DANGERS OF DATING VIOLENCE

Dating violence can happen to anyone—men can include verbal, emotional, physical, or sexual abuse. 32% of college students report dating violence by a previous partner, and 21% report violence by a current partner. The Red Flag Campaign encourages college students to intervene and say something when they see a warning sign (“Red Flag”) of dating violence.

Warning signs:
- You find yourself crying a lot, being depressed or unhappy.
- You feel afraid to make decisions or bring up certain subjects so that the other person won’t get mad.
- You tell yourself that if you just try harder and love your partner enough that everything will be just fine.
- They try to isolate you and control whom you see or where you go.
- You blame it on yourself and believe you did something wrong.
- You don’t listen to you or show interest in your opinions or feelings…things always have to be done your way.
- They tell you to shut up or says you’re dumb, stupid, fat, or call you some other name.
- They make you feel worthless and unworthy of love.
- They prevent you from seeing your friends or family.
- They pressure you into sex.
- They physically abuse you.
- They damage your property.
- They steal your things.
- They spread rumors about you.
- They won’t let you talk to your friends or family.
- They won’t let you leave the relationship.
- They make you feel guilty about what they’ve done.
- They threaten to hurt you or someone you love.
- They threaten to kill you.

What can you do?
- Speak up. When peers say things that support disrespect or violence, choose not to listen.
- Step in. When one person is mistreating another verbally, physically or emotionally, stop in order to stop the situation if it is safe to do so.

Lend a listening ear. Tell your friend that you care and are willing to listen. Don’t force the issue, but allow your friend to confide in you at her/his own pace. Give her/him emotional support. Emphasize that she/he deserves a life that is free from violence. If your friend decides to end the relationship, help her/him make a plan to be safe.

Stay Informed. Resources:
- Counseling Services: 717-871-7821
- Health Services: 717-871-5250
- YWCA: 717-393-1735
- DPS: 717-299-1249
- MUPD: 911
- Title IX: 717-871-4307
- #MUGoesOrange, #Orange4Love and #RespectWeek2016.

Visit our website: www.millersville.edu/chep

Contact Us
Visit our website: www.millersville.edu
Like us on Facebook: Center for Health Education and Promotion
Follow us on Twitter: @CHEPMU
Call us: 717-871-4144, or stop by the Montour House

TEEN DATING VIOLENCE AWARENESS MONTH

Teen dating violence awareness month is a national effort to raise awareness about dating abuse in teen and 20-something relationships during the month of February. In order to raise awareness about teen dating violence month CHP will be promoting the Red Flag Campaign throughout the month of February. The Red Flag Campaign helps to address and prevent sexual assault, dating violence, and stalking on college campuses. The campaign encourages friends to say something when they see warning signs (“Red Flags”) for sexual assault, dating violence, or stalking in a friend’s relationship. Look for Red Flags on Campus the first week in February as well as the other events listed below.

Feb. 3: dating violence Wellness Wednesday 11 a.m.–1 p.m., SMC bookstore lobby
Feb. 4: dating violence education program by peer educators, Southside Suites Great Room, 7 p.m.
Feb. 9: Teen Orange Day. Post pictures to social media using hashtag #AMUGoesOrange. If we spot you wearing orange you may win a prize!
Feb. 10: Wellness Wednesday 5:15–6:15 p.m., SMC Juice Bar
Feb. 19: That’s Not Love campaign table 11 a.m.–12 p.m., SMC Juice Bar
Feb. 23: One Love Foundation Escalation Program, 4:30 p.m., SMC 18

Resources: loveisrespect.org and theredflagcampaign.org

Refer to Millersville University Sexual Violence Awareness Website www.millersville.edu/sexualviolence for additional information and resources.

Maturity comes when you stop making excuses and start making changes.” ~Power Plug

Stall Talk
Volume 2 / Spring 2016
Editor: Deb Huslin

Sex and Chocolate
Feb. 11; Club De’Ville; 7–9 p.m.
Dating Violence Awareness Month/Red Flag Campaign: February 2016

Coming Attractions!

Friday, Feb. 5:
First Friday—Free T-Shirts at the Ware Center 6 p.m; Ware Center
Saturday, Feb. 6:
Black History Month Game Show 9 p.m. SMC MPR
Friday, Feb. 12:
MOVIE: Hunger Games Marathon (First 10 get a blanket) 9 p.m. and midnight SMC MPR
Saturday, Feb. 13:
MOVIE: The Hunger Games Mockingjay Pt. 2 (First 10 get a blanket) 9 p.m and midnight SMC MPR

Meet the Peer Educators:
Student Spotlight
JOHANNA SIMPSON
Political Science major

“become a Peer Educator to connect with students who have passions similar to your own and to be a resource for others.”

Health Services
Monday thru Thursday, 9 a.m.–5 p.m.
Friday, 8 a.m.–4 p.m.
By appointment only, call 871-5250.
Susquehanna Valley Pregnancy Center will be offering free pregnancy tests and sexual health counseling at MU Health Services on Thursdays from 12–4 p.m. Appointments can be made by calling Health Services at: 717-871-5250.

Health Education
Promotion

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