Safer and the International Center
Presents

SAFER TRAVELS

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Objectives

• Increased awareness of the dangers abroad pertaining to gender violence

• Confidence in preventing and responding to such dangers

• Feeling comfortable in having a conversation around the topic with others and yourself

• What would you like to come away with today?

• Take a moment to record your personal goals.
The more you know, the more protected you are. Awareness is your greatest ally.
Identifying the Issue
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- Sexual assault is five times as likely to occur to a student during a semester abroad than a semester at home
- Students are exposed to new risk factors
  - Coping with stress
- Gender Violence looks different in every culture
  
  *How do your travel destinations handle sexual violence?*
- Protective Factors
Identifying the Issue

Think of a time when you underwent an acute form of stress.

How did you cope with it?

In what ways were your coping mechanisms healthy or unhealthy?

What stressors might you encounter while traveling?

Write down three ways to healthily cope with stress while traveling...
Intersectional Implications
Local vs. Traveler Activity

Break out into pairs with someone you don’t know.

There should be one scenario card per pair.

Decide who will be the local and who will be the traveler.
Local vs. Traveler Activity

Take a moment to reflect on how your assigned identity may influence this conversation and your expectations of the other person. The local will acknowledge how their different cultural background and other related identities will influence their conversation. The traveler will acknowledge how the local may perceive them and how to navigate the conversation wisely.
Local vs. Traveler Activity

In what ways can you mingle with locals sensitively?

How do the differing backgrounds affect the conversation?
Cultural Contexts

- Understanding of norms and behavior → Safe Navigation
- Dating norms and mingling
- Sensitivity and respect
- Embracing the culture
- Other local influences
- Basic knowledge of culture and background
Gender and Sexuality Expression

• Reception of differing gender identities dependent on culture
• Gender norms may influence risk of discrimination and violence

Culture Appropriateness

• Research what is considered “normal” behavior
• Laws and legislation specifically affecting LGBTQIA+ community
• Actively listen and remain sensitive to social cues

Take a moment to look up and write down one fact about gender norms in your travel destinations
Take a moment to answer some of the following questions...

Things to Consider

• What is the attitude toward the LGBTQIA+ community?
• What laws govern this community?
• What are the norms and expectations within the LGBTQIA+ community in my host country?
• What local resources are available?
• Are there any LGBTQIA+ friendly establishments nearby?
Take a moment to answer some of the following questions...

Questions to Ask Yourself

- How do I want to express my identities while I am abroad?
- How open do I want to be with peers/ host family/ professors/ advisors/ local friends/ others?
- How can I healthily express myself while following cultural morals?
- Who can I rely on for support while abroad?
Resources

The Rainbow SIG (Special Interest Group of NAFSA): supports international and study abroad students and international educational professionals who identify with the LGBTQIA+ community.

The International Gay and Lesbian Human Rights Commission: protects and advances the human rights of all people and communities subject to discrimination or abuse on the basis of sexual orientation, gender identity, or HIV status.

The International Lesbian and Gay Association: worldwide federation of national and local groups dedicated to achieving equal rights for those in the LGBTQIA+ community.

DAMRON: offers a database of worldwide LGBTQIA+ travel listings

The National Center for Transgender Equality: provides air travel tips for transgender people who have endured increased scrutiny, discrimination, and harassment while traveling due to increased airport security.

Look up one or two facts or laws about LGBTQIA+ in your travel destinations...
Mental Health

- Cultural approaches
- Foreign conditions vs. American conditions
- Treatment of mental health and trauma may differ
- Methods of mental health expression
- How are those with mental health issues treated in this society?
Laws and Legislation

• Local laws and enforcement
• Law enforcement priorities
• Response to trauma/ gender violence
• Laws pertaining to the LGBTQIA+ community
• Who would you call in the event of an emergency?

Take a moment to research a law or policy in regards to sexual violence in your travel destinations.
Developing your *Safer Travels Plan*: Before you board the flight

- Keep an Address Book
  - Embassy, local authorities, your place of rest, resources from home, local resources, government officials
- Pack/Download maps (do not rely on wifi)
- Have some serious self-reflection
  - See the Self-Check in sheet in your packet
Developing your Safer Travels Plan: Before you board the flight

• Have adequate awareness of culture and country. Know what to expect.

• Designate a check-in buddy to regularly call/text/email from abroad
  • Someone who you trust and can lean on from afar
  • Consider sharing your location through Find My Friends or other apps before leaving
Developing a Safer Travels Plan: When you find your bed

- Locate the nearest health/medical store
  - Where can you access birth control or contraception?
- Locate the nearest local authorities
- Locate a convenient rendezvous point with others
  - Find my friends App
- Is your place of rest safe?
Developing a Safer Travels Plan: Before leaving the door

- Have transportation planned
- Assign yourself a buddy or remote check-in buddy
- Establish a check-in protocol
- Share your expectations, boundaries, and needs with your buddy
- Pack your “address book” and map
  - Have route home established
  - Reflect on why you are going out and if it is healthy
  - Unhealthy coping via a “night out” puts you at higher risk
Dating and Apps

- Apps are used in multiple ways
- What do local dating norms looks like?
- Have a plan before heading out
- Prepare and practice healthy sex
- Know the Risks
Responding to Sexual Violence

Physical Safety
Medical Attention
Belief and Support
Get help if wanted/needed
  Local Advocacy
  Advocacy from home

Reporting Options
  From home versus Abroad
If flying solo
  Lean on your built support network
  You are not alone
  Contact advocates to help with processing and future decisions
How could you inform others of the risks involved with traveling? How could you increase awareness of this topic?
Resources

Cal Poly Safer (confidential)
Email: safer@calpoly.edu
Phone: 805-756-2282
Website: safer.calpoly.edu

Cal Poly International Center
Email: international@calpoly.edu
Phone: (805) 756-1477
international.calpoly.edu

RISE (confidential)
Email: contact@RISEslo.org
24 Hr Crisis Line: 855-886-RISE (7473)
Riseslo.org

SASHAA- Sexual Assault Support and Help for Americans Abroad
sashaa.org

U.S. Department of State- Help for U.S. Citizen Victims of Crime Overseas
tavel.state.gov/content/passports/en/emergencies/victims.html

AODVC- Americans Overseas Domestic Violence Crisis Center
www.866uswomen.org/
Resources

Look up Local Contact Information for:

The American Embassy
Local University Crisis Resources
Local Authorities
Other Local Crisis/ Sexual Violence Services
Safer and the International Center Wishes you Safer Travels!