Gotta interrupt, withdrawal, or more commonly, the pull out method is a cost-free option that doesn’t have side effects to that some people report with contraception options. While a more effective option than not withdrawing, this method relies on an individual to exhibit a high level of self-control and does not protect an individual from sexually transmitted infections.

- As many as 28 out of 100 women will become pregnant each year using this method.

- Sperm may enter the vagina if withdrawal is not properly timed. Ejaculation should not take place near the women’s genitalia. It is recommended that a man urinate before having sex again within a short amount of time to remove all previous sperm.

- The withdrawal method holds many risks when used as the only form of birth control, the biggest being the risk of using the method incorrectly and transmission of sexually transmitted infections. There are many other forms of birth control that are highly effective and safe to use. Condoms, for example, are relatively inexpensive and can prevent pregnancy as well as sexually transmitted infections when used correctly.

Sources:
1. https://www.plannedparenthood.org/learn/birth-control/withdrawal-pull-out-method?gclid=CjwKCAjw77HdBRBCbEiwAvy05pIBu5b-2IV-A6 TclB3kE60T6Hi6v8OAjeTJCXe8zR7r1WvysOgew7vTg4aA9mDw_wcB

Save on Gifts and Make YOUR HOLIDAYS HAPPIER

Maggi Mumma, PSECU’s Public Relations Intern

As the holidays approach and the gift-giving season swings into high gear, it’s important to create a game plan and stick to it. Below are some tips to make your holidays happier for both the special people in your life and your wallet.

- Make a list – and check it twice. Sometimes you’ll find yourself running into a good bargain. Though a good deal may be tempting, try to stick to your list.

- Think about quality, not quantity. The special people in your life care about the thoughtfulness behind the gift more than its value. Talk to your family and friends. If you propose to give a Secret Santa or gift swap, set a price limit, or decide to create only homemade gifts. It takes the pressure off yourself, your friends and your family. Don’t be afraid to be honest with them, especially if money is tight this holiday season.

- Stress less about holiday meals. Instead of meeting up for coffee, gather ‘round home and grab a mug of hot cocoa with a homemade dessert!

- Stress about holiday meals. Your friends choose to have a dinner at someone’s apartment, you can surprise them by bringing an affordable, homemade dessert!

- Stay in. Rather than meeting up for coffee, gather around home and grab a mug of hot cocoa with marshmallows on top! This tasty treat will allow for warm and friendly moments and memories to be created.

Follow these tips to get through the holidays without breaking your bank. In anticipation for next year, open a Christmas share and begin saving earlier. If you’re a PSECU member, you can also use our Savings Apps to set money aside for holiday purchases. The best advice of all when it comes to the holidays? Remember the reason for the season, regardless of what you’re celebrating.

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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 is now offering 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.

News You Can Use:

Which of the following is true?
A: 29% of all college dropouts are alcohol related. B: 36% of academic failures are alcohol related.

Answer: They both are. Think about the people you know who are struggling academically or have dropped out altogether. We’re the folks you saw in the library, working in study groups and whose “big picture” focus was on getting a quality education? Did they reduce stress and socialize in a way where they all got the “good stuff” and none of the “Lesi Good Stuff” from their relationship with alcohol and other drugs? Or, were they part of the minority whose focus was on partying three to seven days a week, who missed classes or went to class hung over, or who spent the entire weekend drinking, sleeping, or recovering? This is the group whose mantra was “There is nothing to do at Millersville but party!” and who did so with a passion.

Here are two related alcohol facts:
- 64% of violent behaviors are alcohol related
- 66% of unsafe sexual behaviors are alcohol related.

If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or E-LOE self-assessment on the Counseling Center webpage at Millersville.edu/counsel or contact the AOD Counselor at John.Baltz@millersville.edu or call at 871-7827.

Trivia Question
Q: How long does it take a single blood cell to circulate the entire body?
A: In the next edition of Stall Talk

LAST EDITION:

Q: What item should always be 6 feet away from your toilet?
A: Toothbrush

Trivia Answer: The withdrawal method holds many risks when used as the only form of birth control, the biggest being the risk of using the method incorrectly and transmission of sexually transmitted infections. There are many other forms of birth control that are highly effective and safe to use. Condoms, for example, are relatively inexpensive and can prevent pregnancy as well as sexually transmitted infections when used correctly.

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Ville After Dark

Friday Dec. 2
Stuff-A-Plush and Sugar on Top
9 p.m., SMC MPR

Saturday Dec. 3
Trivia Night — Random
9 p.m., SMC Atrium

Saturday Dec. 10
MOVIE: Elf
9 p.m., SMC MPR