



# Safety and Wellness in the U.S.

Presented as a part of International Student Welcome



## During this presentation

### We plan to provide:

- A discussion of U.S. cultural norms about key safety and health issues
- Tips and examples about safety and health in the U.S.
- An introduction to safety and health resources on and around campus
- Answers to your questions about safety and health

### We hope that you will:

- Respect your peers and contribute to this safe space.
- Participate in the discussions and prompts, when possible.
- Submit questions
- Download the presentation for future reference at [scu.edu/isw](http://scu.edu/isw)



## Safety: What Would You Do?

Discuss the highlighted scenario in your group.  
*What would you do in the situation? What are the important safety and wellness considerations? What are options to maximize safety in this situation?*

- Securing your person and belongings
- Traffic and public transportation
- Identity Theft, Fraud and Scams
- Sexual Assault, Relationship Abuse and Stalking
- What to do if you or someone you know is the victim of a crime



## Safety: Key Resources

- 911 (Police / Fire / Emergency Responders)
- SCU Campus Safety
  - Emergency (x4444) / Non Emergency (x4441)
  - Crime reporting and statistics
  - SCU Campus Alert
  - Safety Tips
  - Escort Service and Emergency Call Boxes
  - Lost and Found
- SCU Care Resources
- EMS
- Bike Registration
- Transportation Resources



## Health and Wellness: Key Topics

- Medical History and Vaccinations Forms
- Insurance is important (medical and others)
- Smoking (21+ and not on campus)
- Alcohol (21+)
- Drugs (over-the-counter, prescription and illicit)
- Health Care Basics:
  - Hospital, Urgent Care, Doctor's Office
  - Doctors, Nurses, Therapists and Counselors
- Stress Management and Wellness



## Health and Wellness: Key Resources

- SCU Care Resources: on campus and in the
  - community
    - International Students & Scholars (ISS)
    - Cowell Center: Student Health Services and Counseling and Psychological Services (CAPS)
    - Student Life
    - Campus Ministry
    - Campus Safety
    - Wellness Center
    - Office of EEO and Title IX
    - Office of Multicultural Learning
    - Drahmann Advising and Learning Resources
    - Student groups
- Intro to Health and Health Care for International Students



## Questions, Answers and Further Discussion