

StallTalk

Volume 5 / Fall 2017
 Editor: Center for
 Health Education and
 Promotion staff

Coming Attractions!

Tables and Outreach:

- Body and Mind Marauder Mondays*
Nov. 6 and 13; Outside Bookstore; 11 a.m.–12 p.m.
- Stalking Education Table*
Nov. 6; Outside Bookstore; 12 p.m.–1 p.m.
- Stalking Wellness Wednesday*
Nov. 8; Montour House; 11 a.m.–1 p.m.
- Suicide Survivors Day Wellness Wednesday*
Nov. 15; Montour House; 11 a.m.–1 p.m.
- Great American Smokeout Outreach*
Nov. 16; throughout campus; 11 a.m.–1 p.m.



Education Programs:

- Chasing That First High*
Nov. 8; SMC 202; 6 p.m.
- AOD DUI Mario Cart*
Nov. 17; South Suites Great Room; 6 p.m.

Awareness Events:

- Dr. Jackson Katz, Speaker*
Nov. 6; SMC Reighard MPR; 7 p.m.
- Project Condom*
Nov. 7; SMC Reighard MPR; 7 p.m.
- Chalk the Walk*
Nov. 9; SMC Promenade; 4 p.m.



12 STEP YOGA

Friends of Bill W.

Are you an MU student in recovery from a problem with alcohol, weed or other drugs; the addiction of a loved one; an eating disorder, or other compulsive behavior? Having a hard time connecting with others at MU in the same boat or looking to be more mindful and present?

MU is offering **FREE** 12 Step Yoga Sessions facilitated by Kim Stoltzfus.

When: Every Sunday Starting October 22nd
Time: 4:00–5:15 p.m.

Where: Group Fitness Room in the SMC

Please join us and feel free to pass this on to other recovering students. Contact John Baltzer for more info at 717-871-7821 or John.Baltzer@millersville.edu

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 are many problems, but I think there is a solution to all of these problems; it's just one, and it's education." ~ Malala Yousafzai

Tuesday
 Nov. 7
 7 p.m.

PROJECT CONDOM

SMC, Reighard Multipurpose Room

Project Condom is a fun way to bring awareness to safer sex on a college campus. This is an event modeled after the T.V. show *Project Runway*. However, instead of fabric, teams are given condoms to design a creative outfit.

Join us FOR FREE FOOD, DRINKS, GAMES, SAFER SEX KITS, AND AN EDUCATIONAL EXPERIENCE.

SPECIAL PRESENTATION

Monday, Nov. 6, 2017 at 7 p.m.

SMC Reighard Multipurpose Room

VIOLENCE AGAINST WOMEN

It's a Men's Issue

FREE EVENT!



SPONSORED BY:
 Center for Health Education and Promotion, Center for Student Involvement and Leadership, Housing and Residential Programs, Office of Diversity and Social Justice, and Women's and Gender Studies

Know your CONDOM DOs & DON'Ts



DO

- Read all the information on the package. Know what you are using.
- Check the expiration date on the package. If it is expired, get a new package of condoms and throw away the old ones.
- Use only condoms that are made of latex or polyurethane (plastic). Latex condoms and polyurethane condoms are the best types of condoms to use to help prevent pregnancy, STDs, and HIV.
- Use a pre-lubricated condom to help prevent it from tearing. If you only have a non-lubricated condom, put a little bit of water-based lubricant ("lube") inside and outside the condom.
- Condoms come in different sizes, colors, textures, and thicknesses. Talk with your partner and choose condoms both of you like.



DON'T

- Do not use two condoms at once.
- Do not use condoms made of animal skin, sometimes called "natural" condoms. Animal skin condoms can help prevent pregnancy but don't work as well as latex or polyurethane condoms to prevent STDs, including HIV.
- Do not keep condoms in a place that can get very hot, like in a car. If you keep a condom in your wallet or purse, be sure you replace it with a new one regularly.
- Do not use any kind of oil-based lubricants (like petroleum jellies, lotions, mineral oil, or vegetable oils). These can negatively affect the latex, making it more likely to rip or tear.
- Do not reuse condoms.
- Do not use condoms that are torn or outdated.

www.cdc.gov/teenpregnancy/Teens.html

National Center for Chronic Disease Prevention and Health Promotion
 Division of Reproductive Health



Stall Talk 1.3 million

by the Numbers: 1.3 million
 The most money ever paid for a cow in an auction.

Source: <https://www.cs.cmu.edu/~bingbin/>

De Ville After Dark

Friday, Nov. 10
 Paint Night
 7 p.m.; SMC Galley

Saturday, Nov. 11
 90's Trivia Night
 9 p.m.; SMC Robert L.
 Slabinski Atrium

Friday, Nov. 17
 Rocky Springs Bowling Trip
 8:30 p.m.; Rocky Springs
 Bowling Alley

Saturday, Nov. 18
 Movie Night:
 The Dark Tower
 9 p.m.; SMC Club 'De Ville



Meet the Peer Educators: Student Spotlight

MIKAYLA HORST
 Senior, Psychology

"I became a peer educator to get involved on campus and help other students make educated decisions about their health."

News You Can Use:

A man and a woman who both weigh 140 pounds consume six standard drinks in three hours of socializing. His BAC (blood alcohol content) is .08 and hers is .10. How can this be? And what accounts for the difference?

- A:** Women's bodies contain less water than a male of the same weight. As a result, there is less dilution of the alcohol.
- B:** Women have less of the enzyme that metabolizes alcohol.
- C:** Women have more adipose tissue which cannot absorb alcohol.
- D:** All of the above.

Answer: All of the above.

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-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.

It's On Us Week of Action!

It's On Us to End
 Sexual Assault on Our Campus

Monday, Nov 6th

- Violence Against Women: It's a Men's Issue**
Dr. Jackson Katz
 7 pm - SMC Reighard MPR
America's leading anti-sexism male activist in gender violence prevention education

- Stalking Awareness Info Table**
 12-1 pm - Juice Bar

- It's On Us Pledge Table**
 12-1 pm - Outside of the SMC Book Store

Tuesday, Nov 7th

- It's On Us Info Table at Project Condom**
 7 pm - SMC Reighard MPR

Wednesday, Nov 8th

- Stalking Awareness Wellness Wednesday**
 11-1 pm - Outside of SMC Book Store

- It's On Us Pledge Table**
 12-1 pm - Juice Bar

Thursday, Nov 9th

- Chalk the Walk!**
 4 pm - SMC Promenade
Chalking event to end power based violence

*Free t-shirt for the first 100 participants



Trivia Question

Q: At what age does your brain stop maturing?

A: In the next edition of Stall Talk

LAST EDITION:

Q: How many prescriptions are filled annually in the United States?

A: Over 3 billion

Source: <https://www.cdc.gov/nchs/fastats/drug-use-therapeutic.htm>