

StallTalk

Volume 9 / Spring 2018
 Editor: Center for Health Education and Promotion staff

Coming Attractions!

Tables and Outreach:

Body and Mind Marauder Mondays

Feb. 5; Outside Bookstore; 11 a.m.–1 p.m.

Marijuana Truth or Myth Wellness Wednesday

Feb. 7; Outside Bookstore; 11 a.m.–1 p.m.

Alcohol and Consent Outreach

Feb. 13; Around Campus; 12 p.m.–1 p.m.

Education Programs:

Wasted Safety

Feb. 7; SMC 202; 7 p.m.

Sex and Chocolate

Feb. 15; Club De'Ville; 7 p.m.

See Red Flag Campaign poster for additional events



COUGH and SNEEZES SPREAD DISEASES

It's not too late – Get your flu shot now!!
 Flu vaccines are still available at Health Services.
STOP IN TODAY!

Trivia Question

Q: How many people say they have experienced mental health stigma?
 A: In the next edition of Stall Talk

LAST EDITION:

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

A: Heart Disease

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

Stall Talk 12.8 million
 by the Numbers: The number of people living in Pennsylvania.

Source: <https://www.census.gov/quickfacts/table/PST045216/42>

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

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Facebook: Peer Educators at MU

Twitter: Peer Educators at MU@PeersEducate

Snapchat: ChepMU

Instagram: peerseducate



"Always do your best. What you plant now, you will harvest later." ~ Og Mandino

Social Anxiety Disorder (Social Phobia)

Social anxiety is the third most prevalent mental illness in the world today. It affects about 7% of the population and the chances of one developing social anxiety throughout their lifetime are slightly above 13%.

Social anxiety is the fear of social situations that involve interaction with others. People with this often fear being negatively judged and or evaluated by other people. One might experience significant distress in (but are not limited to) the following situations:

- Being teased or criticized
- Speaking in a formal or public situation
- Writing, talking, swallowing
- Feeling insecure and out of place in a social situation
- Being watched or observed while performing a task
- Being introduced to someone new and/or of authority
- Making eye contact

They are often perceived by others as shy, withdrawn, and disinterested, when in reality, they are often the complete opposite. Those that have social anxiety often want to be engaged and involved with others in social situations; however, it is their social phobia that inhibits them from doing so.

Social Anxiety Disorder is fully treatable and can be treated with cognitive-behavioral therapy. It is completely normal to feel a bit anxious in social settings every once in a while, however, if it is persistent and affecting your everyday life, you can seek help from the Counseling Center (3rd Floor Lyle Hall): 717-871-7821.

Source: <http://socialphobia.org/social-anxiety-disorder-definition-symptoms-treatment-therapy-medications-insight-prognosis>



Meet the Peer Educators:
Student Spotlight

CAITLIN LEPPO-REED
 Junior Social Work

"I became a peer educator to help my peers learn ways to help themselves stay safe and healthy."

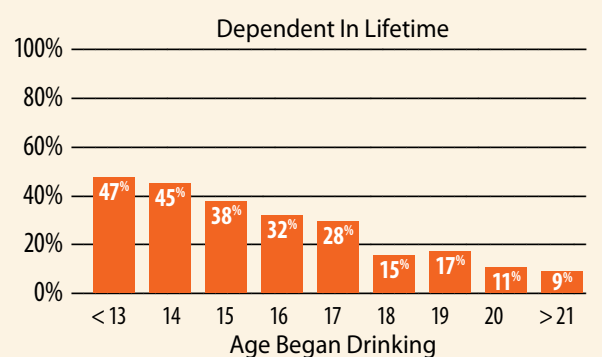
News You Can Use:

True or false? Your risk of developing a drinking problem has nothing to do with how old you were when you began drinking.

Answer: FALSE.

This is interesting. In the following study, where they interviewed adults who met the criteria for alcoholism, it becomes readily apparent that the earlier someone begins drinking, the greater the odds of becoming a problem drinker. If you look carefully, the percentage and risk go down very slowly for those that began drinking from ages of less than 13 years to 17 years of age. Then it is cut almost in half at age 18. It is a little known fact that at age 18, the brain begins to develop executive function (if we don't retard that development with heavy or even moderate drinking). We are simply more mature and make better decisions than when we were in high school. So why the increase in alcoholism at age 19? . . . Yup! College. It is the perfect environment for getting off to a bad start. . . Freedom, new friends, lots of stress and loads of socializing without parental supervision. . . Remember, 90% of addiction begin in adolescence. Now that doesn't mean they become addicts in their teens but they do begin the pattern that leads to "The Less Good Things" about college drinking. The good news is that in spite of this fact, most students "mature out" and become folks who can take it or leave it.

Percentage of US Adults Aged 18 and Older Dependent on Alcohol, By Age of Drinking Onset



If you have any questions or wish to know more about the real deal 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 871-7821

Say something.
THE RED FLAG CAMPAIGN

Campaign to address dating violence and promote the prevention of dating violence on college campuses.

February 11-17 HEALTHY RELATIONSHIPS WEEK Take a picture in our photo booth in the library - #muredflag	Monday, February 12, 12-1p.m. HEALTHY RELATIONSHIPS TABLE Outside SMC Bookstore	Tuesday, February 13 WEAR ORANGE FOR TEEN DATING VIOLENCE AWARENESS MONTH Don't have anything orange? Stop by the Montour House
Wednesday, February 14 10a.m. - 1p.m. I LOVE YOU A LATTE Saxbys	Wednesday, February 21 11a.m. - 1p.m. RED FLAG WELLNESS WEDNESDAY Outside SMC Bookstore	Thursday, February 22 6:00p.m. The Peer Educators Present: BEHIND THE POST SMC, Rm 118

Look for the RED FLAGS on display outside of the library starting on February 5, 2018

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Teen Dating Violence Awareness Month activities are dedicated to the memory of Karlie Hall.

Wear Orange Day

WHEN: Tuesday, Feb. 13
WHERE: Everywhere!

Wear Orange Day is a national day of awareness where we encourage everyone to wear orange in honor of Teen DV Month. You can wear orange shirts, nail polish, ribbons, jewelry, or anything else you can think of! Tell people why you are wearing orange and post pictures and updates on **Instagram** and **Twitter** using the hashtags:

#Orange4Love #MUGoesOrangeforLove



Ville After Dark

Friday, Feb. 2

Stuff-A-Plush & Karaoke
 9 p.m.; Club De'Ville

Saturday, Feb. 3

Trivia
 9 p.m.; SMC Robert L. Slabinski Atrium

Friday, Feb. 9

Trip: Ice Skating at Regency Ice Rink
 Bus Departs at 7:45 p.m.

Saturday, Feb. 10

Valentine's Day Bingo
 9 p.m.; SMC Galley