



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



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