If you’re a DePaul University faculty member or instructor, *Don’t Cancel That Class* is a service provided to you by Center for Intercultural Programs and Office of Health Promotion & Wellness. If you need to be out of town or an unexpected situation demands your attention, let us know, and one of our professional staff members will come into your class on the day of your absence and provide an hour-long, educational workshop to your students. These workshops cover a variety of topics and are a great way for students to learn about important resources available to them at DePaul.

**Here’s how it works:**

- Select the workshop you desire from the descriptions on the next page and email the presenter listed as “Primary Contact” with the time, date, location and name of your course.

- We require a minimum of three days advance notice; same-day requests may not be fulfilled. For classes after 5 pm, please provide seven days advance notice. We are unable to cover weekend classes.

- All workshops are approximately one hour in length.

- When a presenter comes into your class, they will take attendance and provide you with this information.

- Presenters will survey the students after the workshop has concluded to assess the effectiveness of their workshops. You may request this survey information from the presenter at any time.

- If you would like any of our staff members to be a guest lecturer or to tailor their presentation to your specific class, please contact us two weeks in advance.

- Should a staff member not be available on the date you request *Don’t Cancel That Class*, we may have a graduate student intern from Center for Intercultural Programs or Office of Health Promotion & Wellness present instead.

- If you would like us to provide test questions or a post-workshop assignment, advance notice must be given.
Workshop topics offered through
Office of Health Promotion and Wellness
Primary contact | Michelle Johnson  mjohn196@depaul.edu

**Alcohol: Challenging the Hype**
This workshop provides students with the opportunity to learn about alcohol harm reduction and to challenge faulty assumptions about how alcohol can affect a person. It looks at some common myths and realities, engaging students in important dialogue around how alcohol affects the body. Students will interactively learn facts about the use of alcohol, while also learning creative strategies to stay safe when drinking.

**Drugs: Highs, Lows and Everything In-Between**
This workshop takes a look at some of the common questions that emerge around drug use and drug culture. This Jeopardy-style workshop offers a fun and creative way for students to learn facts and accurate information about various drugs, empowering them to make healthy, informed decisions.

**Introduction to Bystander Intervention**
Bystander intervention is designed to empower bystanders to intervene and assist others in dangerous or harmful situations. This workshop will explore where the “bystander effect” comes from, how students can overcome it, and what skills are essential to becoming a community of engaged bystanders.

**Quick and Healthy Meals on a Budget**
Students are extremely busy and as a result, their eating habits tend to suffer. This workshop will provide students with tips on how to make meals and snacks that are healthy and easily prepared. Information will also be provided on how to meal plan and shop effectively on a budget.

**Safer Sex and You**
Every year there are more than 19 million new sexually transmitted infections (STIs) in the U.S. Nearly half occur among those aged 15-24. This interactive workshop will educate about STIs, birth control options, and on- and off-campus resources available.

**Understanding Sexual Assault and Consent**
One in five women will experience sexual violence during their college years. Sexual violence impacts people of all genders. This workshop will educate about sexual violence prevalence, myths and facts, prevention, and response. Case studies will be used to build understanding about consent.
**Workshop topics offered through Center for Intercultural Programs**

Primary contact | *Katy Weseman*  
kweseman@depaul.edu

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**4 Steps to Positive Cross-Cultural Communication**
Do you know how to engage challenging situations with people who call or visit your office? Learn a communication technique to promote effective cross-cultural interactions to assist in these types of situations. Students will learn the steps for this technique and practice them using a variety of scenarios and custom-created situations they face in their role during this 60 minute workshop.

**Being an Ally to Transgender People**
This interactive workshop will delve into the topic of gender identity, including basic terminology, transgender identity development, differences between sexuality and gender identity, and dismantling transphobia.

**Intro to LGBTQ Identities**
This session provides basic information on lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) identities and experiences. Participants will leave with increased knowledge around terminology, socio-political history, community building and ways to be an ally to LGBTQ people.

**Recognizing and Managing Triggers**
Learn about triggers, what your personal triggers are, and how they relate to effective communication and leading diverse groups. Students will walk through the triggering event cycle and learn the cognitive processes associated with how people create narratives and harmful assumptions about others based on their own experiences. Students will walk away from the workshop with a set of skills for effectively managing triggers to maximize their communication and leadership when working in groups. (Students to participate can get credit towards a certificate through the Student Leadership Institute)

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For more information about our other programs, please visit our websites:

studentaffairs.depaul.edu/cip  
studentaffairs.depaul.edu/hpw