

STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION
Volume 2, Issue 6 | 2025-2026

Spring Break Bash

March 4th 7-9 pm in the SMC MPR

During spring break, students may engage in more risky behaviors. CHEP works to provide students with tips on drinking in less risky ways and alternatives to using substances. Join us to have fun and relieve stress through safer methods!

FREE slushies, charcuterie, travel bags! Have fun with karaoke!

Iron Chef

Tuesday, March 17th 5:30pm
in the Upper Deck

Celebrate St. Patrick's Day with alternatives to drinking! Join us for an Irish Meal, attend!



MU Night at Decades

Thursday, March 26th from 5:30-8:30 pm at Decades

in downtown Lancaster City! Bus will leave from SMC to transport students downtown and back.

Come out and enjoy FREE bowling, appetizers, mocktails, and tokens while learning about alternatives to drinking alcohol!



Alternatives to Alcohol & Other Drugs

- Engage in light exercise, like taking a walk or doing yoga.
- Play calming or uplifting tunes to improve your mood.
- Take slow, deep breaths to calm your mind and body.
- Connect with friends and family members.
- Spend time on your hobbies: painting, gardening, reading.



Project Safety



Student organizations will compete in a "Project Runway-style" competition where they make outfits completely out of condoms. The event features informational and resource tabling, a fashion show, and education program on safer sex practices.

Thursday, March 19th from 7-9pm in SMC MPR

*FREE Safer Sex Kits, plushies, and more...



Bloom Into Better Mental Health

- **Spring Cleaning:** Clearing clutter out of your path will help you clear your mind.
- **Reconnect with Others:** Rediscover health and wellness with the onset of more sunlight and blooming flowers.
- **Get Moving:** Whether it be going for walks, dancing, or the gym, moving your body activates endorphins and dopamine.



Backyard Bash

Saturday, March 21st from 11am-2pm

on The Quad Food, music, inflatables, and mini golf!



On-Campus Resources

Domestic Violence Services Lancaster

Confidential domestic violence advocate
2nd Floor Lyle Hall
Wednesdays (9am-5pm)
jmorales@caplanc.org

YWCA Lancaster

Confidential sexual assault advocate
2nd Floor Lyle Hall
Thursdays (9am-5pm)
Dharvey@ywcalancaester.org

Title IX

Confidential support with reporting, protection, etc.
Dilworth Building Rm. 105
MUTileIXCoordinator@millersville.edu

Advocacy Services

Off-Campus Resources

Callisto

Confidential online platform to connect sexual assault survivors in finding others harmed by the same perpetrator on their campus (must have an active .edu email)
projectcallisto.org

Planned Parenthood

Birth control, STI/STD testing, abortion, etc.
902 Manor St, Lancaster, PA 17603
(717) 299-2891



The majority of MU students consume 1 to 2 drinks on a typical day, if they are choosing to drink at all.

When asked about their peers, MU students perceive that **68.2%** of their peers drink 3 or more drinks on a typical day when they are drinking. **In reality, only 28.3% of MU students consume 3 or more drinks** on a typical day when they are drinking.

(Statistics from Fall 2023 PASSHE Alcohol and Other Drug Survey)

Make sure to know what a standard drink size is:



2026 Summer Welcome Assistant

Planning to be in the Lancaster area during July 2026? Interested in welcoming others to Millersville University? The 2026 Summer Welcome Assistant position provides you with the opportunity to make some extra money without giving up your summer job! **Work commitment:** July 10, July 17, July 23, July 24, 2026 **Hours per day:** 7:00am- 4:00pm **APPLY NOW VIA THE QR CODE!**



Millersville University

ELSIE S. SHENK CENTER FOR HEALTH EDUCATION AND PROMOTION

Division of Student Affairs

Follow us on Instagram: @Millersville_CHEP

Text "WELLNESS" to 71444

*Full citations available by request. Email chep@millersville.edu