



Students Traveling and Studying Abroad are at a higher risk of sexual assault than those in the U.S. due to exposure to new elements and isolation.

RISK FACTORS:

1. Consumption of alcohol or other psychoactive substances
2. Occupation of a foreign place or area
3. Language and Cultural Barriers
4. Isolation from a support network
5. Stressors and mental health issues common to travelers

UNIQUE VARIABLES:

1. Cultural norms specific to the community will dictate dating and social behaviors, expectations of locals pertaining to you, and proper social etiquette.
2. Drinking Age is lower in most countries outside of the U.S. and therefore, is a new and unfamiliar setting to those under the age of 21.
3. Sexuality is expressed in a different way in every community.
4. Gender norms and expectations are expressed in different ways in every community.
5. Laws pertaining to gender violence are different in every country.

SAFER PRACTICES:

1. Be prepared before boarding the plane/leaving the door.

- a. Have contact information regarding healthcare, government officials, the American embassy, and local authorities and emergency contacts. Have this information in hard copy as well as stored in your phone.
- b. Understand yourself and your limits within the realms of drinking, sex, relationships, and identity expression. Acknowledge your expectations of the trip and social excursions.
- c. Have reliable transportation and communication strategies developed. Always know how to get to your place of residence.

2. Develop a Support Network.

- a. Utilize the Buddy System when going on excursions or outings. Communicate your limits, safety strategies, and expectations with your buddy.
- b. Intervene for others in your cohort when necessary.
- c. Remain in contact with your support network back home and develop contacts while abroad including university resources, faculty advisors, and peers.

3. Know Your Surroundings.

- a. Locate local needs such as health care, access to contraception, authorities, and access to members of the support network. Do not depend on Map applications. Write everything down.
- b. Be mindful of the environment you are in at all times. How are people behaving around you? How are people treating you? Do you know your way back to your residence from there? Are you in a public or private place?
- c. Be aware of local laws pertaining to gender violence and expression.

Awareness is your greatest ally. With knowledge of your surroundings and others, you can efficiently prevent and respond to negative experiences.

RESOURCES AVAILABLE WHILE ABROAD:

Cal Poly Safer

Confidential

✉ safer@calpoly.edu

☎ 805.756.2282

Social Institutions & Gender Index

International Database

🌐 Genderindex.org

Cal Poly International Center

☎ Phone: 805-756-1477

☎ Fax: 805-756-5484

✉ Email: international@calpoly.edu

RAINN

🌐 rainn.org

☎ 800.656.HOPE

U.S. Department of State

🌐 travel.state.gov/content/passports/en/emergencies/victims

RISE

Confidential | Toll Free 24-HR Crisis Line

☎ 855.886.RISE(7473)

✉ P.O. Box 630

Paso Robles, CA 93447

✉ contact@RISEslo.edu

☎ Fax: 805-226-5401

SASHAA

Sexual Assault Support & Help for Americans Abroad

Toll Free 24-Hr Crisis Line

☎ 866-879-6636

✉ crisis@866uswomen.org

🌐 Sashaa.org

AODVC

*AODVC- Americans Overseas Domestic
Violence Crisis Center*

🌐 <http://www.866uswomen.org/>

