**In Community Orientations**

**Cross Cultural Interactions Sheet**: Talk about what it means to be in the US now, how they are here because it is different. Here are some of the things that will be different…these are also often things that cause problems. When you have a problem, even if day you arrive, call your AR, not the agent. Also review the USA culture gram along with this.

**Make sure your phone number is in their phone.** Make very clear that is who they call if they have an issues, and what your role is, and the role of others in the organization, and the communication flow. Direct them to the responsible officer link on the student page (link below).

**Show online handbook, review links and insurance links**: <https://www.panatlanticfoundation.org/support-and-information.html>

**In the Event of a Medical Emergency:** Review this with them, show them how to find a provider, and how to log onto insurance and create account. Set each student up on the system with an account. (link provided on student site link).

**Insurance**

1. Must go to a provider-show how you look it up-no co pay at provider
2. Pay upfront for prescriptions, get reimbursed
3. Does not cover shots or physicals: Don’t let anyone give you shots without checking with your AR first, we might have your shots on file. There are other exclusions for certain activities. (waterski, competitive skiing, etc)
4. Must request reimbursement within 60 days.
5. Info on ID Cards
6. Explain difference between Urgent Care and Emergency room. Emergency room is $350.

**Student Worksheets**

* Rose, Thorn and Buds
* How do you use technology?
* The 5 R’s of Cultural Change (2 sheets)
* Setting realistic goals

**Common Do’s and Don’ts Sheet**: review this and the examples

**Simple Safety Tips Sheet:** Put e-cell in their phone. Most important to discuss is what to do if they feel uncomfortable or unsafe, and how to access help immediately.

 **Identifying and Reporting Sexual Harassment:** It is never their fault, if anyone tells you that you will be sent home if you don’t agree to a sexual encounter, or ever threatens you in any way, even if you feel you let it go on too long, or encouraged it in some way, it is never your fault. No adult, or even another teenager, should ever make you feel violated in any way. If you are uncomfortable, it is likely NOT a cultural difference, it is likely sexual abuse or harassment. Tell your AR or call the e-cell.

**Tips for Technology Use Sheet:**

Your host family makes the rules on technology. Some students may have to put phone on table at night, for example, or host parents may monitor your social media page. Pan Atlantic Foundation supports the family in the rules they choose regarding technology in their home.

Students have been kicked out of school/hf, sent home, or even arrested for inappropriate use of social media. Example of sending explicit music videos to a freshman when you are a senior. Taking naked photos of yourself and sending to a friend. Posting negative comments about your host family.

**Drinking, Driving and Drugs:** Make sure they understand that they may get sent home if you Drink, Do Drugs, Drive, or break the law in any way.

**Final Information Sheet:** Make sure this is signed, dated, and returned to the office via email.