

StallTalk

Volume 10 / **Spring 2018**
 Editor: Center for
 Health Education and
 Promotion staff

Coming Attractions!

Tables and Outreach:

Body and Mind Marauder Mondays
 Feb. 19; Outside Bookstore;
 11 a.m.–1 p.m.

Cheers Campaign: Drinking and Driving
 Feb. 20, Robert L. Slabinski Atrium,
 12 p.m.–1 p.m.

Red Flag Wellness Wednesday
 Feb. 21; Outside Bookstore; 11 a.m.–1 p.m.

Body and Mind Wellness Wednesday
 Feb. 28; Outside Bookstore; 11 a.m.–1 p.m.

Red Flag Outreach
 Feb. 22; Around campus, 12 p.m.–1 p.m.

BMI Scale Wellness Wednesday
 Feb. 28, Outside Bookstore, 12 p.m.–1 p.m.

Love your Selfie Table
 March 1; Outside Bookstore; 12 p.m.–1 p.m.

Education Programs:

Behind the Post (relationship education)
 Feb. 22; SMC 118; 6 p.m.

Not Fooling Me (body image awareness)
 Feb. 27; SMC 202; 6 p.m.



"Develop a passion for learning. If you do, you will never cease to grow." ~ Anthony J. D'Angelo

Reproductive Coercion

There are many forms of abuse discussed such as physical, emotional, sexual, financial, and even digital. One not as prevalently discussed is reproductive coercion. This a form of power and control where one partner strips the other of the ability to control their own reproductive system. It is sometimes difficult to identify this coercion because other forms of abuse are often occurring simultaneously.

Reproductive coercion can be exerted in many ways:

- Refusing to use a condom or other type of birth control
- Breaking or removing a condom during intercourse
- Lying about their methods of birth control (ex. lying about having a vasectomy, lying about being on the pill)
- Refusing to "pull out" if that is the agreed upon method of birth control
- Forcing you to not use any birth control (ex. the pill, condom, shot, ring, etc.)
- Removing birth control methods (ex. rings, IUDs, contraceptive patches)
- Sabotaging birth control methods (ex. poking holes in condoms, tampering with pills or flushing them down the toilet)
- Withholding finances needed to purchase birth control
- Monitoring your menstrual cycles
- Forcing pregnancy and not supporting your decision about when or if you want to have a child
- Forcing you to get an abortion, or preventing you from getting one
- Threatening you or acting violent if you don't comply with their wishes to either end or continue a pregnancy
- Continually keeping you pregnant (getting you pregnant again shortly after you give birth)

Reproductive coercion can also come in the form of pressure, guilt and shame from an abusive partner. Some examples are if your abusive partner is constantly talking about having children or making you feel guilty for not having or wanting children with them — especially if you already have kids with someone else.

Experiencing even one or two of these behaviors in a relationship is a red flag that abuse may be present. Remember, each type of abuse is serious, and no one deserves to experience abuse of any kind, for any reason. To reach out for help, schedule an appointment with a YWCA or DVS counselor at <http://www.millersville.edu/chep/> or with the counseling center on campus at <http://www.millersville.edu/counsel/services.php>.

Source: <http://www.thehotline.org/is-this-abuse/abuse-defined/>



Meet the Peer Educators: Student Spotlight

MELISSA MILLER
 Junior Early Childhood Education

"I became a peer educator so I can spread awareness of sexual assault and help my fellow students know what is and is not a healthy relationship — because everyone deserves a healthy relationship."

News You Can Use:

True or false? There is no evidence that drinking affects GPA.

Answer: FALSE.

A Harvard study collected data about the number of beers that a student drank and their GPA. There was a direct correlation between the number of drinks per week and grades. For most of us, this will come as no surprise. A 200lb man who drinks 4.8 standard drinks in three hours on Thirsty Thursday will have a BAC of .04. He would not have a hangover on Friday to affect his academics but he will not be as on top of his studies as compared to other students. A 140lb woman who had six drinks during that time would have a BAC of .09, some dehydration and a possible hangover or DUI. A 160lb man after nine beers would have a BAC of .13. As BAC's climb into the teens, the potential for doing something you'll hear about for a long time, not practicing safer sex, being injured, hung over, or not going to class increase significantly. How does your relationship with alcohol and your grades compare to the chart below?

Average Number of Drinks per week by GPA:

- 3.3 (drinks per week) = Grade Point Average: **A**
- 4.8 (drinks per week) = Grade Point Average: **B**
- 6.1 (drinks per week) = Grade Point Average: **C**
- 9.0 (drinks per week) = Grade Point Average: **D or F**

If you have any questions or wish to know more about the real deal about your relationship with AOD, take the Alcohol Survey 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 717-871-7821.

Trivia Question

Q: How many adults experience mental illness in a given year?

A: In the next edition of Stall Talk

LAST EDITION:

Q: How many people say they have experienced mental health stigma?
 A: Three out of four people with a mental illness report that they have experienced stigma.

Source: <http://deconstructingstigma.org/mental-health-quiz>

Stall Talk 16 million
 by the Numbers: 16 million

The number of American adults affected by depression each year.

Source: <http://www.mentalhealthamerica.net/conditions/depression>

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



Say something.

THE RED FLAG CAMPAIGN

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

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

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

ELSIE S. SHENK
 Center for Health Education @Promotion

Millersville University
www.millersville.edu/chep

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

Family Dynamics Support Group

Is someone's drinking or drug use affecting your life? If so, come to our Family Dynamics Support Group!
 Wednesday's 5-6:30 p.m.
 Counseling Center, 3rd Floor, Lyle Hall- Rm. 326

Millersville University
 CENTER FOR COUNSELING & HUMAN DEVELOPMENT

Testing for Two

Health Services is offering half price STI Testing. Bring a friend or partner on Tuesday, February 13 and get tested!
 Don't Give Your Valentine Anything But Love

Ville After Dark

Friday, Feb. 16

Archery Airstrike
 8 p.m.; SMC Reighard Multipurpose Room

Saturday Feb. 17

Trip: Black Panther
 Bus Departs at 8 p.m. outside SMC Bookstore

Friday Feb. 23

Relay for Life
 6 p.m.
 SMC Marauder Courts

Saturday Feb. 24

Trip: Hershey Bears
 Ice Hockey Game
 Bus Departs at 5:30pm