

HEALTH AND SAFETY



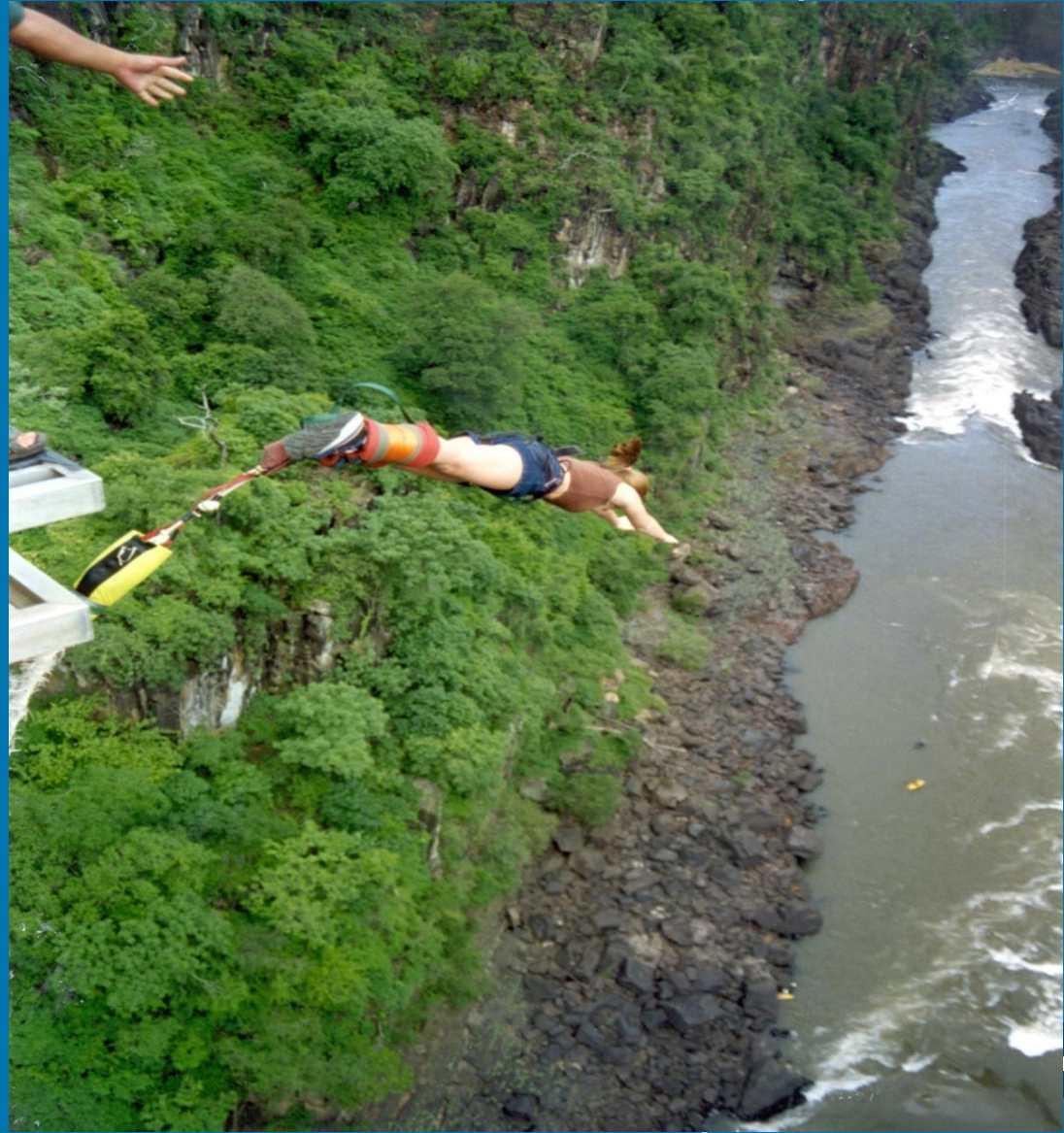
Health & Safety



Is this safe?

