

Seasonal/Monthly Programs

Programming Calendar for College Panhellenics (www.npcwomen.org/)

Spring Semester Programming Opportunities

JANUARY

Cervical Cancer Screening Month

- Women's Cancer Network: www.wcn.org
- National Cervical Cancer Coalition: www.nccc-online.org/
- Cancer Research and Prevention Foundation: www.preventcancer.org/

National Personal Self-Defense Month

- National Self-Defense Institute: www.nsd.org/
- Safety for Women: www.safetyforwomen.com/
- Women's Self-Defense Institute: www.rapeescape.com/

Healthy Weight Week

- Healthy Weight Network: www.healthyweight.net
- Harvard School of Public Health: www.hsph.harvard.edu/nutritionsource/weight.html
- Partnership for Healthy Weight Management: www.consumer.gov/weightloss/bmi.htm

FEBRUARY

Sexual Responsibility Week & National Condom Month

- Smarter Sex: www.smartersex.org/
- American Social Health Association: www.ashastd.org/

Black History Month

- History of Black History Month: www.infoplease.com/spot/bhmintro1.html
- Black History Month Association: www.chebucto.ns.ca/Heritage/BHMA/

Relationship Wellness Month

- Intimate partner violence: www.cdc.gov/ncipc/factsheets/ipvfacts.htm
- Relationship help: www.relationship-help.com/
- Relationship quiz: www.msnbc.com/onair/counseling/quiz.asp

National Eating Disorder Awareness Week

- National Eating Disorder Association:
- www.nationaleatingdisorders.org/p.asp?WebPage_ID=337
- Screening for Mental Health: www.mentalhealthscreening.org/college/eating.aspx

National Wear Red Day

- National Heart, Lung and Blood Institute: www.nhlbi.nih.gov/health/hearttruth/

MARCH

National Nutrition Month

- American Dietetic Association: eatright.org
- American Diabetes Alert: www.diabetes.org/communityprograms-andlocalevents/americanidiabetesalert.jsp

National Collegiate Health and Wellness Month

- BACCHUS Network: www.bacchusgamma.org/

Safe Spring Break Awareness

- Safe spring break checklist: www.vanderbilt.edu/alcohol/springbreak.html
- National Clearinghouse for Alcohol & Drug Information: <http://ncadi.samhsa.gov/seasonal/springbreak/>

International Day for the Elimination of Racial Discrimination

- Annually on March 21: www.un.org/cyberschoolbus/iderd/

APRIL

National Sexually Transmitted Diseases Awareness Month

- American Social Health Association: www.ashastd.org/

Sexual Assault Awareness Month

- National Sexual Violence Resource Center: www.nsvrc.org
- Centers for Disease Control – Intimate Partner Violence fact sheet: www.cdc.gov/ncipc/factsheets/ipvfacts.htm
- Men Can Stop Rape: www.mencanstoprape.org/
- Sexual Assault Prevention and Response: www.sapr.mil/
- What College Men Should Know About Sexual Assault, Rape and Sexual Battery: www.sannet.gov/police/pdf/sacollegemen.pdf

Stress Awareness Month

- Health Resource Network: www.stresscure.com/hrn/
- American Institute of Stress: www.stress.org/
- Online Organizing: www.onlineorganizing.com/CalendarHoliday.asp?holiday=14
- Department of Defense Stress Awareness: www.defenselink.mil/specials/stressawareness03/

Alcohol-Free Weekend

- National Council on Alcoholism and Drug Dependence: www.ncadd.org
- National Alcohol Screening Day: www.mentalhealthscreening.org/events/nasd/

World Health Day

- World Health Organization: www.who.int/en/
- Previous World Health days: www.who.int/world-health-day/2005/archives/en/

Eating Disorders Awareness

- National Association of Anorexia Nervosa & Associated Disorders: www.anad.org
- National Eating Disorders Association: www.nationaleatingdisorders.org/p.asp?WebPage_ID=337
- Alliance for Eating Disorders Awareness: www.eatingdisorderinfo.org/

MAY

National Skin Cancer Detection and Prevention Month

- American Academy of Dermatology: www.aad.org/default.htm
- Skin Cancer Foundation: www.skincancer.org/
- Cancer reference information: www.cancer.org/docroot/cricri_0.asp
- National Cancer Institute: www.cancer.gov/cancerinfo/wyntk/moles-and-dysplastic-nevi

National Running and Fitness Week

- American Running Association: www.americanrunning.org/
- Women's Sports Foundation: www.womenssportsfoundation.org/cgi-bin/iowa/index.html
- The President's Council on Physical Fitness and Sports: www.fitness.gov/

Mental Health Month and National Suicide Prevention Week

- National Mental Health Information Center: www.mentalhealth.samhsa.gov/
- Mental Health America: www.nmha.org/

National Anxiety Disorders Screening Day

- Freedom From Fear: www.freedomfromfear.org/

Fall Semester Programming Opportunities

SEPTEMBER

National Hazing Prevention Month

- Hank Nuwer's unofficial clearinghouse to track hazing deaths and incidents: hazing.hanknuwer.com/
- Hazing Law: www.hazinglaw.com/
- Stop Hazing: www.stophazing.org/
- National Hazing Prevention Week: www.campuspeak.com/programs/hazing/

