

The Study Abroad Sex Talk

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The Talk

Being social (sexual?) during study abroad:

- Social and sexual norms in other places
- Sexual orientation and gender identity and expression abroad
- Sexual health resources

Preventing and responding to sexual violence, harassment and stalking:

- Defining sexual violence and harassment and stalking
- Reporting options
- Safety tips for study abroad

Content Warning

This presentation includes situations and topics that can be triggering to some survivors of sexual violence.

Please feel to modify your participation as needed. Support for all students affected by sexual violence and/or intimate partner violence is available through the SUNY Cortland Counseling Center, and the Aid to Victims of Violence (AVV).

For a complete list of campus and community resources go to [Cortland.edu/titleix](https://cortland.edu/titleix)

Social Script Theory

1. We learn behavior by observing our environments.
2. We develop “scripts” for different interactions based on those observations.



Sexual Script Theory

Our sexual attitudes, thoughts and behaviors about gender, sexuality, and sexual behavior are shaped by our culture, environments, and our personal characteristics.

Common (traditional) cross-cultural sexual scripts:

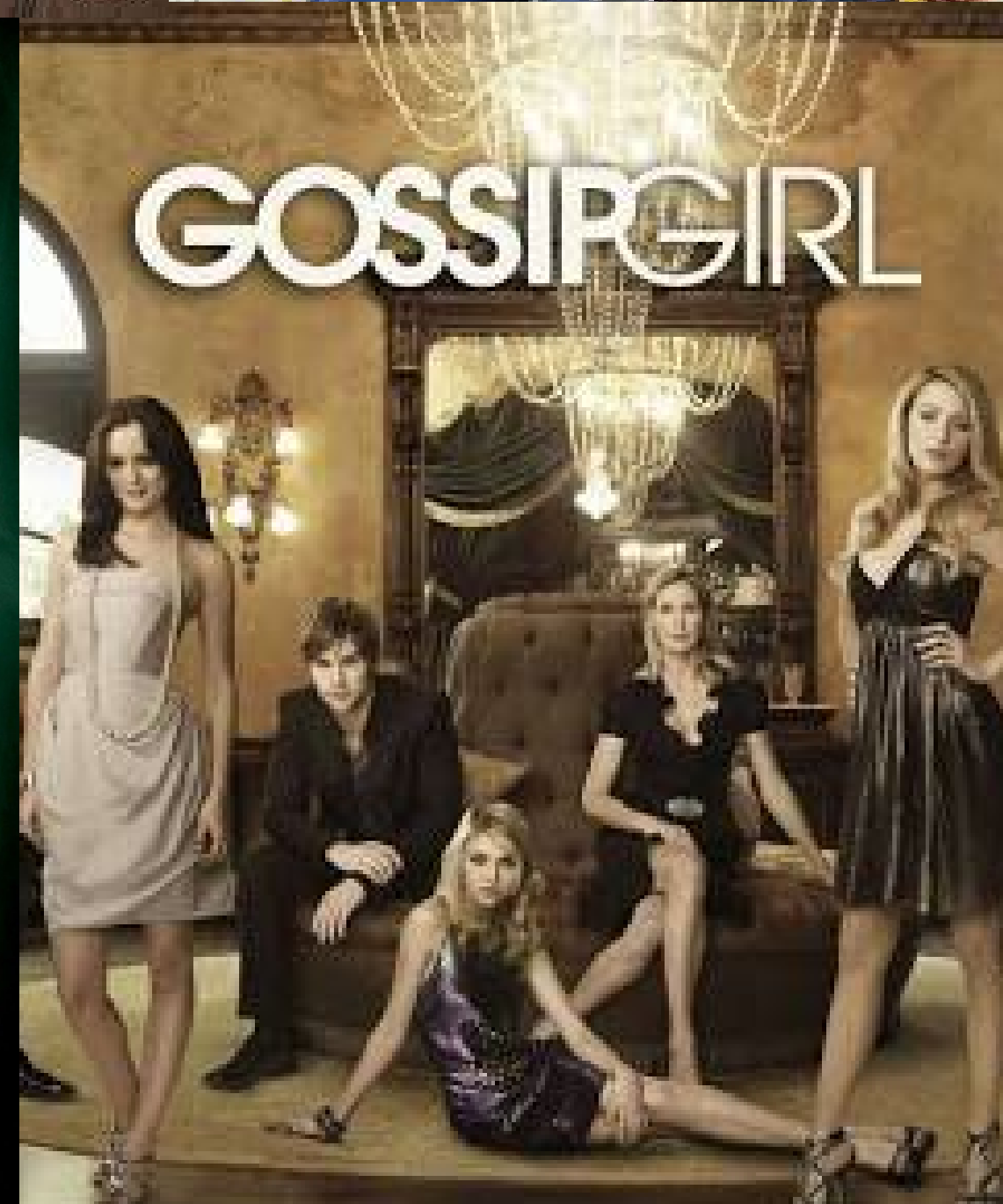
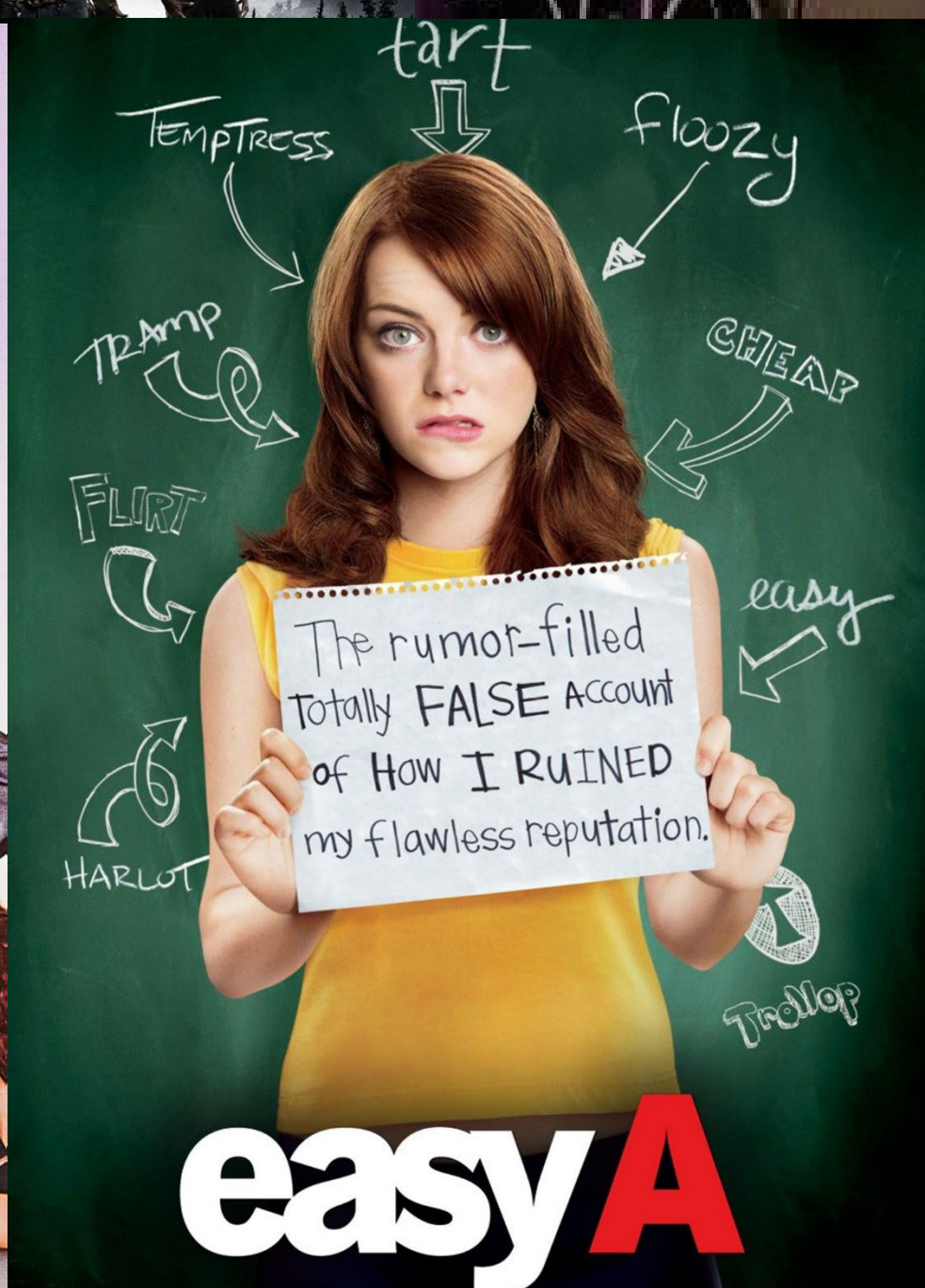
- Sex outside of marriage/without love is wrong/sinful.
- Sex should be between a man and a woman.
- Men should make the first moves in dating and sex.
- Women care more about love; men care more about sex.

