (the three approach skills)

Healthy Eats (Sept 23rd)
- Students will be able to identify multiple places that we can purchase healthy foods on campus.
- Students will learn the 5 key MyPlate messages.
- Students will be able to give an example of a mindful eating strategy to utilize when creating a nutritious meal.

Let’s Talk About Sex (Sept 23rd, Oct 8th, Nov 4th, Mar 17th)
- Participants will identify 3 different types of ‘sex’ or sexual activities
- Participants will know the 4 stages of the Masters and Johnson Sexual Response Cycle
- Participants will identify 2 communication strategies that can assist them in having healthy conversations about sex and sexuality

Media Mayhem: Stereotypes & Gender Violence (Oct 7th, Nov 13th)
- Participants will identify two ways that their habits are influenced by advertisements
- Participants will list one common stereotype of ‘masculinity’ and one common stereotype of ‘femininity’
- Participants will define media IQ and identify three ways to increase their media IQ

Love Every Body (Oct 14th, Apr 21st)
- Participants will define body image.
- Participants will learn strategies for improving body image.
- Participants will learn what areas of body image men and women struggle with.

Chillax (Oct 23rd, Dec 8th, May 5th)
- Participants will identify 2 benefits of practicing relaxation techniques
- Participants will identify one strategy for reducing muscle tension
- Participants will understand what guided meditation is

Turn Up: How Loud is Too Loud? (Oct 30th, Mar 19th)
- Participants will identify at least 1 bystander approach tool
- Participants will know how to implement the Bacchus Maneuver
- Participants will identify 2 items of information that are important to give to 911 respondents

Marijuana: Puff or Pass (Nov 19th, Apr 15th)
- Participants will identify 1 physical, 1 psychological, and 1 physiological effect of marijuana
- Identify SJSU policies regarding marijuana use on campus
• Identify alternative behaviors that can address some of the more common needs that marijuana fulfills for students

**Reflecting Images (Nov 25th, Apr 23)**
• Participants will identify influencing factors regarding self-image
• Participants will understand commons myths about body image and the facts the dispel these myths
• Participants will identify one strategy for improving self image

**Dieting Dilemma (Nov 25th, Feb 24th)**
• Participants will learn how to define fad dieting
• Participants will learn the attributes of a fad diet.
• Participants will become familiar with the downsides of fad dieting.

**Ready, Set, Goal! (Dec 2nd, Feb 3rd)**
• Participants will receive a general exposure to components of a healthy lifestyle
• Participants will learn the basics of maintaining a healthy and balanced diet.
• Participants will learn the key components to stretching, and recommended amounts of exercise.

**Healthy Relationships (Feb 11th)**
• List three attributes/characteristics of a healthy relationship.
• Identify two warning signs of a toxic relationship.
• List two behaviors to avoid when managing conflict in relationship.