Welcome Back MU!

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 in just a few minutes. Feel free to stop by the Center for Health Education and Promotion, located at 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 safer sex kits. Look for Wellness Wednesdays on campus brought to you by the Peer Educators at the Center for Health Education and Promotion! Every Wednesday there will be an activity or game from 11 a.m. – 2 p.m. Each game will focus on a different topic and have cool prizes! We wish you healthy, happy and successful semester!

Jayme Troger — Director
Deborah Huslin — Office Manager

The Center for Health Education and Promotion

Social Norms Campaign

62 of all students who high alcohol drink for feel better, but the last time they party or socialized.

Trivia Question

Q: What American city produces most of the egg rolls sold in grocery stores in the United States?

Answer: San Francisco

What is the Red Zone?
The Red Zone is the time period between the last day of a semester and the first break. This is especially important during the fall semester, but applies to new students during Spring as well. During this time alcohol and drug outcomes are a heightened risk for being the victim of sexual assault.

You or your partner is too intoxicated to give or receive consent.

Stop!

Quiet partners are kept up and/or passed out.

You hope your partner won’t or will let the minority program.

Caution!

You’re too drunk to have no matter what.

Your partner asked you to make mixed signals.

Got it?

You’re not sure what your partner wants or is getting mixed signals.

Your partner’s about to break into your intimate relationship.

Your partner feels comfortable stopping at any time.

If you’re in the Yellow Caution Zone, give your partner and take some time to talk with your partner.

Communication is key in all relationships and it is always okay to talk about your limits and break or end the relationship if you’re uncomfortable.

Health Services

Health Services is located in the Witmer building just off George St.

Appointments can be made by calling Health Services at: 717-871-4520.

Repeat injuries are a sign of relationship violence. Come learn what you need to know about the Red Zone at Take Back the Night. Additionally, participants will learn the signs of drug risk reduction strategies and the importance of making healthy choices.

All events are free and do not require registration.

Meet the alcohol and other drug peer educator student: Remi Schwartz, Early Education and Special Education major.

“Being a peer educator is not a job to me, it’s an opportunity to help others in any way that I can. I love interacting with students, sharing my knowledge, and making a difference in people’s lives.”

Visit the Center for Health Education and Promotion at 717-871-4141. All events are free and do not require registration.

Meet the Peer Educators: Student Spotlight

REMI SCHWARTZ
Early Education and Special Education major

“... that I can. I love interacting with students, sharing my knowledge, and making a difference in people’s lives.”

Ville After Dark

Sat. August 29 • MOVIE: Jurassic World
9 p.m. • SMC Promenade

Did you know we have a very special room in the Health Services building where you can learn how to give yourself a correct breast self-examination? There are both female and male breast models, and a staff member can help you. Visit The Diana and Martha Breast Cancer Awareness Center, it could literally save your life!

For more information: Call us: 717-871-7821 or stop by the Montour House.

Welcome to Stall Talk Volume 1 / Fall 2015 Editor: Deb Huslin

“Stop and slow down and take some time to talk with your partner.”

“The beautiful thing about learning is that no one can take it away from you.” ~B.B. King

Did you know we have a very special room in the Health Services building where you can learn how to give yourself a correct breast self-examination? There are both female and male breast models, and a staff member can help you. Visit The Diana and Martha Breast Cancer Awareness Center, it could literally save your life!