Welcome

The staff at the Center for Health Education and Promotion would like to welcome you to campus as we start a new and exciting semester! We hope you take a few minutes to read Stall Talk — you can learn a lot just in a few minutes. Feel free to stop by the Center for Health Education and Promotion, located in the Montour House which is across the street from the Student Memorial Center, to say hello, pick up health information, learn about upcoming events, or to receive one of our free safety six kits. Don’t forget that if you miss a week of Stall Talk that you can always find previous versions on our website: www.millersville.edu/chep. We wish you a healthy, happy and successful semester!

Jayme Trogus — Director
Deborah Huslin — Office Manager/Editor Stall Talk

New Sexual Violence Website Released

Millersville University (MU) recently released a new comprehensive sexual violence awareness website which can be found at: www.millersville.edu/sexualviolence. Please share this site with your friends at MU to help students learn more about sexual violence and connect to available resources and services.

STALKING — A Serious Crime

Stalking is a serious problem among college students. 15% of women and 6% of men have experienced stalking victimization at some point in their lifetime with 67% of female victims and 44% of male victims being stalked by a current or former intimate partner. According to the MU Student Code of Conduct, stalking is engaging in a course of conduct directed at a specific person that would cause a reasonable person to:

1) Fear for his or her safety or the safety of others, or
2) Suffer substantial emotional distress.

Stalking behaviors may include:

• Following you and showing up wherever you are
• Sending unwanted gifts, letters, cards, or emails
• Damaging home, car, or other property
• Monitoring phone calls or computer use
• Driving or hanging out by or at your home, school, or work
• Threatening to hurt you, your family, friends, or pets
• Repeatedly calling you, including hang-ups
• Using tracking devices (GPS) and other forms of technology (hidden cameras) to follow where you are

You are not to blame for your stalkers behaviors. Stalking is a crime under the laws of all 50 states, the District of Columbia, the U.S. Territories, and the Federal government.

If you are concerned about your own safety or the safety of a friend who might be being stalked, reach out for help at MU’s www.millersville.edu/sexualviolence.

Source: http://www.wiscows.org.org/us-program/stalking-resource-center/stalking-information

Trivia Question

Q: The Grand Canyon was carved out of solid rock by the cutting action of what river?

Source: http://www.ten trillion.com/general-trivia-questions

A: In Next Issue of Stall Talk!

Stall Talk 7.5

7.5 million people are stalked in one year in the United States.

http://www.wiscows.org.org/us-program/stalking-resource-center/stalking-information

Social Norms Campaign

A YWCA Lancaster sexual assault advocate will be available at the Montour House Mondays during the semester between 3–7 p.m. to provide confidential advocacy services. Call the Center for Health Education and Promotion for an appointment at 717-871-4141.

Call TAT@MU

Marauders Make Smart Choices!

ATHLETES USED A DESIGNATED DRIVER

Southside Community Services

 Confidential services. Call the Center for Health Education and Promotion to schedule an appointment 717-871-4141.

Contact Us

Visit our website: www.millersville.edu/chep

Like us on Facebook: Center for Health Education and Promotion

Follow us on Twitter: @CHEPMU

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New Sexual Violence Website Released

Millersville University

Promote that many students at Millersville make responsible and healthy decisions regarding alcohol use.

Source: Data collected from the fall 2013 American College Health National Collegiate Health Assessment completed by 99 ... It is our intent to provide students with an accurate picture of alcohol and other drug use on campus and to

Which of the following is true?

A: 29% of all college dropouts are alcohol related.
B: 38% 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. Were these 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 got all of the “Good stuff” and none of the “Less 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, which 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.
• 56% of sexual behaviors are alcohol related.

If you have any questions or wish to know more 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 871-7527.

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