

Incidents of sexual and relationship violence are never your fault.

Violence is a growing concern all over the world. Sexual violence is prevalent in all cultures. Sometimes when students are out of familiar environment, they are even more vulnerable to these crimes. Please remember that if someone commits one of these crimes against you, you are not responsible.

Being mindful of your surroundings and situations is the first step to staying healthy and safe abroad. At all times be aware, be careful, and use common sense. No matter how safe you feel and how trusting you are, always stay mentally alert so that you make wise decisions. Sometimes, however, events occur that are outside of your control.

If you are a victim of a crime, sexual harassment/assault, or relationship violence, seek help immediately.

Realize that sexual harassment occurs abroad, just as it does in the U.S. In some countries, street harassment such as shouting obscenities, comments on your appearance or dress, or other verbal or nonverbal sexual harassment may be a cultural norm. Sexual harassment laws also differ from country to country. The country in which you study may not consider unwanted sexual attention harassment even if it would clearly be harassment in the U.S., or if other people (including local people) might consider it a problem. Therefore, the safest way to manage unwanted sexual attention is to distance yourself immediately from the individual or situation, speak up in a clear and firm manner when possible, and, most importantly, report the incident immediately to your program administrator or housing coordinator.

Please remember that reporting the incident helps keep you and others safe.

If you are a victim of sexual assault, sexual violence, or relationship violence, it is not your fault! There are people and resources at HPU to help you even while you're abroad. Seek support and information as soon as possible. Tell your advisor or on-site staff and ask them to contact the Office of Global Education (Dr. Jeff Palis, +1.336.953.0239, jpalis@highpoint.edu). You also can directly contact the on-duty Resident Director at +1.336.841.9112.

Know that Federal law may require HPU employees to report certain situations regarding students abroad, so if you need to speak with someone in complete confidence, we recommend that you contact instead a member of Counseling Services at +1.336.841.9112 (24-hour emergency number), as these individuals are not bound by the same U.S. laws.

Before you need them, review HPU's Title IX resources, as well as *Staying Safe Abroad* and *Staying Healthy Abroad*:

- <https://www.highpoint.edu/title-ix/>
- <https://www.highpoint.edu/global/study-abroad-student-resource-guide/>

Always remember, in any emergency, the best resource and the first person you should contact is your in-country program manager. Communicate your location, situation, and condition to your in-country program manager immediately. Allow them to assess the situation and follow their instructions. Both the in-country program manager and students involved should inform the Office of Global Education of the situation as soon as possible. HPU staff will contact parents of all the students involved in the incident.

High Point University requests that students participating in any HPU study abroad program follow the emergency procedures described above. In order for HPU to provide assistance swiftly and effectively, students in emergency situations should contact the in-country program manager, followed by the Office of Global Education, and wait until both have assessed the situation before contacting their parents.

To reduce the possibility of sexual or relationship violence, there are some important points to remember:

- Talking about sex or sexual encounters may be interpreted as a come on.
- Dancing in clubs may also be interpreted as a come on.
- Though hitchhiking may be more common in other cultures, it carries the same dangers that it would in the United States including sexual harassment, sexual assault, or other mental or physical harm.
- Kissing a friend goodbye or hello has different meanings in different cultures. Before performing these behaviors, be sure that you are communicating appropriately in the cultural environment where you are studying.
- Be firm and assertive when you say, “no.” Be clear and direct to be certain that your intention and the words are understood.
- If someone is making you uncomfortable, then leave the situation. Ideally, find someone in your group and stick with that person. If necessary, go to your program administrator or apartment manager. You do not have to stay in an uncomfortable situation.
- Be aware that things which may appear as normal to you, such as getting drunk or asking someone to walk you home, may be misinterpreted based on other cultural norms. Know that your actions are going to be interpreted in ways you may not intend.
- Know that even when you say no, certain people will not respect your words. Sexual violence is not your fault in any context. Sometimes people are too afraid to say no.
- Recognize that, unfortunately, sometimes sexual or relationship violence can even happen among students from the U.S. who are studying abroad. Take precautions when considering a romantic or sexual relationship with a fellow U.S. student as well.
- If something happens to you, it is not your fault. Know that there are people and resources at HPU to help you. Seek support and information as soon as possible.

Sexual Assault Community Resources List

HPU Office of Global Education

Dr. Jeffrey Palis (first point of contact for OGE)
+1.336.953.0239

Mr. Chris Ferguson
+1.336.823.1673

Mr. Zach George
+1.336.953.5420

HPU Counseling Services

(Prior to departure & upon return only)
+1.336.841.9231
+1.336.841.9112 (emergency)

HPU Care System Anonymous Reporting

care@highpoint.edu
<http://www.highpoint.edu/studentlife/care-alert/>

NC Crisis Rape Center

Family Service of the Piedmont
1401 Long Street
High Point, NC
+1.336.889.6161
+1.336.889.7273 (Crisis)
<http://www.familyservice-piedmont.org/>

North Carolina Coalition Against Sexual Assault
<http://www.nccasa.net/>

North Carolina Coalition Against Domestic Violence
<http://www.nccadv.org/>

Office of Violence Against Women
<http://www.justice.gov/ovw>

National Domestic Violence Hotline
+1.800.799.SAFE (7233)
<http://www.thehotline.org/>

National Sexual Assault Hotline
+1.800.656.HOPE (4673)
<http://www.rainn.org/get-help>

Together Against Sexual Assault
<http://www.notalone.gov>

National Dating Abuse Helpline
+1.866.331.9474
Text: loveis to 22522
<http://www.loveisrespect.org/about-national-dating-abuse-helpline>

Staying Safe

Sexual & Relationship Violence