Sexual assault can happen anywhere, even when you are studying abroad. Sexual assault is never the victim’s fault and no means no everywhere. This brochure offers tips on preventing and responding to sexual assault, as well as advice about supporting others who have been victims of sexual assault.

The University of Puget Sound makes every effort to send students to study abroad programs that take sexual assault and discrimination seriously, and is committed to fully investigating and addressing violations of university policy. (For information see https://www.pugetsound.edu/about/title-ix-eeo/) Puget Sound students attending a study abroad program must follow both the conduct policies of the University of Puget Sound and of the study abroad program.

SEXUAL ASSAULT PREVENTION

Education and Prevention
- Learn about cultural norms in your host country. *Don’t make assumptions* about dating, relationships, and social interactions. Instead, ask questions about gender related attitudes during your on-site orientation.
- Observe how the locals dress and act. Understand that what is seen as provocative or respectful dress or behavior in your host country may not be in line with your practices in the US. Also pay particular attention to body language and behavior.
- Talk to local students. Learn about their experiences with dating and social interactions, and how these might differ from U.S. expectations.
- Learn about stereotypes of American students.
- Know where not to go. Ask your on-site staff or locals about which areas are risky for American students.

Strategies to Reduce Risk
- Travel and go out in a *group*. Tell others where you are going and how you are getting there.
- *Don’t assume others understand your boundaries*. Locals may have a different concept of personal boundaries or social cues.
- It is never a victim's fault.
- You are in the best position to be aware of your surroundings and to ward off potential risk when you are sober.
- Never leave drinks unattended. When you do, you may expose yourself to date rape or other possible violence or criminal activity (e.g., robbery).
- Get a cell phone that works in your host country – make sure it is charged and has credit available. Carry emergency numbers with you.
- Consider the benefits of learning to blend in with the host culture.
- Consider power dynamics.
  - Watch out for “freebies.” Be aware that a false sense of indebtedness can occur when someone buys you a drink or a meal. The person offering freebies or the culture in which they live may believe that you owe them something in return. Remember, you do not! Always carry enough money for your own food, drink, and cab ride.
  - Be aware of “quid pro quo” harassment. This occurs when sexual favors are used or threatened to be used as a basis for a decision, such as ‘sleep with me and you’ll get an A.’ If you feel that someone is using their position of authority to make you do something you don’t want to do, call one of the contacts in your program.

Personal Safety
- Don’t be afraid to say “No.” Don’t worry about being rude. Your personal safety is most important.
- Tell your friends if you feel uncomfortable. Have a plan for what to do if this happens.
- Look out for your friends, and speak up if you are concerned.
- Pay attention to your internal voice that alerts you to danger.
- Ignore the person and/or the harassing behavior. If possible, walk away or remove yourself from the situation. If someone sits next to you, get up and leave without comment. If someone walks alongside you, turn around and walk in the other direction.
- If you are not able to ignore and walk away from the harassing person, make a scene and create a commotion and embarrass the person into leaving you alone.
SEXUAL ASSAULT EMERGENCY RESPONSE: ONSITE CHECKLIST

You are encouraged to take these steps immediately to ensure your safety if you are a victim of sexual assault:

1. Seek a safe place immediately.
2. Call one of the program emergency phone numbers _______________________________________________________________________.
3. Consider seeking immediate medical attention. Request that a program staff member accompany you to the hospital, clinic, or doctor. When receiving medical attention:
   A. Seek treatment for injuries.
   B. Test for STI’s (Sexually Transmitted Infections)
   C. Look into emergency contraception (if available and legal in that country).
   If you decide to seek immediate medical attention you may consider doing the following in order to preserve evidence:
   A. Do not shower or clean up.
   B. Keep clothes in paper bag, not plastic.
   C. Do not brush hair.
   D. Do not use the toilet.
   E. Do not brush teeth.
   F. Do not clean up the crime scene.
   G. If you think predator drugs were involved, get tested.
4. Try to record as many of the details as you can recall.
5. If necessary, request to be moved from your current living quarters to safe housing.
6. If the alleged perpetrator was from your own program, request action from the program staff that will assure your safety.

After your immediate concerns have been addressed, you may take the following steps while you are still abroad:

7. Contact a program staff member or the U.S. Consulate for information on reporting laws in country. They will know if police systems in that country are supportive of victims of sexual assault.
   a. Consider filing a police report - bring someone fluent in the language of the host country with you to the police station.
8. Seek assistance, follow-up counseling, or support in the host country.
   a. Program staff will be able to provide contact information for a center for victims of sexual assault or counseling service.
   b. Talk to someone. Confide in a friend or counselor.
9. You may contact the 24-hour Crisis Center of the Pathways to Safety International at crisis@pathwaystosafety.org.
   Visit pathwaystosafety.org for more information.
10. You may also contact any of the individuals at Puget Sound listed below to receive support.

SUPPORTING VICTIMS OF SEXUAL ASSAULT

No matter what they were wearing, whom they were with, where they were going—they did not ask to be harassed, raped, or assaulted. Take assault and harassment seriously.

Easy steps to take to provide support to your peers:

1. Avoid touching your peer
2. Listen and be supportive
3. Provide small comforts such as tissues or a beverage
4. Avoid sitting too close or looming above the peer
5. Be conscious of your body language
6. Convey empathy
7. Be careful not to convey judgment
8. Do not promise anything that you can’t commit to
9. Provide referrals and additional support as needed
**PUGET SOUND RESOURCES FOR THOSE AFFECTED BY SEXUAL ASSAULT**

**Sexual Misconduct Resource Center:** [http://www.pugetsound.edu/sexualmisconduct](http://www.pugetsound.edu/sexualmisconduct)

**Title IX Coordinator and Equal Opportunity Officer:**
Review the Title IX/Equal Opportunity website at [https://www.pugetsound.edu/about/title-ix-eoo/](https://www.pugetsound.edu/about/title-ix-eoo/) or contact the Title IX Coordinator/Equal Opportunity Officer to discuss options available to you and/or to receive supportive measures regardless of whether you decide to pursue a formal complaint.

Sandra Braedt, PHR, SHRM-CP (1-253-879-3793, titleix-eoo@pugetsound.edu)

**Responsible Employees at Puget Sound:**
Roy Robinson, Director of International Programs (1-253-879-3653, robinson@pugetsound.edu)

**Confidential Support:**
Marta Cady, Associate Dean of Students (Mobile: 1-253-219-0516, Office: 1-253-879-3365, martacady@pugetsound.edu)

Dave Wright, University Chaplain (1-253-879-3818, 1-253-879-3818, dwright@pugetsound.edu)

Peer Allies (peerallies@pugetsound.edu, facebook.com/pugetsoundpeerallies) are available by Skype; message them on the Peer Allies Facebook page to make a Skype appointment.

Counseling, Health, and Wellness Services (1-253-879-1555, pugetsound.edu/chws)

**Other Support:**
Security Services (1-253-879-3311, security@pugetsound.edu) is available 24 hours a day; the attendant can connect you to Puget Sound staff who can help with your concern.

**Local Tacoma and National Resources**

- Rebuilding Hope! Sexual Assault Center of Pierce Count (24-hours crisis, information, and referral line, 1-800-756-7273, 1-253-474-7273)

- YWCA of Pierce County (24-hour crisis line: 1-253-383-2593, ywcapiercecounty.org)

- National Sexual Assault Helpline (1-800-656-HOPE, https://www.rainn.org/)