Hispanic/Latino Heritage Month

- Hispanic Heritage Month: www.factmonster.com/spot/hhm1.html
- Evergreen State College: www.evergreen.edu/library/govdocs/hotopics/hispanicheritage/
- Hispanic Heritage Month legislative history: latino.sscnet.ucla.edu/heritage/hhhispan.htm
- Las Culturitas: www.lasculturitas.com/lib/libHispHeritage.htm

Ovarian Cancer Awareness Month

- National Ovarian Cancer Coalition: www.ovarian.org
- American Cancer Society: www.cancer.org
- Great American Health Check: www.cancer.org/docroot/spc/spc_0.1.asp
- Cancer awareness ideas: www.eyesontheprize.org/ovarian-cancer/

National 5 a Day Week

- Caffeine awareness: www.drugabusehelp.com/drugs/caffeine/
- 5 A Day — The Color Way: www.5aday.com/index.php
- Eat 5 to 9 a Day: www.5aday.gov/
- Nutrition Education Network: www.nutrisci.wisc.edu/NUTRINET/

Suicide Prevention Week

- American Foundation for Suicide Prevention: www.afsp.org
- Jason Foundation: www.jasonfoundation.com/home.html
- Substance Abuse & Mental Health Services Administration: www.samhsa.gov
- Suicide Prevention Action Network: www.spanusa.org
- Yellow Ribbon International Suicide Prevention Program: www.yellowribbon.org/
- Suicide Prevention Week: www.suicidology.org
- Stop a Suicide Today Day: www.stopasuicide.org

National Women's Health & Fitness Day

- Women's Health & Fitness Day: www.fitnessday.com
- Women's health: www.4woman.gov/whw/about/index.cfm
- Women's health: womenshealth.about.com/b/a/168149.htm
- National Center for Injury Prevention & Control: www.cdc.gov/ncipc/injobsrv.htm
- Girls' health: www.4girls.gov/mind/stress.htm

OCTOBER

National Fire Prevention Month

- National Fire Protection Association: www.nfpa.org
- Fire Prevention Week: www.firepreventionweek.org
- Campus Firewatch: www.campus-firewatch.com/
- Fire deaths and injuries: www.cdc.gov/ncipc/factsheets/fire.htm#prevention

Diversity Awareness Month

- Diversity Awareness Month: classiclit.about.com/b/a/209173.htm?terms=diversity+awareness+month
- Multicultural Pavilion: www.edchange.org/multicultural/
- Ideas for diversity awareness: www-tech.mit.edu/V124/N1/Advice_Box.1f.html
- Girl Scouts: www.cbgs.org/Resources/ProgramIdeas/Diversity.asp

National Breast Cancer Awareness Month

- National Breast Cancer Awareness Month: www.nbcam.org/
- National Breast Cancer Foundation: www.nationalbreastcancer.org/
- American Cancer Society: www.cancer.org/docroot/home/index.asp
- Centers for Disease Control: www.cdc.gov/cancer/partners/fp_nbcam.htm

National Collegiate Alcohol Awareness Week

- Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention: www.edc.org/hec/
- National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov/
- College Drinking – Changing the Culture: www.collegedrinkingprevention.gov/
- Measuring Change, Delivering Results: www.siu.edu/departments/coreinst/public_html/
- Facts on Tap: www.factsontap.org

National Depression Screening Day

- Screening for mental health: www.mentalhealthscreening.org
- Mental Health America: www.nmha.org

Domestic Violence Month & The Clothesline Project

- Youth violence prevention: www.violencepreventionweek.org/
- National Coalition Against Domestic Violence: www.ncadv.org/
- Office on Violence Against Women: www.usdoj.gov/ovw/
- Community events: www.odvn.org/

NOVEMBER

National Diabetes Month

- American Diabetes Association: www.diabetes.org/home.jsp

National Addictions Awareness Week

- National Addictions Awareness: www.naaw.net
- National Clearinghouse for Alcohol & Drug Information: www.ncadi.samhsa.gov
- Alcohol and other drugs on campus: www.edc.org/hec/ta/faq/aod-on-campus.html
- BACCHUS Network: www.bacchusgamma.org/

Day of Tolerance

- United Nations Association in Canada: www.unac.org
- 101 Tools for Tolerance: www.tolerance.org/101_tools/school.html
- Great program ideas: www.developingteachers.com/tips/pasttips59.htm
- Promoting diversity: www.kn.sbc.com/wired/fil/pages/listtolerancel.html

Great American Smokeout

- American Cancer Society: www.cancer.org
- Great American Smokeout: www.cancer.org/docroot/PED/ped_10_4.asp
- Quit smoking: www.quitsmoking.com/kopykit/reports/smokeout.htm
- Curriculum: www.educationworld.com/a_lesson/lesson/lesson034.shtml
- Gay American Smokeout: www.gaysmokeout.net/

DECEMBER

National Drunk and Drugged Driving Awareness Month

- National Center for Injury Prevention and Control: www.cdc.gov/ncipc/
- Impaired driving fact sheet: www.cdc.gov/ncipc/factsheets/driving.htm
- National Highway Traffic Safety Administration: www.nhtsa.dot.gov
- National Drunk & Drugged Driving Prevention Month: www.cdc.gov/ncipc/duip/spotlite/3d.htm

World AIDS Day and Red Ribbon Safety Month

- AVERT: www.avert.org/worldaid.htm
- UNAIDS: www.unaids.org/en/default.asp

Human Rights Day

- United Nations Association in Canada: www.unac.org
- World Programme for Human Rights Education: www.ohchr.org/english/issues/education/training/programme.htm