

Staying Safe While Studying Abroad!



Allie McIntosh

Health and Wellness Education Coordinator



By participating in an International Program you have the opportunity to see the world, gain education, learn a new culture, make life-long friends, and challenge yourself.

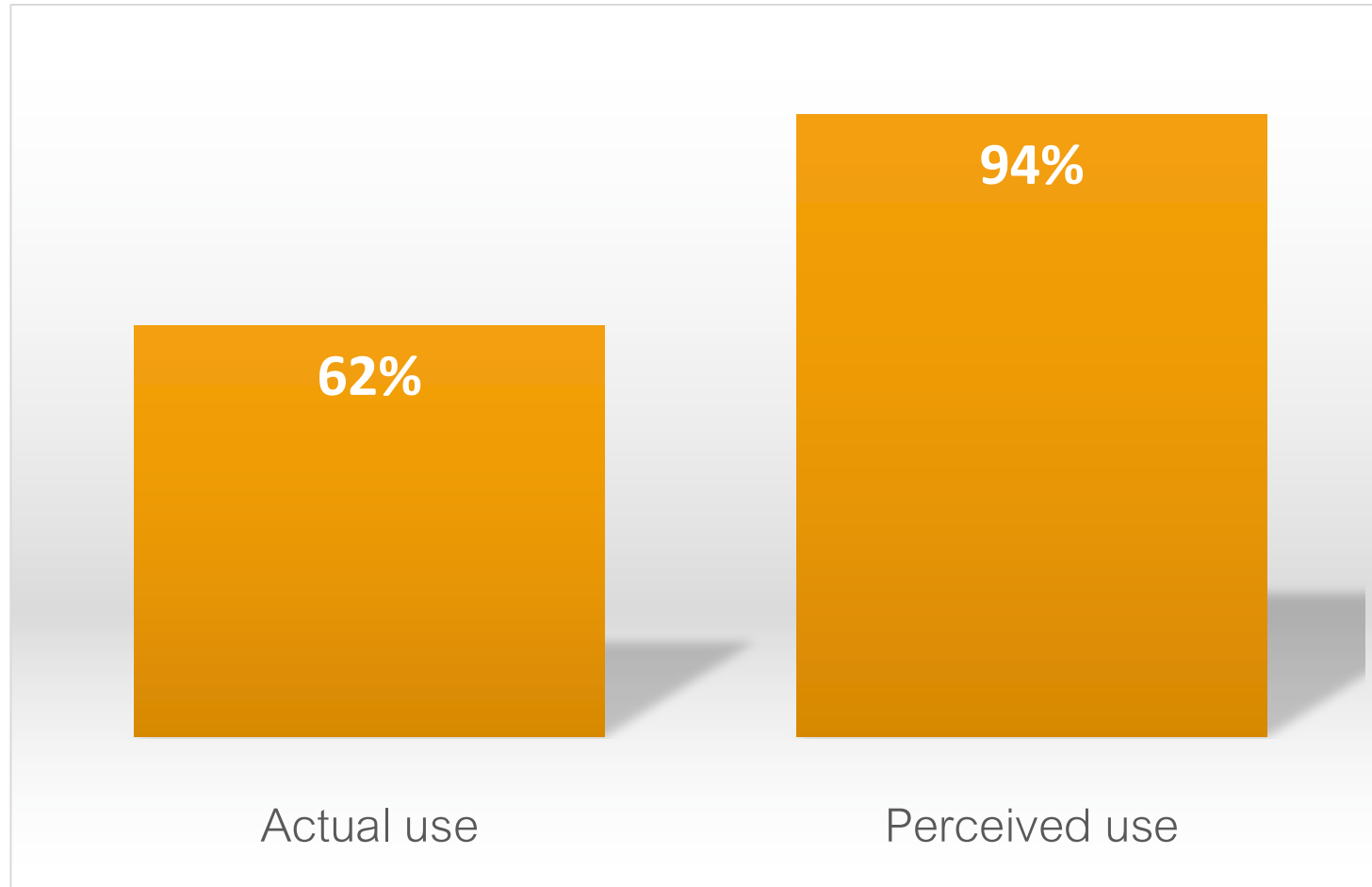
The use of alcohol can have risks, and the misuse/abuse of alcohol can be a roadblock to getting the most out of your study abroad experience.

Why Are We Talking About Alcohol Today?

CONSEQUENCES OF HIGH-RISK DRINKING AMONG COLLEGE STUDENTS



What are the Facts?



