

STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION
Volume 1, Issue 1 | 2024-2025

★ **74%** ★

OF FIRST-YEAR STUDENTS CHOOSE TO ABSTAIN FROM CONSUMING ALCOHOL.

*Stats from 2024 ScreenU Alcohol Survey collected during EPPIC Weekend. (n = 450 MU students)

Everyone is **NOT** drinking alcohol.

80% of those who consume alcohol, do so monthly or less. **NOT** everyone who drinks, does so on a regular basis.

76% of those who drink, consume 1-2 drinks. Everyone who drinks is **NOT** participating in high-risk, binge drinking behaviors.

Student Affairs Events & Activities

ComMUity Fest on **Wed., Sept. 11 at 3:30-6pm.**
Check out local businesses in the SMC Promenade. See what the Lancaster community has to offer!

Open Climb on **Tuesdays & Thursdays at 4-6pm.**
Come to the Ropes Course (behind Pucillo Gym) for FREE fun tackling the high ropes and connecting with friends.

SHATTER the Red Zone!



What is the Red Zone?

The period of time for college students that spans from the start of the fall semester through Thanksgiving break. This period of time is when more than 50% of all college sexual assaults are statistically found to occur.

Why does the Red Zone happen?

Fall semester coincides with parties celebrating the return to campus and Greek Life rushing. This is also when younger students are first exposed to their college campus culture. Many students also have limited education on sexual violence and consent.

What can you do?

Attend events (like Purple Carnival) focused on healthy relationships education. Listen. Support. Report. If a friend or peer has shared, they have been sexually assaulted. Share supportive services with them. Use the QR code to report anonymously.

HOMECOMING WEEK & WEEKEND MONDAY, SEPTEMBER 16 - SUNDAY, SEPTEMBER 22

Homecoming Pre-Party featuring Skully's Birthday Celebration
Thursday, Sept. 19 at 11am-1pm in SMC Promenade
Interactive resource fair to educate students about alcohol and other drug prevention and risk reduction strategies. We want you to have a safe Homecoming you can remember!
*FREE MU Visor and Sunglasses for students who complete tabling. While supplies lasts.

Golf Cart Trivia
Tuesday, Sept. 17 - Thursday, Sept. 19
Keep an eye out for the CHEP golf carts and get a ride to class! Peer Educators will ask you trivia questions about alcohol and other drugs along the way. *Goodie bags while supplies last for students who participate in the golf cart trivia.

Nominate someone for Homecoming Court using this QR Code!



Welcome back to school!

Remember: You are not alone in your mental health challenges!
Seek help. Get involved. Stay engaged.

74% of MU students have moderate or serious psychological distress

51% of MU students screen positive for loneliness

*Stats from 2023 ACHA NCHA survey (n = 430 MU students).

Reflect: What is one thing you are doing to prioritize mental wellbeing this semester?

SUPPORTIVE SERVICES ON-CAMPUS



YWCA Sexual Assault Advocate
Email wehearyou@ywcalancaster.org to schedule an appointment.
24-Hour Hotline: **717-392-7273**



Domestic Violence Services of Lancaster Advocate
Email muadvocate@caplanc.org to schedule an appointment.
24-Hour Hotline: **717-299-1249** or Text **SAFE** to **61222**



Health Services | Witmer Building | 717-871-5250

Counseling Center | Lyle Hall, 3rd Floor | 717-871-7821

*Drop-in hours from 1-3pm Monday-Friday. No appointment needed.

ALL are confidential resources!

In Our Awareness Era

Breast-a-Ville

Millersville University

Wednesday, October 2

10:30am-1:30pm in SMC Promenade

FREE tshirts for students who complete tabling.

*While supplies lasts.

Purple Carnival in SMC Atrium

Thursday, October 3 at 11am-1pm

Interactive resource fair to educate the campus community about healthy relationships.

***FREE tshirt & TyeDye for the first**

200 students to complete tabling.



Millersville University
ELSIE S. SHENK CENTER FOR HEALTH EDUCATION AND PROMOTION
Division of Student Affairs

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Text **"WELLNESS"** to **71444**