

StallTalk

Volume 12 / **Spring 2018**
 Editor: Center for
 Health Education and
 Promotion staff

Coming Attractions!

Tables and Outreach:

Body and Mind
Marauder Mondays

Mar. 26; Outside Bookstore;
 11 a.m.–12 p.m.

Barrier Methods and Contraception
Wellness Wednesday

Apr. 4; Outside Bookstore; 11 a.m.–1 p.m.

Education Programs:

Health Relationships Jeopardy

Mar. 28; SMC 24; 7 p.m.

Keepin' it REALationships

Apr. 5; SMC 202; 7 p.m.

Awareness Events:

Clothesline Project

Begins Apr. 2



Trivia Question

Q: This is the percentage of MU students who reported engaging in moderate-intensity cardio or aerobic exercise for at least 30 minutes 1–4 days in the past 7 days.

A: In the next edition of Stall Talk

LAST EDITION:

Q: True/False: Genital Herpes is contagious.

A: Yes, Genital herpes is a highly contagious and common sexually transmitted disease (STD). An estimated 417 million people worldwide are infected, and in the U.S., approximately one in six people aged 14 to 49 years has genital herpes.

Source: www.cdc.gov

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by the Numbers: 3
 The number of hearts an octopus has.

Source: http://www.smithsonianmag.com

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



"Am I the bulb that carries the light, or am I the light of which the bulb is a vehicle?" ~ Joseph Campbell

Can Marijuana affect MY DRIVING?

Marijuana affects the parts of the brain that control depth perception, motor coordination, and reaction time, much like alcohol. Tests for detecting marijuana in drivers measure the level of *delta-9-tetrahydrocannabinol* (THC), marijuana's mind-altering ingredient, in the blood. THC can be detected in body fluids for days or even weeks after use, and it is often combined with alcohol. Mixing marijuana and alcohol intensifies the effects of both and can pose serious risks. If law enforcement suspects you are high while driving, you will be asked to provide a blood sample at the nearest emergency room.

Source: <http://depts.washington.edu>; www.drugabuse.gov

Is MARIJUANA addictive?

Marijuana use can lead to the development of a substance use disorder, a medical illness in which the person is unable to stop using even though it's causing health and social problems in their life. Severe substance use disorders are also known as addiction. Research suggests that between 9 and 30 percent of those who use marijuana may develop some degree of marijuana use disorder. People who begin using marijuana before age 18 are four to seven times more likely than adults to develop a marijuana use disorder.

Many people who use marijuana long term and are trying to quit report withdrawal symptoms that make quitting difficult. These include:

- Grouchiness
- Decreased Appetite
- Cravings
- Sleeplessness
- Anxiety

Long-term marijuana use has been linked to mental illness in some people, such as:

- Temporary Hallucinations
- Worsening symptoms in patients with *schizophrenia* — a severe mental disorder with symptoms such as hallucinations, paranoia, and disorganized thinking.
- Temporary Paranoia

Marijuana use has also been linked to other mental health problems, such as depression, anxiety, and suicidal thoughts among teens. However, study findings have been mixed.

If you are concerned about your relationship with marijuana, take the e-toké self-assessment found on the Counseling Center website: www.millersville.edu/counsel or schedule an appointment to talk with a counselor: 717-871-7821.

Source: www.drugabuse.gov



PEER SUPPORT GROUP

This is an open group where students have the opportunity to share ideas and strengthen skills to succeed. Students will learn from facilitators and peers helpful ways to cope with personal challenges.

WHEN: Every Wednesday starting Feb. 14; 3–4 p.m.
 (Students are more than welcome to join after Feb. 14)

WHERE: Counseling Center 3rd Floor, Lyle Hall

Ville After Dark

Friday Mar. 23

MOVIE: Pitch Perfect 3
 9 p.m.; SMC Reighard
 Multipurpose Room

Saturday Mar. 24

March Madness
 8 p.m.; SMC
 Marauder Courts

Friday Mar. 30

MOVIE: Coco
 9 p.m.; SMC Reighard
 Multipurpose Room

Saturday Mar. 31

Easter Egg Hunt
 9 p.m.; SMC Reighard
 Multipurpose Room



Meet the
 Peer Educators:
**Student
 Spotlight**

MEGAN WEBB

Junior Secondary Education:
 Social Studies

"I became a peer educator to inform students about health and safe relationships."

News You Can Use:

True or False?

87.7% of MU students practiced safer sex the last time they consumed alcohol?

Answer: TRUE.

The last National College Health Survey results (N=1,052 MU students, spring 2016) indicate that the vast majority of students who were making love or hooking up while under the influence had good judgment. This is likely due to the fact that two thirds of MU's drinkers drank four or fewer drinks the last time they socialized and nearly 80% drank less than a six pack. For "most" drinkers, that means a reasonable BAC of about .08. When our BACs climbs into the teens or above .20 (where people often *blackout*), our judgment is increasingly diminished as the brain struggles to deal with the less good effects of alcohol.

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.



DESIGN A SHIRT AT THE MONTOUR HOUSE!

Any time during the week of Apr. 2–Apr. 6

The house will be opened
 Mon.-Fri. 8 a.m.–4:30 p.m.

The Clothesline Project is a way to honor survivors and victims of intimate partner violence. Anyone who has experienced such violence, at any time in their life, is encouraged to come forward and design a shirt. Victim's families and friends are also invited to participate.

WHITE represents individuals who died because of violence.

YELLOW or **BEIGE** represents battered or assaulted individuals.
RED, PINK, and **ORANGE** are for survivors of rape and sexual assault.

BLUE and **GREEN** t-shirts represent survivors of incest and sexual abuse.

PURPLE or **LAVENDER** represents individuals attacked because of their sexual orientation.

BLACK is for individuals attacked for political reasons.