1. **Conflict resolution** –
2. **Theater & Drama - Benefits** –
3. **Cyber-Bullying** –
4. **Stress Management** –
5. **Nutrition & Healthy Eating**
6. **Working with difficult people**
7. **Preventing sexually transmitted infections** (STI’s)
8. **The power of positive thinking**
9. **Importance of Exercise**
10. **Social Media and your health** –
11. **Mental Health-Depression & Myths**
12. **Cancer**
13. **Heart Disease**
14. **How drugs can affect families & communities**
15. **Opioid /Crisis/Fentanyl**–
16. **Trustworthy/credible news sites** (to avoid fake news)
17. **Abusive Relationships & Male domestic violence**
18. Alcohol and your brain –
19. Self-love -
20. Positive Thinking -
21. Preventing Toxic Friendships -
22. Cyber-bullying in Games -
23. Social Media & Your Health -
24. Self-Esteem -
25. Puzzles Keeping Your Brain Active -
26. Eating Disorders -
27. Comedy -- What it can do for my health  --
28. Mental Illness