On April 10th from 6 p.m. – 6 a.m. you are invited to come out and join the fight against childhood cancer. Mini-TIHN at Millersville University is hosting their 2nd annual Mini-TIHN dance marathon event to raise money for the Four Diamonds Fund. TIHN was originally founded at Penn State main campus in State College and continues to raise millions of dollars each year to fund childhood cancer research and support the families of children with cancer. Mini-TIHN of Millersville is a new student organization that is continuing this fight at the Millersville Campus. Please follow us on Facebook at Millersville University Mini-TIHN & register for the event on GetInSloshed. Meetings are every Sunday night at 7 p.m. in SMC 18. We hope to see you at Mini-TIHN. It's For The Kids!

Types of dating violence include:

- **physical abuse** – pushing, shoving, hitting, kicking, threatening with a weapon
- **verbal abuse** – embarrassing, intimidating or manipulating the victim
- **emotional abuse** – ignoring, isolating, putting down or criticizing the victim
- **sexual abuse** – forced kissing or touching, rape, any unwanted sexual acts, unprotected sex
- **financial abuse** – forcibly taking a victim’s money and/or always making the victim pay
- **digital abuse** – excessive texting or calling, sending or asking for inappropriate texts, demanding passwords, searching through call logs or texts

Dating violence is about power and control. Anyone can be a victim of dating violence.

How to help:
- listen, believe, and offer comfort
- go with the victim to receive support services
- reinforce that the victim is not at fault
- it is natural to feel angry, frightened, or ashamed

For additional resources and support:

MU Center for Counseling and Human Development: 717-872-3122
Center for Health Education and Promotion: 717-872-3841
Domestic Violence Services of Lancaster County: 717-299-1249

If you have any questions or wish to know more about your relationship with AOD, take the alcohol or eODNE self-assessment on the Counseling Center webpage at Millersville.edu or contact the AOD Guy at 872-3122.

Trivia Question:

Q: What century did mathematicians first use minus and plus signs?

Source: http://www.banoont.com/trivia-questions/

A: In Next Week’s Issue of Stall Talk!

Last Week’s Answer: Twelve. Each has 4 petals

Stall Talk 300

The number of muscles your body uses to balance itself while standing still.

Source: http://www.ispahealth.com/health-tips

Health Services

Monday thru Thursday, 9 a.m.—5 p.m.
Friday, 8 a.m.—4 p.m.
By appointment only. Call 872-5250.

Stall Talk

Volume 4 / Spring 2015
Editor: Deb Huslin

Understanding Dating Violence

Dating violence is committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim; and where the existence of such relationship shall be determined based on a consideration of the following factors:

- the length of the relationship;
- the type of relationship;
- the frequency of interaction between the persons involved in the relationship.

Source: MU Student Code of Conduct

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News You Can Use:

How many college students have at least one alcoholic parent?

Answer: 1 out of 8

Having an alcoholic family member significantly increases your chances of developing a problem of your own. The male child of an alcoholic father has a 50% chance of following in his father’s footsteps and the daughter of an alcoholic parent has over a 40% chance. If you are one of the collegiate high risk groups like Greeks or Athletes, the ratio of students from chemically dependent families may climb as high as 2 out of 5. If you also have high tolerance, alcohol related problems, stress or significant personal issues your risk climbs even higher. We have a group for students with alcoholic parents on Wednesday nights at the Counseling Center. Join us. Ask John what time this group meets.

If you have any questions or wish to know more about your relationship with AOD, take the alcohol or eODNE self-assessment on the Counseling Center webpage at Millersville.edu or contact the AOD Guy at 872-3122.

I Got This — Sexual Violence Campaign

The Center for Health Education and Promotion Presents

An evening with Jaclyn Ricciardi

March 18; SMC Atrium from 7—9 p.m.

Jaclyn Ricciardi is a mental health and anti-bullying advocate for a foundation called Mending your Mind. In her high school years, Jaclyn was student body president, an athlete, and in the top 10% of her class. Little did anyone know that Jaclyn had been struggling with depression, anxiety, and chronic self-harm since she was six years old. She was afraid to tell her friends and family about these issues because of the stigma surrounding mental disorders and her seemingly perfect life outside these issues. The journey to healing began when she attended Saint Joseph’s University on an academic scholarship and through her recovery she became President of a mental health advocacy organization on campus. Through this, she organized suicide awareness and mental health awareness benefit concerts. After becoming a speaker for Mending Your Mind, she has had many opportunities to share her experiences with people who might be feeling asisolated as she did before she received the proper treatment. Jaclyn, also, speaks for those who may be unsure of the importance of mental health and for those that believe that they can easily identify mental illnesses. She has a passion for educating adolescents that recovery may not be simple but when it is experienced it is unbearably powerful.

Source: http://mindingyourmind.org/who-we-are/leadership/speakers/jaclyn-ricciardi/