Health & Safety

Should I be doing this?





RISK AWARENESS & REDUCTION

Risk Types

- **Crime**
- **Illness**
- **Accidents**
- **Natural Dangers**
- **Acts of terror**

Risk Education

- **What are information sources?**
- **Is the info reliable?**
- **Take the time before you go.**

Risk Reduction

- **Adjust own behavior**
- **Be aware and vigilant**
- **Share strategies**
- **Share your going-out and travel plans**

Health & Safety – small & large

SMALL (but very common) Problems:

- Jet lag, dehydration, fatigue
- Stomach/digestive problems (could become a big problem)
- Allergies, respiratory infections
- *If problems persist, see a doctor.*

BIGGER Problems:

- Transportation Accidents: pedestrian, driver, passenger
- Alcohol and Drug-related incidents
 - Road accidents, fights, overdoes, and increase vulnerability to robbery, rape, and unsafe sex
- Crime: pick pocketing, mugging, credit card theft, sexual assault, etc.
- Always be aware of your surroundings!

* Have a “buddy system.”

* Never leave a highly intoxicated fellow student alone. Call for help if needed.

Health and Safety

Different Cultural Context

New Context; lots of social “rules” you do not know

- Different cultural cues
- Different language
 - Foreign language
 - Different type of English
 - Body language
- Sense of “license” to behave differently / experiment with a “new identity”

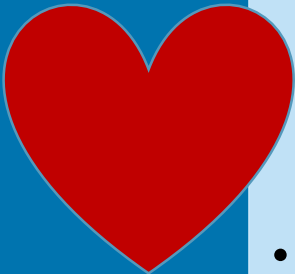
Unprotected Sex

- Increased risk of pregnancy; risk for STDs (HIV/AIDS, Hepatitis B and C, HPV, etc.)
- Supplies and information



Cultural norms & alcohol

- Accompaniment to socializing, goal is not to get drunk
- Pacing – usually slower
- Socially unacceptable behavior



Health and Safety: Recognizing Continuity of Care



Existing or New Health Conditions (stressors, effects, support systems)

- Eating disorders/body image
- Panic attacks, anxiety
- Alcohol/drug dependency
- Depression, anxiety
- Bipolar diagnosis
- ADD/ADHD
- Asthma
- Diabetes
- Etc.

Medication Abroad

- Plan well in advance
- Take enough for whole time abroad
- Consult with Int'l SOS
- Do not ship meds
- Do not mix meds in different bottles
- Don't share them
- Don't stop taking them



Health and Safety: (cont.)



What do you do when...

- You need to see a psychologist
- You have an injury
- You are ill
- There is civil unrest or a terrorist attack
- There is a friend in trouble
 - FERPA

Role of International SOS

- In most cases, your first step should be to open a case with International SOS
- Call the SOS number (on card)
- People who can open a case include yourself, a friend, a parent, or a program director.



Sexual Assault Risk Reduction

Students overseas, regardless of gender, have been subjected to unwanted sexual attention, verbal and physical harassment, “date rape”, violent assault, etc.

Please read pg. 29 in the Handbook on sexual assault risk reduction and the letter from Center for Women & Men on pg. 35.

http://studentsabroad.state.gov/



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Student sitting on top of a rock

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The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country.

STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency.

STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate.

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The U.S. Department of State is committed to ensuring that any personal information received by our overseas embassies and consulates pursuant to the STEP process, whether in person or otherwise, is safeguarded against unauthorized disclosure. The data that you provided the U.S. Department of State is subject to the provisions of the Privacy Act (5 USC 552a). This means that the U.S.

A FEW MORE SAFETY TIPS



Avoid "soft targets."
Think about exit routes.



Be inconspicuous in dress
and demeanor.

Make local friends, not just
to experience the culture
but also to increase your
safety.



Stay aware of current
political events, AND avoid
political demonstrations.



Understand the link
between sobriety and
safety. Always use a buddy
system.



When you travel, leave an
itinerary with your family,
friends, and/or resident
director or international
office.