# SEXUAL AWARENESS & PRACTICING SAFE SEX ABROAD

## Checklist

### What you need to DO:

- **Educate yourself:** What does dating look like in your host country? How does it differ from NU, and how might these views impact you? What is appropriate clothing? How do men and women interact?

- **Ask yourself:** What are your sexual boundaries? Remember that no one has the right to violate those boundaries! Trust your gut and follow your own boundaries. Safety is more important than cultural sensitivity.

- Always practice safe sex. Travel with appropriate contraception.

### SAFETY TIPS

- Dress in a culturally appropriate way.

- For female students, the presence of a male friend may prevent unwanted attention.

- Beware of free food, drinks, rides or other gifts from strangers.

- There is safety in numbers. Do not go out alone or walk home alone. If you do, tell someone where you’re going.

- Know basic help phrases in the local language.

### IN AN EMERGENCY:

- Seek medical care immediately and contact your on-site program staff. They will help you connect with local authorities and NUPD, while protecting you and your confidentiality.

### RESOURCES:


- Handout on Understanding Sexual Harassment and Violence Abroad on Blackboard Site

### CONTACT:

- Center for Awareness, Response, and Education (CARE)  
  care@northwestern.edu | www.northwestern.edu/care | 847-491-2054

- NUPD | 847-491-3456

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