

StallTalk

Volume 8 / **Spring 2018**
 Editor: Center for
 Health Education and
 Promotion staff

WELCOME BACK! 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 in the Montour House which is across the street from the Student Memorial Center, to say hello, pick up health information, learn about upcoming events, or to receive one of our free safer sex kits. Don't forget that if you miss a week of Stall Talk that you can always find previous versions on our website: www.millersville.edu/chep. We wish you a healthy, happy, and successful semester!

Jayne Trogus — Director
 Peer Educators

Coming Attractions!

Wellness Wednesdays:

Body and Mind

Jan. 31; Outside SMC bookstore;
 11 a.m.–1 p.m.



Trivia Question

Q: What is the leading cause of death in the United States?

A: In the next edition of Stall Talk

LAST EDITION:

Q: Approximately what percentage of deaths in the United States are attributed to chronic disease?

A: 70 %

Source: <https://www.unmc.edu/media/rhen/2008cdtriviaqs.pdf?q=trivia-questions>

Stall Talk 74.9

by the Numbers: 74.9
 The percentage of MU students who responded having a dental exam and cleaning in the last 12 months.

Source: National College Health Survey, N=1,052 MU students, spring 2016

HEALTH SERVICES

Monday thru Thursday, 9 a.m.–5 p.m.
 Friday, 8 a.m.–4 p.m.
 By appointment only, call 871-5250.

Health Services offers 4 different STI tests through the Center for Disease Detection. In addition to Gonorrhea and Chlamydia testing, we are now submitting labs for Syphilis and HIV. Call for an appointment and pricing.

ELSIE S. SHENK

Center for

Health Education
 & Promotion
 Millersville University

CONTACT US

Website: www.millersville.edu/chep

Email us: chep@millersville.edu • Call us: 717-871-4141

Facebook: Peer Educators at MU

Twitter: Peer Educators at MU@PeersEducate

Snapchat: ChepMU

Instagram: peerseducate



"Any investment in knowledge pays the best interest." ~ Benjamin Franklin

Everyday Prevention Actions: The Flu

With flu season upon us, it is important to practice prevention actions daily. These include:

- Try to avoid close contact with sick people.
- If you get sick with flu-like illness, the Center for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

For additional information about the flu, visit: <https://www.cdc.gov/flu/about/season/current.htm> or stop by Health Services in the Witmer Building.

Source: www.cdc.gov

BECOME A PEER EDUCATOR!

JOLT: Job Opportunities/Leadership Training Program through Student Affairs and Enrollment Management

Apply by February 5, 2018!

To learn more information and apply:

Attend an information session:

1/23: 12pm, SMC 118
 1/24: 4pm, SMC 118
 1/25: 6pm, SMC 118
 1/30: 12pm, SMC 118

Apply Online

You can apply online by visiting <https://getinvolved.millersville.edu/event/1782028>.

What is the Red Zone?

The **Red Zone** is the time period between the first day of the semester and the first break. This is especially important during the Fall Semester, but applies to new students during Spring Semester as well. During this time first-year and transfer students are at a heightened risk for being the victim of sexual assault.

Stop!

- You or your partner is too intoxicated to gauge or give consent.
- Your partner is asleep or passed out.
- You hope your partner won't object and will let the intimacy progress.
- You intend to have sex no matter what.

Caution

- You're not sure what your partner wants or are getting mixed signals.
- You haven't talked about your intentions.
- You assume that you will do the same things as in the past and it'll be okay with your partner.

Go!

- Clear, knowing and voluntary consent has been given.
- Partners mutually decide how far to go.
- Partners clearly express their comfort levels.
- Your partner feels comfortable stopping at any time.

COMMUNICATION IS KEY IN ALL RELATIONSHIPS AND IN CONSENT!



Meet the Peer Educators: Student Spotlight

JOELIE BENNET
 Sophomore Business Major

"I became a peer educator because I believe it is important to keep students safe and aware. I could go about my entire career as a peer educator never reaching anyone or helping anyone, but I will never stop trying. Our job is important, students are important, living a happy and healthy life is important."

News You Can Use:

How many college students have at least one alcoholic parent?

- A: One out of eight.
- B: 17 out of 100.
- C: 1 out of 17.

Answer: One out of eight.

Growing up with an addict or alcoholic can make college difficult. Some of us are depressed and anxious. Many of us struggle in our relationships, sleeping, eating, and our ability to focus and with our motivation. We have a group for students with alcoholic parents on Wednesday evenings at the Counseling Center. Please come and join us!

Having an alcoholic family member significantly increases your own chances of developing an addiction. 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 in a collegiate high risk group, the ratio of students from chemically dependent families may climb to as high as two out of five. If you also have high tolerance, alcohol related problems, stress or significant personal issues, your risk climbs even higher.

If you have any questions or wish to know more about the real deal of your relationship with alcohol and other drugs, take the Alcohol Survey or eTOKE Self-Assessments on the Counseling Center webpage at millersville.edu/counsel or contact the AOD Guy at John.Baltzer@millersville.edu or call at 871-7821.

A MILLERSVILLE UNIVERSITY AND YWCA LANCASTER PARTNERSHIP

SEXUAL ASSAULT ADVOCATE AVAILABLE

A YWCA LANCASTER SEXUAL ASSAULT ADVOCATE will be available at the Montour House (16 South George Street – across from the SMC) every Monday during the semester between 10 a.m.–6 p.m. to provide confidential advocacy services for students who have experienced sexual violence.

SERVICES INCLUDE*

- Support and information for students, roommates, family members, and faculty/staff members
- Legal and medical accompaniment
- 24 hour rape crisis hotline: 717-392-7273 - assistance available by trained hotline advocates 24 hours a day, 365 days a year
- Information and referral services

*Services are free and confidential

To schedule an appointment, contact Danielle Harvey at dharvey@ywcalan Lancaster.org

eliminating racism
empowering women
ywca

Millersville University
 CENTER FOR HEALTH EDUCATION AND PROMOTION

A MILLERSVILLE UNIVERSITY AND DOMESTIC VIOLENCE SERVICES OF LANCASTER PARTNERSHIP

DATING & DOMESTIC VIOLENCE ADVOCATE AVAILABLE

An advocate from DOMESTIC VIOLENCE SERVICES OF LANCASTER will be available at the Montour House (16 South George Street – across from the SMC) every Tuesday from 1–4 p.m. to provide confidential services to individuals impacted by dating or domestic violence.

SERVICES INCLUDE*

- Support and information for students, roommates, family members, and faculty/staff members
- 24 hour hotline: 717-299-1249 - assistance available via phone by trained hotline counselors 24 hours a day, 365 days a year
- Information and referral services

*Services are free and confidential

To schedule an appointment, contact mudadvocate@dvsilanc.org

Domestic Violence Services

Community Action Partnership

Ville After Dark

Friday, Jan. 26

Betta Fish Bingo
 9 p.m.; SMC Galley

Saturday, Jan. 27

Movie: IT
 9 p.m.; SMC Reighard Multipurpose Room