**Table and Outreach:**

Katie’s Angels Wellness Wednesday
- Oct. 10, Outside Montour House; 11 a.m.–1 p.m.
- Oct. 17, Outside Montour House; 11 a.m.–1 p.m.

**Awareness Events:**

Katie’s Angels Purple Carnival
- Oct. 16, SRC Reighard MPR; 7–9 p.m.

**Education Programs:**

YWCA Sexual Assault Hotline Training
- Oct. 15 and 17, SMC 202; 6–8:30 p.m.
- Oct. 15, SMC 18; 7 p.m.

**Trivia Question:**

Q: About how many trees are needed to put you at RISK?

**Stall Talk by the Numbers:**

45.8

The percentage of Millersville Students who report receiving a vaccination against the flu in the last 12 months. Health services provides free flu shots to students, make an appointment today!

Source: Millersville University Spring 2018 American Health Association - National College Health Assessment (NCHA-II) 809 participants

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**Do Your Social Media Habits Put You at RISK?**

If a stranger approached you on the street, what would you tell them about yourself? Would you rattle off your full name, date of birth, mailing address, phone number, and the names of all your family members and closest friends? Would you tell them exactly where you were going, what you were doing, and what businesses you frequent?

Hopefully the answers to these questions are “no,” because you understand the importance of keeping your personal information private to protect yourself. You don’t want someone following you, learning your habits, and ultimately doing something that may cause you harm.

If you want to keep yourself safe, consider applying these same attitudes toward managing your social media accounts. Outside of protecting your physical safety, maintaining a level of privacy is also important in keeping your identity safe, as well.

- Pay attention to privacy settings on any social media sites. Leaking your profile or social media sites set to “public” allows anyone who searches for your name to access any information that you share on the site.
- Think about what information you share on your social media sites and now compare that list to the information you may be asked to provide (or any other company) to access your account or reset a password. Unfortunately, the lists may be scarly similar — full name, date of birth, home address, email address, phone number.
- Even if you have checked your privacy settings and are comfortable with them, remember that once you put something on the Internet, it never truly disappears. Be extra cautious about what you share, even with your friends. As exciting as it may be to get your college ID or a driver’s license updated with your new name after a wedding or your new address after a big move, think about the contents of what you are putting out there. Could someone use the information to pretend to be you?
- Take some time today to consider not only the privacy settings, but also the content that you share on your social media accounts. Taking just a few minutes today can save you a lot of unnecessary stress and financial issues in the long run.

Source: Sara Werner, PSECU’s Financial Education Manager

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**Dimension of Wellness Spotlight: Social Wellness**

**Social Wellness**

When evaluating your social wellness, ask yourself:

- Do I plan time to be with my family and friends?
- Do I find a happy balance between my personal and social time?
- Do I find ways to support and interact with my community?
- Do I enjoy the time I spend with others?
- Do I present my true self to others?
- Are my relationships with others positive and rewarding?
- Do I have people that I can go to when I need to talk?

Looking for ways to get involved on campus? Explore the opportunities at MU: https://involved.millersville.edu.

Source: www.AlaskansChangingTogether.org

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**Ville Intramurals**

**Sport Leagues:**

Competitive & Recreational Leagues
- Future Cast
- Open Inner Tube Pool 3 v 3 Basketball
- Coed/Men’s/Women’s Basketball

Must register on IM leagues in advance.

**Pre-registered Tournaments:**

Must register on IM leagues in advance.
- Open Inner Tube Pool 3 v 3 Basketball
- Future Cast
- Open Inner Tube Pool 3 v 3 Basketball
- Game Night

**INFORMATION/QUESTIONS:**

Campus Recreation Office: SMC 38 • 717-871-5665

Millersville University Intramurals (IM) • Intramurals.msu.internals

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**Social Media Habits Put You at RISK?**

- Pay attention to privacy settings on any social media sites.
- Think about what information you share on your social media sites.
- Even if you have checked your privacy settings and are comfortable with them, remember that once you put something on the Internet, it never truly disappears.
- Take some time today to consider not only the privacy settings, but also the content that you share on your social media accounts.
- Taking just a few minutes today can save you a lot of unnecessary stress and financial issues in the long run.

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**Ville After Dark**

**Friday, Oct. 12**
- Pridefest Bingo
- MOVIE: Love Simon

**Saturday, Oct. 13**
- Future Cast
- Game Night

**Friday, Oct. 19**
- Open Inner Tube Pool 3 v 3 Basketball

**Saturday, Oct. 20**
- Future Cast
- Game Night