

StallTalk

Volume 11 / Spring 2018
 Editor: Center for
 Health Education and
 Promotion staff

Coming Attractions!

Love Your Selfie

Mar. 1; Outside Bookstore;
 12 p.m.–1 p.m.

Body and Mind Marauder Mondays

Mar. 5; Outside Bookstore;
 11 a.m.–12 p.m.

Prescription Drug Abuse Wellness Wednesday

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

Safe Spring Break table

Mar. 8; Outside Bookstore; 11 a.m.–1 p.m.

Mental Health Outreach

Mar. 8; 12 p.m.–1 p.m.

Minding Your Mind

Mar. 8; SMC 202; 6 p.m.

Drinking and Driving Outreach

Mar. 20; 12 p.m.–1 p.m.

Stress Ball Wellness Wednesday

Mar. 21; Outside Bookstore; 12 a.m.–1 p.m.

Sex and Pizza TedTalk

Mar. 22; South Suites; 6 p.m.



Trivia Question

Q: True/False: Genital Herpes is contagious.

A: In the next edition of Stall Talk

LAST EDITION:

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

A: 43.8 million American adults (1 in 5) will experience a mental illness in a given year.

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

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by the Numbers: 32
 The average number of teeth in an adult human's mouth.

Source: <http://www.colgate.com/en/us/oc/oral-health/basics/mouth-and-teeth-anatomy/article/how-many-teeth-do-we-have-0113>

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



"There is no elevator to success — you have to take the stairs." ~ Anonymous

Looking Out for Fellow Marauders

MU RESPONSIBLE ACTION POLICY

It is imperative that medical attention be sought should concerns arise for one's own safety or the safety of others. This policy is intended to increase the reporting of incidents requiring emergency assistance during a life-threatening or alcohol related illness and will in turn result in increased safety for students and the campus community.

Policy:

As such, medical amnesty is in effect to ensure those students who seek assistance for another individual who may have consumed excessive alcohol will turn to the appropriate personnel to seek emergency medical assistance without fear of being cited by the police and/or facing University charges for violation of Student Code of Conduct, if:

1. The only way law enforcement officers or University officials became aware of the person's violation of the Student Code of Conduct is because the person placed a 911 call, or a call to campus safety, police or emergency services, in good faith, based on a reasonable belief and reported that another person was in need of immediate medical attention to prevent death or serious injury.
2. The person reasonably believed he/she was the first person to make a 911 call or a call to campus safety, police or emergency services, and report that a person needed immediate medical attention to prevent death or serious injury.
3. The person provided his/her own name to the 911 operator or equivalent campus safety, police or emergency officer.
4. The person remained with the person needing medical assistance until emergency health care providers arrived and the need for his presence had ended.

For additional details on the Responsible Action Policy:
<http://www.millersville.edu/services/judicialaffairs/files/responsibleactionpolicy.pdf>



Meet the Peer Educators:
Student Spotlight

AUTUMN LEWIS
 Junior Psychology

"I became a Peer Educator to educate my fellow students and ensure that everyone has a safe and fun college experience."

News You Can Use:

True or false? Alcohol affects you more quickly when mixed with carbonated/caffeinated beverages or mixers?

Answer: TRUE.

Caffeine doesn't reduce the effects of alcohol. It actually speeds up respiration and heartbeat which sends it off to the brain faster. It also keeps us awake longer which often increases our BAC (blood alcohol content). Carbonated beverages increase the rate of alcohol absorption. Caffeine and alcohol's combined diuretic effects cause the pounding headache that accompanies your hangover. Hydrate, Hydrate, Hydrate and be smart when you socialize.

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 call at 871-7821.

STOP.PREVENT.FIX 'VILLE TITLE IX

1 Title IX is a civil right that prohibits discrimination based on sex in education programs.

2 Title IX applies to all students/faculty/staff regardless of gender identity.

3 There are confidential resources available. Counseling Services, Clergy, and Health Services.

4 The Title IX office is an impartial resource for both the complainant and the respondent.

5 Schools must respond to complaints in a prompt and thorough matter.

6 You can report misconduct to the University. *A report does not mean the University needs to move forward with a hearing.

*There are a few exceptions to the rule.

7 Schools should work with you so that you do not have to share a space with the respondent (classes, res hall, clubs).

8 Schools can issue no-contact directives to prevent the respondent from approaching or interacting with you.

9 Programming and educational opportunities are available for all students/faculty/staff.

Elizabeth Swantek, Title IX Coordinator

SMC 107, 717-871-4100

CALLING ALL MILLERSVILLE STUDENTS!

The 2nd Annual Body Monologues are taking place on Thursday, April 26, 2018, from 7-9pm in the SMC MPR. We invite you to an evening of visual art, music, spoken word, dance, and other types of live performance to discuss topics such as self-image, self-esteem, body-image, the media, self-care, and love.

We are looking for writers, artists, and performers - and we want YOU to answer the call! Original and covers of songs, poems, monologues, art pieces, dances are all welcome.

If you would like to perform or showcase an art piece, please send a copy of your piece by April 16th to chep@millersville.edu

Sign up today! The first 100 students to hand in an evaluation at the end of the event will have the opportunity to build their own self-care kit, with materials provided and a custom drawstring bag.

We can't wait to see you there!
 -The Body and Mind Peer Educators

Ville After Dark

Friday Mar. 2

Mini-Thon

6 p.m.

SMC Reighard Multipurpose Room

Saturday Mar. 3

Justice League

9 p.m.

SMC Reighard Multipurpose Room

Monday Mar. 12

Spring Break

Monday Mar. 19

Spring Break