**Pepperdine Alcohol Data
Past 30 Day Use**

**2017 National College
Health Assessment**

When abroad, what tips can students use to stay safe regarding alcohol?



- **Choose not to drink**
- **Drink water and eat (protein is best!) prior to, and during, drinking**
- **Look out for one another**
- **Stay together**
- **Decelerate sexual/intimate situations**
- **Do not leave drink unattended**
- **Be aware of the alcohol policy**
- **“Pace and space”; No more than 1 drink/hour**
- **Keep track of how many drinks consumed**
- **Maximum 3-4 drinks/occasion – anything less is even better!**
- **Drink size...**





12 fl oz beer

or



5 fl oz wine

or

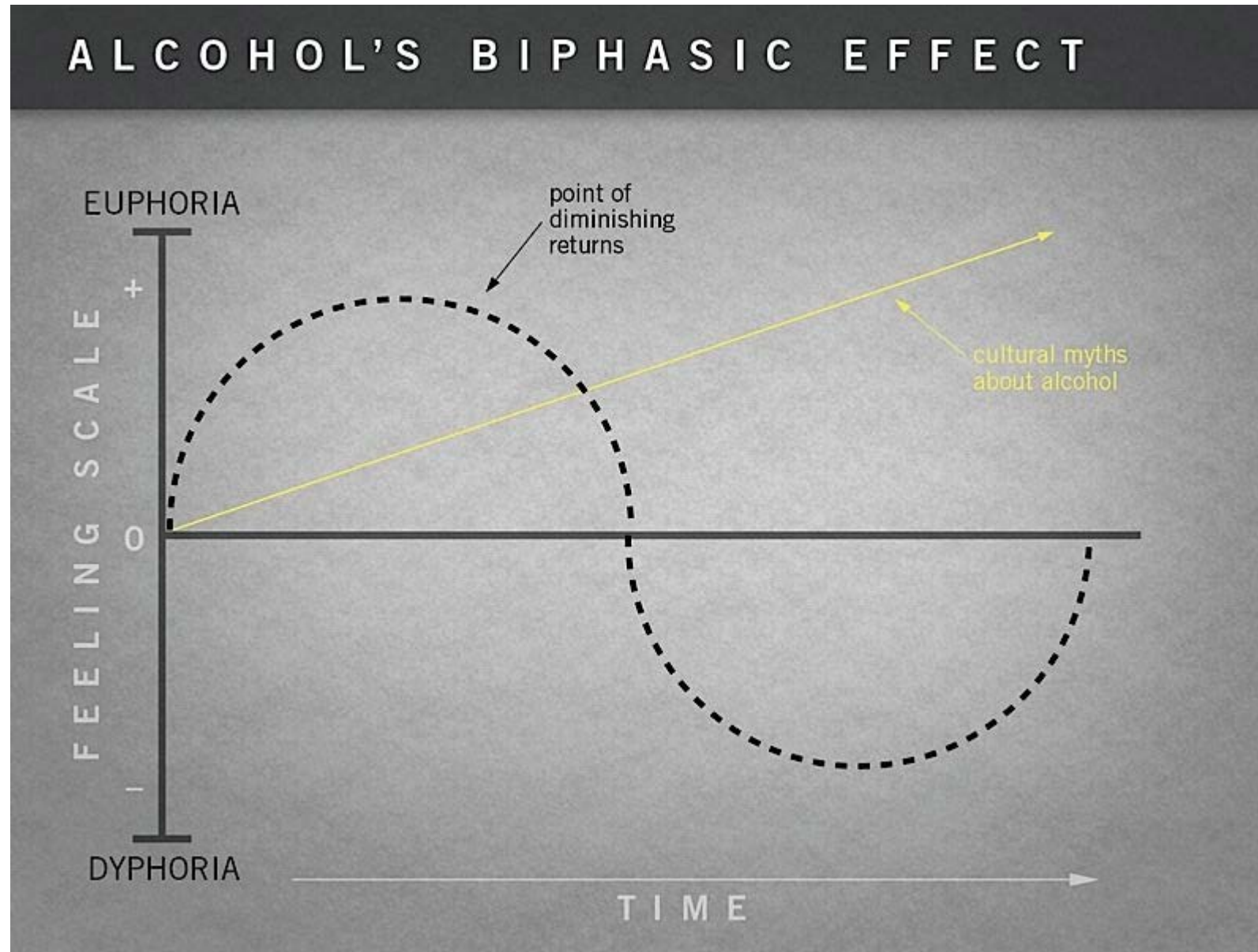


1.5 fl oz liquor

Did You Know: The Lines on a Solo Cup are Measurement Marks



Cultural Myths...More Alcohol, More Fun?



