



## Pan Atlantic Foundation

### SIMPLE SAFETY TIPS

Being an international student is an exciting experience that offers endless possibilities to learn more about another culture and yourself. As an exchange student, there will be times where you are confused by American culture and your surroundings. Please know that your host family and Area Representative are there to help you feel comfortable and “at home” during your stay. You too can help PAN ATLANTIC make your stay comfortable and safe by following our advice below:

- Learn your address and phone number as soon as possible. Make sure you are familiar with your neighborhood. Ask your host family to take you for a tour of your neighborhood and the area around your high school. Ask them to show you places you can go and numbers you can call if you are lost, need help or feel uncomfortable.
- Check with your host family before giving out your personal information, including your address and phone number, to someone you and your host family are not familiar with.
- Check with your host family before riding in a car or going to the house of someone new.
- Do not give out your host family’s contact information online.
- Remember, safety is in numbers! Don’t go out by yourself alone. Surround yourself with individuals with whom you feel comfortable.
- Speak up if you are uncomfortable. Your host families and friends may express affection through actions such as hugging or putting their arm around your shoulders. If you should ever feel uncomfortable with your hosts’ or friends’ displays of affection, please express this to your host family and/or Local Coordinator. You can reject any physical signs of affection that make you feel uncomfortable. We want you to feel comfortable and have a good experience!
- Share any and all of your safety concerns with your Area Representative or Regional Director. If you truly feel that your safety is at risk and you cannot get in touch with your Area Representative or RD, call the PAN ATLANTIC emergency line: 1-866.227.5335