Health Education Materials Available
in
Counseling, Health and Wellness Services.

Categorical List

**Abstinence**
Abstinence and Relationships
Many Teens Are Saying “NO”
Abstinence and Staying With It
Getting What You Want from: Abstinence
Abstinence and HIV

**AIDS/HIV**
AIDS: AIDS stands for Acquired Immune Deficiency Syndrome
HIV Antibody Test
HIV Infection and AIDS
Important Information for All People About HIV Disease
AIDS…What Everyone Should Know
HIV/AIDS Counseling and Partner Notification
How You Won’t Get AIDS
HIV Infection and AIDS: Are You At Risk?
Drinking and HIV

**Alcohol**
Binge Drinking
Drinking Facts
Getting What You Want From: Drinking
How to Help a Friend with a Drinking Problem
Sex and Alcohol: What You Need to Know
If a Friend is Drinking Too Much
Drinking: What’s Normal, What’s Not
The Naked Truth: Alcohol and Your Body
A Risky Relationship: Alcohol and Sex
Do you ever?
The College Experience: Alcohol and Student Life
5 Smart Steps to Safer Drinking
Alcohol Self Test
Drinking Attitudes and Actions

**Birth Control**
Is your birth control method still the best available option for you?
Your Contraceptive Choices
Test Your Pill IQ
Birth Control: Choosing the Method that is Right for You
Contraception: Choosing the Right Method
Birth Control Facts
Condoms and Sexually Transmitted Disease…especially AIDS
Depo-Povera: Contraception Injection
Is Depo-Povera for You?
Which Birth Control Method is Right for Me? (pads of paper)
Condoms Mean Protection (table display)

**Birth Control: Emergency**
Emergency Contraception
Emergency Contraception
“The condom broke. But my life stayed intact.” (table display)
1-888-NOT-2-LATE (full paper)

**Body Art**
Incredible Tattoo Facts
Taking Care of my Body Piercings
Getting What You Want from Body Art
Undoing Body Art
Body Art Self-Test

**Body Image**
Incredible Body Image Facts
Getting What You Want from Body Image

**Cancer**
The American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention
Choices for Good Health
Guidelines for Early Protection of Cancer

**Cancer: Breast**
Five Things to Tell Your Friends about Breast Cancer
Breast Cancer Questions & Answers
Mammograms: Not Just Once, but for a Lifetime
ABCs of Breast Health: A Personal Plan of Action
Breast Cancer: Risk, Prevention, and Healthy Living
Questions to Ask Your Doctor about Breast Cancer (large notebook)
Breast Cancer Facts and Figures (large notebooks)
Special Touch: True/False Quiz (full paper)

**Cancer: Testicular**
Male Self Examination
What You Should Know about Testicular Cancer
Get Smart about Testicular Cancer
The Story of Jason A. Struble: A Young Man’s Battle Against Testicular Cancer
The Wellness Way: Testicular Self Examination

**Colds and Coughs**
Taking Care of Your Cold
Treating Coughs
What Can I do to Fight a Cold or Sore Throat?
Cover your Cough

**Depression**
Depression
Beating Back the Blues: Dealing with Depression
Help on the Way: Depression

**Drugs**
Marijuana (a)
Rave & Club Drugs
Prescription Drug Abuse
Over-the-counter drugs: Take Them Seriously!
About Drug Addiction
About Steroids & Supplements
Drug Facts
Marijuana (b)

**Eating Disorders**
Men and Eating Disorders
Get Real
What is an Eating Disorder?
Help on the Way: Restrictive Eating
How to Help a Friend with Eating and Body Image Issues

**Exercise**
Getting Fit with No Time and No Money
Walk Your Way to a Healthy Weight
Want to Lose Weight?

**Headache/Migraine**
Taking Care of Your Headache
A Migraine Is More Than Just A Bad Headache
Migraine
Migraine: Helping Your Doctor Help You
It’s A New Day: A Guide to Living Better with Migraines

