



# SAFER TRAVELS

*“One destination is never a place, but always a new way of seeing things.”*

*—Henry Miller*

## THE BASICS

- Students traveling abroad are at a higher risk of sexual assault than students at home
- Consumption of alcohol or other psychoactive substances increases risk
- Separation from home and support for a substantial period of time can have impacts on mental health and well being
- Sexuality and gender norms are expressed differently in each community
- Cultural norms will dictate dating and social behaviors, expectations, and etiquette
- Laws pertaining to gender violence can differ in each community
- Effects of gender violence can be compounded by isolation, cultural barriers, and lack of familiarity in the area

## RESPONDING TO DISCLOSURES

“Are you safe?”

“I believe you”

“How can I help”

“Thank you for sharing with me”

## COUNTRY: SWEDEN

- Legislation bars the withdrawal of a DV complaint in effort to protect victims from threats
- “Gross Violation of Integrity” Penal code makes repeated violence to a partner that damages self-confidence punishable
- Government annually funds women’s shelters and organization and counseling centers for respondents
- Migrant women are especially vulnerable
- Men for Gender Equality is an organization that works to shift social norms and masculinity beliefs
- Sexual Offenses Act expanded definition of rape and removed requirement of victim resistance in order to prosecute

## SAFER TRAVELS PLAN

- Know yourself: Reflect on Expectations
- Know your surroundings: Local Resources, cultural norms and behavior
- Develop a Support Network: Back Home and Abroad
- Have a Game Plan (Before the plane and before the door)

## RESOURCES

### Cal Poly Safer

Confidential

✉ safer@calpoly.edu

🖨 safer.calpoly.edu

☎ 805.756.2282

### Toll Free 24-HR Crisis Line\*

#### RISE

Confidential

✉ contact@RISEslo.edu

🖨 riseslo.org

☎ 855.886.RISE(7473)\*

### Cal Poly International Center

✉ international@calpoly.edu

🖨 international.calpoly.edu

☎ 805.756.1477

### SASHAA

Sexual Assault Support and Help for Americans Abroad

✉ crisis@866uswomen.org

🖨 sashaa.org

☎ 866.879.6636\*

### U.S. Embassy in Sweden

U.S. Embassy Stockholm

Dag Hammarskjölds Väg 31  
SE-115 89 Stockholm

🖨 www.se.usembassy.gov

☎ 08-783 53 00