Safer and the International Center Presents

SAFER TRAVELS
Objectives

- Increased awareness of gender discrimination and the dangers that can follow
- Confidence in navigating multicultural contexts
- Completing a thorough Safer Travels Plan
- *What would you like to come away with today?*
The more you know, the more protected you are. Awareness is your greatest ally.
Relevant Terms

- **Gender** - identity on a spectrum of femininity to masculinity; not restricted to man/woman; not based on biological sex
- **Gender Discrimination** - negative or aggressive acts aimed at an individual due to their gender identity; includes harassment, cat-calling, denial of opportunity, battery, rape, and physical abuse.
- **LGBTQIA+ Community** - lesbian, gay, bisexual, transexual/transgender, queer, intersexual, asexual, and more identities; community of individuals who identify outside of heteronormative identities
- **Multicultural Communication** - relation of information across cultural and/or language differences
Identifying the Issue

- Students abroad are at increased risk of gender-based discrimination, physical danger, and mental health decline.
- This puts students abroad at 5 times a greater risk of gender violence during a semester abroad as opposed to a semester at home.
- This is due to increased risk factors.
- Concerns include: health & safety, reporting, dating, app use, university communications, local authorities.
- Gender discrimination looks different in every culture.

*How do your travel destinations handle sexual violence?*
Increasing Safety

- Protective factors increase a traveler’s safety and decrease exposure to risks
- Developing an easily accessible and thorough self-maintenance routine can address most risk-factors in students studying abroad

Let’s create your self-care plan...
Developing Your Self-Care Plan

- Self-care is the ongoing maintenance of self that allows for an individual to maintain a baseline of psychological, physical, and spiritual well-being.
- Maintenance of a healthy baseline while traveling is crucial to avoiding dangerous situations, confronting risky experiences, and managing your identity in various cultural contexts.
Intersectional Implications
Intersectionality is the interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage.
Crossing Communication Borders

- Break out into pairs with someone you do not know.
- Take a moment to review your character card and remember your “cultural norms.”
- Take the next few minutes to have a casual conversation with your partner and abide by your cultural norms.
Crossing Communication Borders

- Take a moment to reflect on how your cultural norms influenced this conversation
- What barriers to communication presented themselves?
- How could you attempt to bridge communication in these instances?
- How might mindfulness of your own and others’ identities be important in communication?
Double Mindfulness

- Engaging in awareness of two perspectives at once, yours and another individual’s; understanding another person’s matter of thinking and feeling or lack thereof
Cultural Contexts

- Heightened Awareness of Surroundings
- Cultural Norms and Behavior
- Dating Culture & Flirtations
- Sensitivity and Respect
- Embracing the Culture/ Refrain from Comparison
- Current Outside Influences on the Area
- Value of Research and Conversation
Gender and Sexuality Expression

THE SPECTRUM

Our sexuality and gender identity aren’t set in stone. In fact, people’s identities can be fluid. THE SPECTRUM can help you visualize how you feel at any given time. Mark how you identify today on each line, but don’t feel limited - it’s ok to mark something different tomorrow.

BIOLOGICAL SEX
(What the doctor assigned you at birth)

MALE
FEMALE

GENDER IDENTITY
(How you feel on the inside)

CROSSED GENDER / NON-BINARY
TRANSGENDER / GENDERQUEER / NON-BINARY / FEMININE

MAN (FTM)
WOMAN (MTF)

GENDER EXPRESSION
(How you present yourself to others)

FEMININE
MASCULINE

MASCULINE
FEMININE

GENDER PRESENTATION
(How the world sees you)

TRANSGENDER
CROSSED GENDER / NON-BINARY

WOMAN
MAN

SEXUAL ORIENTATION
(Who you like)

ATTRACTIONS TO MEN
BISEXUAL / PANSEXUAL

ATTRACTIONS TO WOMEN
SEXUAL ORIENTATION

The Trevor Project is a leading national organization providing crisis intervention and suicide prevention services to lgbtq, gay, bisexual, transgender, and questioning youth.
TheTrevorProject.org
Gender and Sexuality Expression

- Identity expression may put an individual at risk
- Culture influences attitudes and norms
- Personal research of culture and laws affecting your identities is crucial
- Utilize privileged aspects of identity to support others
- Assess what aspects of your identity are welcome and which ones may meet resistance
Healthcare & Cultural Stigma

- 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 discrimination
- Laws pertaining to minority identities
- Laws pertaining to visitors or Americans
- 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.*
Dating and Apps

- Apps are used in multiple ways
- Hazards
- Best Practices & Your *Safer Dates Plan*
  - Review Dating Culture
  - Plan a safe date
  - Plan for safe sex
  - Create an exit strategy
Responding to Gender Discrimination
Considerations

- Mandated Reporters & Confidentiality
  - All Cal Poly Staff and Faculty ACCEPT for Safer Staff and Counseling Center Staff
- Medical Insurance
  - Does the survivor have travel insurance that can be honored somewhere nearby
- Local Treatment
  - Local medical and law enforcement treatment may differ
- Program & Local University Provisions
- Reporting from Abroad and at Home
Be a Competent Bystander

- Direct, Distract, Delegate, Delay
- Exam the context and the behaviors at play
- Prioritize your own safety first
- If in doubt, refer to a local authority (such a bartender, local security or police, friend who is local)
Responding to Gender Violence

- Physical Safety
- Medical Attention
- Belief, Support, Validation
- Offer Resources
  - Local Advocacy
  - Advocacy from home
- Flying solo
- Lean on your built support network
- You are not alone
- Contact advocates to help with processing and future decisions
Your Safer Travels Plan
Developing your **Safer Travels Plan:** Before you board the flight

- Select a Journal
  - Addresses, contacts, and relevant information
  - Home away from home, embassy, local authorities, resources back home, local resources, government officials, family contacts, emergency contact, copies of important documents, etc.

- Pack/Download maps (do not rely on wifi)

- Completed Self-Assessments
  - Use the Safer Travels Handout and perform your own self-reflection
Developing your **Safer Travels Plan**: Before you board the flight

- Research your places of travel and take a few notes
- Designate a check-in buddy at home and set-up a protocol
  - Someone who you trust and can lean on
  - Consider sharing your location through Find My Friends or other apps before leaving
- Consider Medical Needs (Pack enough of a prescription if unavailable in country)
- Create Plans and Rituals
  - Self-care, health and fitness, contacts home, in case of lost passport, in case of an attack or assault, in case you get lost
Developing a Safer Travels Plan: When you find your bed

- Share local number and address with family and relevant contacts
- Locate the nearest pharmacy & medical service center
  - Prescriptions, birth control, morning after pill, contraception, cold/flu medicine, pain medication
  - Where do you go for medical care?
- Locate the nearest local authorities and save their number in your phone
- Locate a convenient rendezvous point for regular use
- Examine the neighborhood, ask about local risks, and discern level of safety
Developing a **Safer Travels Plan:** Before leaving the door

- Have transportation pre-planned
- Save the locations of places you will be going and write the addresses down
- Assign yourself a buddy and establish a check-in protocol
  - Share your expectations, boundaries, and needs
- Pack journal, map, and external phone charger
- Review your reasons for going out and intervene if unhealthy
- Repeat the previous two sections briefly when traveling to new destinations
Safer and the International Center

Wishes you Safer Travels!