MyStudentBody's online prevention program incorporates scientific behavior change principles with e-learning methodologies around alcohol, drug, sexual violence and other high-risk behaviors on college campuses.

**Students**

Funded by grants from the National Institute of Health, the MyStudentBody program is designed to fit the specific wellness needs of all student populations, from the smallest private college to the largest public university.

- The Essentials Course, including Alcohol, Drugs and Sexual Violence, helps mitigate risky student behavior
- Provides motivational self-assessments modeled on the effective BASICS program

**Administrators**

MyStudentBody-Admin allows you to administer a highly versatile prevention program, helping students identify high risk behaviors as well as effectively change them.

- Identifies campus-wide health trends
- Offers evidence-based strategies to address the specific needs on your campus

**Parents**

MyStudentBody-Parent allows you to reach out to parents and families and help them communicate effectively with students about alcohol, drugs and other health challenges on campus.

- Interactive lessons teach parents strategies for ensuring a healthy transition to college life
- Video dialogues show families how to communicate about sensitive topics
The MyStudentBody Experience
Courses and content designed to impact students and involve parents

Inside the Essentials Course

• Comprehensive education on illicit and prescription drug use
• Alcohol education that engages students on the realities of college life and drinking
• Sexual Violence component covers such concepts as identifying an act of sexual violence, bystander intervention and resources for seeking help

Essentials Course featuring Alcohol, Drug and Sexual Violence components

• Integrates “Rate Myself” questionnaires, brief self-assessments that are based on BASICS (Brief Alcohol Screening and Intervention of College Students). These assessments provide students with personalized feedback designed to change health-related behaviors
• Interactive videos, quizzes and surveys help students learn about the effects and risks of alcohol and drug use, as well as identify their own behavior in these areas

A Convenient, Effective Approach to Prevention

• Accessible to students anytime day or night, available from the privacy and comfort of their own home or residence hall
• 100% confidential assessment promotes honest student responses and feedback
• Changes in student behavior, attitudes, and perceptions help inform your prevention efforts
• Comprehensive wellness offerings that consider the total student lifestyle, including sexual health, nutrition, tobacco and more

Request a guest pass to experience the program today:
www.mystudentbody.com/guestpass

Enhance a healthy transition with MyStudentBody-Parent

• Helps families encourage healthy student behavior through conversational techniques
• Provides resources to support a healthy transition to college
• Builds confidence in communicating with students about sensitive topics
Prevention at Every Level of Campus Life
A comprehensive set of tools for administrators to identify and transform campus health trends

MyStudentBody gives you the keys to customize the program based on the needs of your campus. Our team is available for consultation and can help support your campus-wide prevention goals and strategies.

Proactively Address Key Health Issues on Your Campus
- Use the Strategy Finder to highlight known prevention and intervention programs with definitions, efficacy ratings, and strategies
- Successfully audit your own prevention programs with the Campus Climate Survey, which will provide feedback designed to help maximize strengths, address problem areas, and highlight when more information is needed
- Data reports help you identify the most immediate needs of your student population and monitor course completion status

Manage a Program That Fits your Campus
- Set course parameters such as the passing score and the number of times students must go through the course if they do not pass the post quiz
- Receive year-end reports to measure outcomes and assess your campus

Implement Campus-Specific Resources
- Provide students with information about who to contact in an emergency and additional alcohol and wellness resources on and around campus
- Include campus messages and campus health events
- Upload campus health policies

How are campuses using MyStudentBody?
- First-Year orientation
- Judicial sanction
- Transfer student orientation
- Supplement to a mandatory health course
What Others are Saying

“We have used this program for 7 years now and will continue to use it as we focus on best practices to address underage alcohol and binge drinking use on our campus. It is easy to navigate, very informative and affordable.”

Bob Rogers, Counseling and Consultation Services, Illinois Wesleyan University

“I cannot begin to tell you how pleased I have been with the MyStudentBody program and how much more comprehensive it has been. I have gotten a significant amount of positive feedback from faculty, staff and most importantly our students regarding the program.”

Mary Cox, former Associate Dean of Students, Denison University

“Students know what MyStudentBody is when you ask, which means they’ve heard about the website and know it’s a resource available to them. Resident Assistants tell us they’ve used the website for programming and found it useful.”

Priya Thomas, Assistant Director, Prevention & Wellness Services, Florida Gulf Coast University

“This resource [MyStudentBody] is one that is accessible to all members of the college community 24/7 that provides a wealth of information about wellness topics.”

Julie Saker, Director of Student Conduct and Wellness, Otterbein College

“The site gives you more than just tips about reducing alcohol consumption, but how to be happier in general by exercising and eating right. I like the ideas they give to relieve stress and anger.”

Student, University of San Francisco