When to Call for Help: Signs of Alcohol Poisoning

- ✓ Cold, clammy, bluish skin
- ✓ Unconsciousness (“passed out”)
- ✓ Slowed/irregular breathing
- ✓ Vomiting while sleeping or “passed out”



1. Step Up!
2. Remember Good Samaritan policy
3. Call your Director and/or emergency personnel immediately!



More Myths

- “Sleep it off”
- Coffee fix
- Making someone sick
- “Walk it off”
- Cold showers



- If the drinking age is lower at your International Program location, it may appear that drinking is more acceptable. *Do not be deceived:* most countries do not tolerate intoxication or public drunkenness. Risks of alcohol abuse are still there—maybe even increased.
- You can choose not to drink. Know that this is almost always the choice that leads to fewer problems and better outcomes. Many Pepperdine students study abroad and choose not to drink.



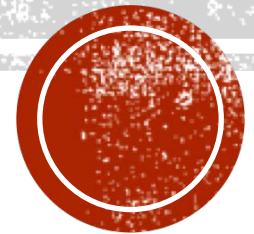


- **Studying abroad is a potentially life-changing experience. You are only there for a limited amount of time. Visit museums, try new foods, meet the locals, listen to new music, learn about the culture, and make the best use of your time.**
- **Do not hesitate to ask for help. Faculty and staff members at your International Program location are aware of support and resources if you need them. Counseling services are also available at each program.**

Have fun and be safe!



TITLE IX – RESOURCES WHILE ABROAD



What Is Title IX?

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.”

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Title IX of the Education Amendment of 1972
(20 U.S.C. § 1681 et seq)

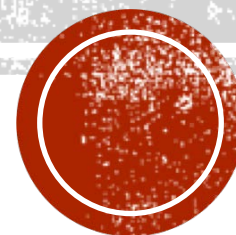


TITLE IX:

- **Sex Discrimination**
- **Sexual Harassment**
- **Sexual Assault**
- **Dating Violence**
- **Domestic Violence**
- **Stalking**



stepUP
PEPPERDINE



HOW DO YOU STEP UP?

- Intervene/interrupt when situations don't look right
- Talk to your friend about your concern
- Refer them a counselor or spiritual mentor
- Let someone else know (e.g., an RA, Faculty Member, IP Program Director, Assistant Director, Malibu options)
- Use Live Safe App
- Call Police if an emergency



OPTIONS AND SUPPORT

Reporting Options

- Administrative – Title IX Coordinator for Students
- Criminal Investigation
- Civil Litigation

Confidential resources

- Counseling Center (Malibu Campus)
- Chaplain and Associate Chaplain (Malibu Campus)
- Local Rape Crisis Center or Hospital



MEDICAL CARE

- Forensic Medical Exam
- STI Testing and Medication
- Advocacy and Accompaniment
- Crisis Intervention



CASE MANAGEMENT

- Lauren Herzog, Case Manager for Title IX
 - Comprehensive support for the complainant and the respondent (students only)
 - Assistance with academic accommodations
 - Assistance with accessing mental health services, housing resources, other as needed
 - Accompaniment to appointments with law enforcement, court and other community resources
 - Referrals to community resources

Lauren.Herzog@pepperdine.edu



SIGNS OF DISTRESS

- Numbness
- Shock
- Denial/Disbelief
- Self Doubt
- Self Blame
- Sadness/Tearfulness
- Withdrawal
- Feeling Dirty
- Flashbacks
- Nightmares
- Anxious Thoughts
- Frequent Headaches
- Poor sexual desire
- Frequent urination
- Heartburn, stomach pain, nausea
- “Overreaction to petty annoyances
- Dry mouth, problems swallowing/
old/sweaty hands, feet
- Obsessive or compulsive behavior
- Difficulty in making decisions
- Increased or decreased appetite
- Dis-regulated breathing
- Aches and pains
- Somatic reactions



Connect, Empower and Support

Connect them with a victim's advocate or confidential resource

- Counseling Center at Malibu or IP Counselor
- University Chaplain and Associate Chaplin
- Local resources
- Provide the survivor with information about their rights and reporting options—this empowers the survivor to make informed decisions. Direct them to the Pepperdine Sexual Misconduct Policy.
- **Contact the Title IX Coordinator for Students, La Shonda Coleman immediately at: Lashonda.coleman@pepperdine.edu**

