

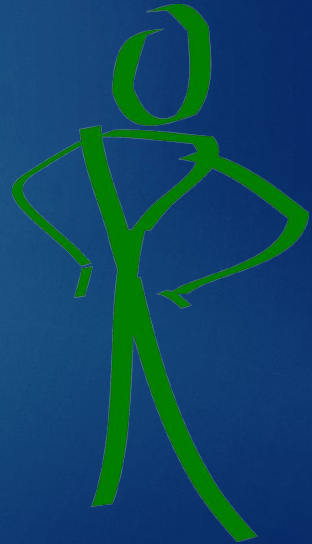
Taking Care of Yourselves

RYE Outbound (Weiss 2018)

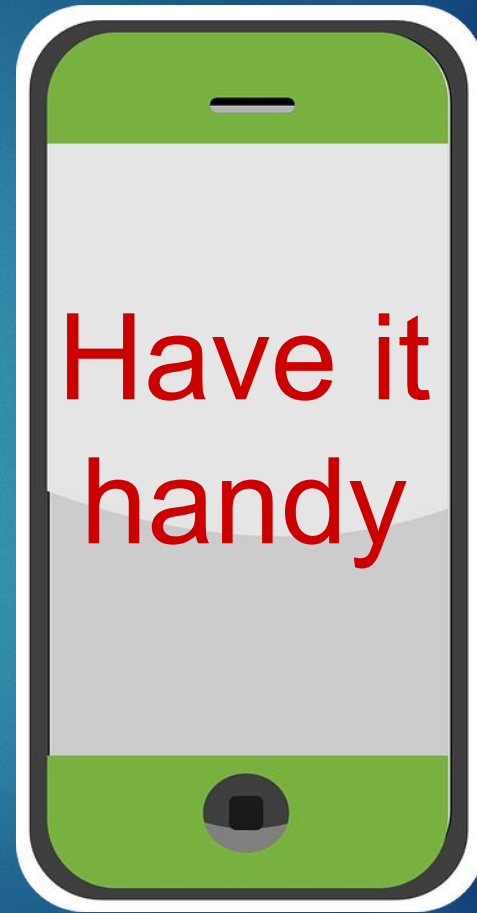


Statement of Conduct of Working with Youth

Rotary International is committed to creating and maintaining the safest possible environment for all participants in Rotary activities. It is the duty of all Rotarians, Rotarians' spouses, partners, and other volunteers to safeguard to the best of their ability the welfare of and to prevent the physical, sexual, or emotional abuse of children and young people with whom they come into contact.



Got a Cell Phone



Network of Trusted People

Network of Trust People

What risk might you face...



What risk might you face...

- Theft
- Illness or injury
- Accident
- Travel difficulties
- Harassment
- Natural disaster
- Political unrest
- Drug/alcohol abuse
- Physical/sexual/emotional abuse

What are you doing now...



What are you doing now...



- ▶ Learn about your host culture
- ▶ Start building your network
- ▶ Start learning the language
- ▶ Orientation -- Learning about rules
- ▶

Emergency Contacts

Country	Police		Redirects
Argentina	911	101	112 and 911
Austria	112	133	
Belgium	112	101	
Bolivia	911	110	
Brazil	190	191	911
Chile	133		911
Colombia	123		112
Denmark	112		
Finland	112		
France	112	17	
India	112	100	
Italy	112	113	
Japan	110		911
Peru	911		
Philippines	911		
Poland	112	997	
Thailand	191		

What is Sexual Abuse?

- ▶ Definition: Engaging in implicit or explicit sexual acts with a student or forcing or encouraging a student to engage in implicit or explicit sexual acts alone or with another person of any age.
- ▶ Includes non-touching offenses, such as indecent exposure and exposing a minor (child) to sexual or pornographic material.



Sexual abuse can include:

- ▶ Becoming the object of suggestive looks or comments;
- ▶ Being made to kiss someone;
- ▶ Touching private parts of the body;
- ▶ Being made to engage in unwanted sex or sexual acts;
- ▶ Being made to look at pornographic materials
- ▶ Other behaviors that make you uncomfortable



What is Sexual Harassment?

- ▶ Definition: Sexual advances, requests for sexual favors or verbal or physical conduct of a sexual nature.
- ▶ In some cases, sexual harassment comes before sexual abuse occurs and is used by sexual predators to desensitize or groom their victims.



Sexual harassment can include:

- ▶ Sexual jokes;
- ▶ Written or spoken references to sexual conduct;
- ▶ Speaking about one's sex life in the presence of young person;
- ▶ Verbal abuse of a sexual nature;
- ▶ Displaying sexually suggestive objects, pictures or drawings;
- ▶ Sexual leering or whistling;
- ▶ Inappropriate physical contact;
- ▶ Obscene language or gestures;
- ▶ Suggestive or insulting comments.



Do you Kahoot!?



Healthy Coping Skills

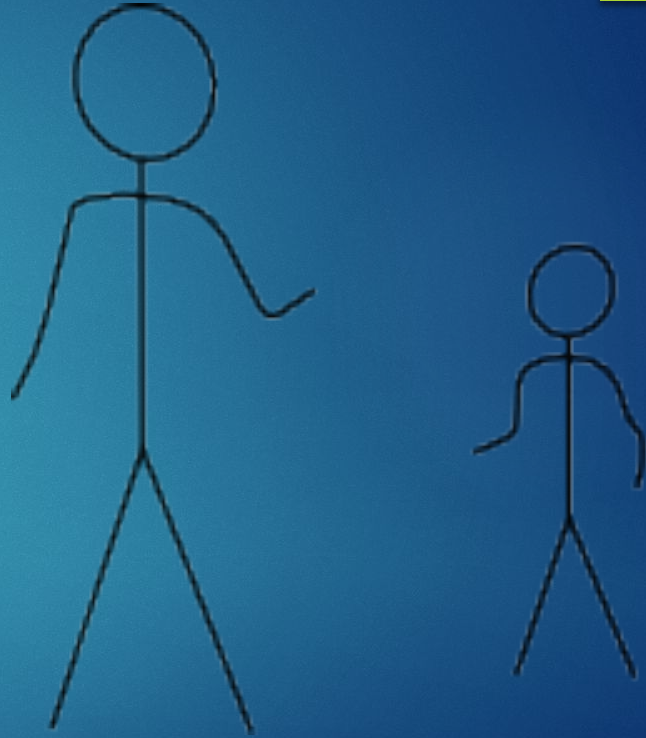
- ▶ *Stay in the present moment*
- ▶ *Learn to deal with the unexpected (be flexible)*
- ▶ *Your happiness is your choice*
- ▶ *The Four Agreements*
 - ▶ *Be impeccable about your words*
 - ▶ *Don't take anything personal*
 - ▶ *Don't assume*
 - ▶ *Do your best to understand no matter what the circumstances are*
- ▶ *Remember: This is not the time for perfectionism*



Perpetrator Strategies

- ▶ Intensifying the relationship
- ▶ Isolation
- ▶ Seduction
- ▶ Ignoring the victim's resistance
- ▶ Keeping the victim silent

For help, contact your Rotary counselor or youth protection officer.



Why Exchange Students Vulnerable

- ▶ What are the barriers that create separation for exchange students (Mentimeter Time)