**Health**
Taking Care of Basic Health Needs

**Allergies**
Help on the Way: Allergies
Your Nose Knows

**Asthma**
Help on the Way: Asthma
Back
Oh, My Aching Back!

Cholesterol
A Guide to Low Cholesterol Living
Lower your Cholesterol
Heart Saver

Dental Care
Low Cost Dental Care for Pierce Country Residents

Fatigue
Taking Care of Fatigue

Flu
Help on the Way: Flu

Sleep
Sleep Hygiene
Sleep Apnea and Snoring
Getting what you want from: Sleep

Ulcers

Ulcers
Treating your Ulcer Right

Hepatitis A
Hepatitis A

Hepatitis B
Hepatitis B: The Sexually Transmitted Disease with No Cure
Help Keep your Liver Free…From Hepatitis B
Captain Bio: Are You at Risk for Hepatitis B?
Risk Happens: Hepatitis B Doesn’t Have to
Hepatitis B and Vaccination: What College Students Need to Know

Hepatitis C
Hepatitis HCV: Detection and Patient Management
Hepatitis C: Viral Hepatitis
Hepatitis C: A Common but Little Known Disease

Immunizations:
Immunizations: An Informed Decision
Don’t let your tetanus protection run out
Not Just for Kids
Adult Immunization: Your best shot at good health

Men’s Health
Incredible Facts: Men’s Bodies
Men, Protect Your Sexual Health
Men, Babies, and the Law
Sexual Pressure: A Survival Guide for Guys
Mental Health
Help on the Way: Anxiety
Mental Fitness
Suicide Thoughts

Naturopathy
Better Health Naturally!
Allopathic vs. Naturopathic Medicine

Nutrition
Eating 101
Eating Vegetarian
Eating Well with No Time or Money
The Fats of Life
Is my Weight Healthy?

Rape: Acquaintance
Acquaintance Rape
Acquaintance Rape: What Everyone Should Know

Relationships
Relationship Self Test
Dating Danger
Dating and Violence
Dating: What’s Normal, What’s Not
Emotional Abuse

Safer Sex
Safer Sex: Talking with your Partner
What is Safer Sex?
Safer Sex
How to Use a Condom
Every Condom is a Dental Dam

Sexual Assault
Sexual Assault: Putting the Pieces Together
What to Do if Someone You Know is Raped
Help for Victims of Sexual Assault or Abuse

Sexual Harassment
Sexual Harassment
How to Say No to Unwanted Sexual Attention
Sexual Harassment: Wherever You Find It, It’s Not A Joke

Sexuality
Be and Ally to Gays & Lesbians
What does it mean to be Gay, Lesbian, Bisexual, or Transgender?
Being Gay/Lesbian
Stress
Stress in College: Stretching the Rubber Band?
Stress in College: What Everyone Should Know
What You Should Know about Stress in College Students
Incredible Stress Facts
Mindful Meditation: A Guide to Stress-free Living
5 Smart Steps to Less Stress

Urinary Tract Infections
Urinary Tract Infections: A Patient’s Guide to Treatment

Vaginitis
Bacterial Vaginosis
Bacterial Vaginosis (Gardnerella, Haemophilus, Vaginitis, or BV)

Yeast Infection
Candidiasis (Yeast, Monilia)
Don’t Let a Yeast Infection Get the Best of You
Vaginitis

Viruses and Infections
Chicken Pox
Chicken Pox: What College Students Need to Know

Diabetes
Diabetes and Healthy Living

Mono
Help on the Way: Mono
So You’ve Got Mono

Tuberculosis
Treatment for Latent TB Infection
Tuberculosis: Get the Facts
Understanding Tuberculosis

West Nile Virus
West Nile Virus: Do you know what’s biting you?

Women’s Health
Woman to Woman
Cancer Facts for Women
Women’s Health: What’s Normal, What’s Not
Every Woman Can Help
Your Pap Test
Your Pap Test: A pap test can help…
Your Pelvic Exam

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