Welcome Back MU

The staff at the Center for Health Education and Promotion would like to welcome you to campus as we start a new and exciting semester! We hope you take a few minutes to read Stall Talk — you can learn a lot in just a few minutes. Feel free to stop by the Center for Health Education and Promotion, located at the Montour House which is across the street from the Student Memorial Center. So say hello, pick up health information, learn about upcoming events or receive one of our free safer sex kits. Look for Wellness Wednesdays on campus brought to you by the Peer Education at the Center for Health Education and Promotion. Every Wednesday there will be an activity or game from 11 a.m. – 1 p.m. outside of the Montour House. Each game will focus on a different topic and have cool prizes! We wish you a healthy, happy and successful semester!

Jayme Trogus — Director
Peer Educators

MU Sexual and Dating Violence Website:
www.millersville.edu/sexualviolence

It’s On Us

Whether you are in class, hanging out with friends, in your apartment or resident hall, or driving downtown for a worry-free night, would you know what to do or say if you saw something that was of concern to you? The MU’s It’s On Us campaign encourages you to become educated about your roles and responsibilities as active bystanders. Lambda Chi Alpha and the Center for Health Education and Promotion will be looking for your support to pledge ending sexual violence in our campus community. Look for tables and events throughout the rest of the semester.

Trivia Question

Q: Wearing these for even an hour can increase the bacteria in your ear by 700 times?

A: In the next edition of stall talk

News You Can Use:
Contrary to popular belief, MU is NOT:

• A “big party school”
• A college, town, and county where “There is nothing to do but drink!”
• Nor is it a university where “Everybody drinks and smokes pot.”
• A place where “All college students drink Thursday, Friday and Saturday.”
• A community where high risk AOD use is the norm.

Sorry to disappoint, but it’s just not true, folks! Please enjoy the “First Six Weeks” of the semester, and be open minded about discovering the real story about MU AOD use. If you have any questions or wish to know more about your relationship with AOD, take the alcohol or eTOKE self-assessment on the Counseling Center webpage at Millersville.edu/counsel or contact the AOD Guy at John.Baltzer@millersville.edu or call at 871-7821.

How to Be an Active Bystander

No problem! Here are 5 easy steps to remember:
1. Notice the event
2. Interpret the event as a problem
3. Assume you are the only one that will help
4. Know how to help
a. Make a safe choice (don’t put yourself at risk– get professional help)
b. Look for exit strategies (bathroom break, etc.)
c. Be clear and direct with requests
5. Step in and help

*Principles of the Step UP Program

REMEMBER: It’s On Us to speak up and say something in order to keep our community safe! What would you want someone to do for you?

Stall Talk 98
by the Numbers

The percentage of Millersville University students who used a risk reduction strategy (stayed with the same group of friends, used a designated driver, chose not to drink) the last time they partied or socialized.

Source: MU National College Health Assessment, March 2016, N=1025 students.

Wellness Wednesdays:

Body and Mind

Sept. 7; Outside the Montour House; 11 a.m.–1 p.m.
Alcohol and Other Drug Open Program
Sept. 8; SMC room 18, 7 p.m.

Coming Attractions!

Friday Sept. 2
MOVIE: Captain America – Civil War
9 p.m., QUAD

Saturday Sept. 3
Pokemon Go
9 p.m., SMC Promenade