What are some sexual scripts that are common at SUNY Cortland?



THEY ONLY MET ONCE, BUT IT CHANGED THEIR LIVES FOREVER.

They were five total strangers, with nothing in common,
meeting for the first time.
A brain, a beauty, a jock, a rebel and a recluse.
Before the day was over, they broke the rules.
Bared their souls.
And touched each other in a way
they never dreamed possible.



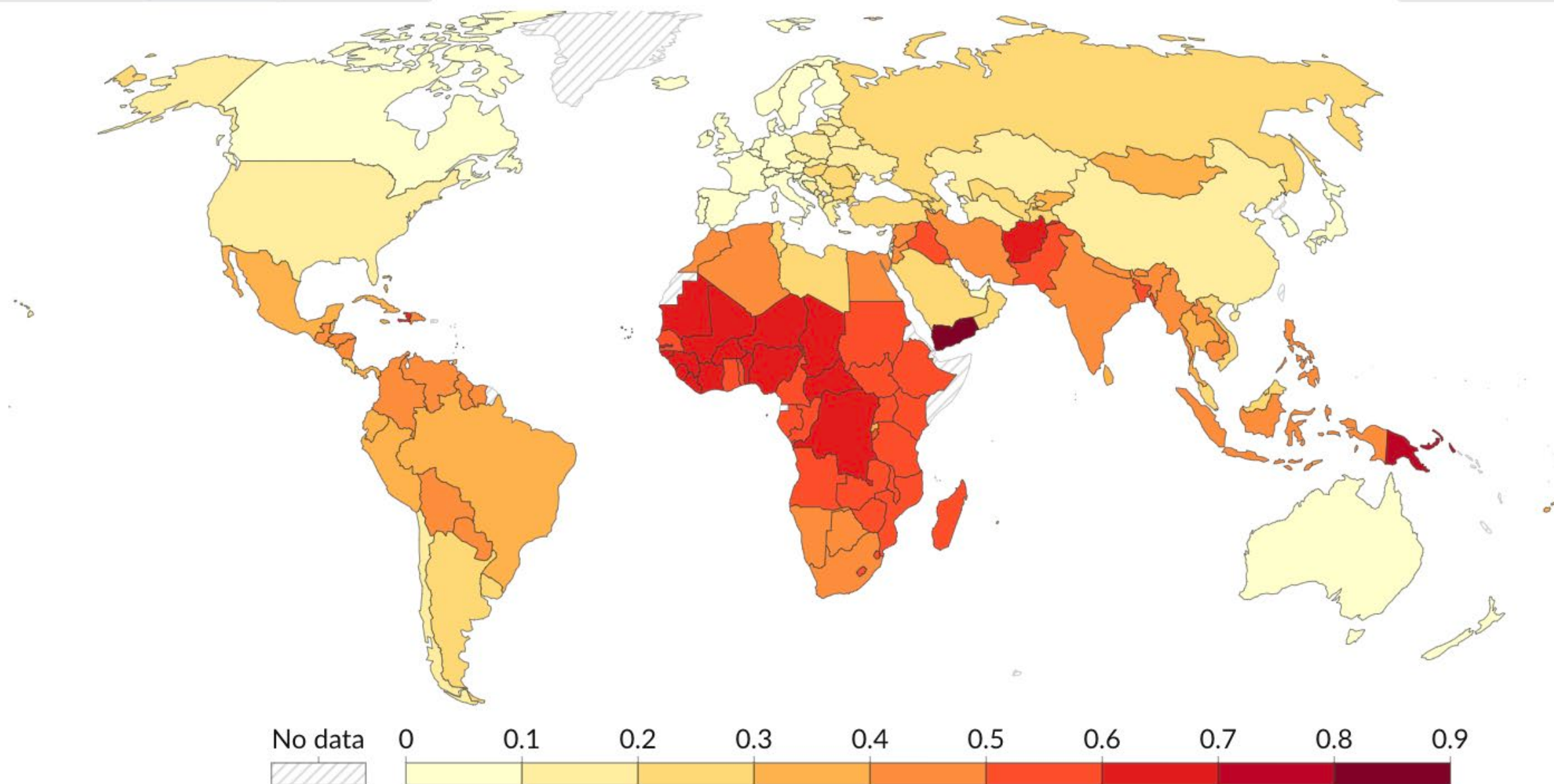
Gender Inequality

Gender Inequality Index, 2021

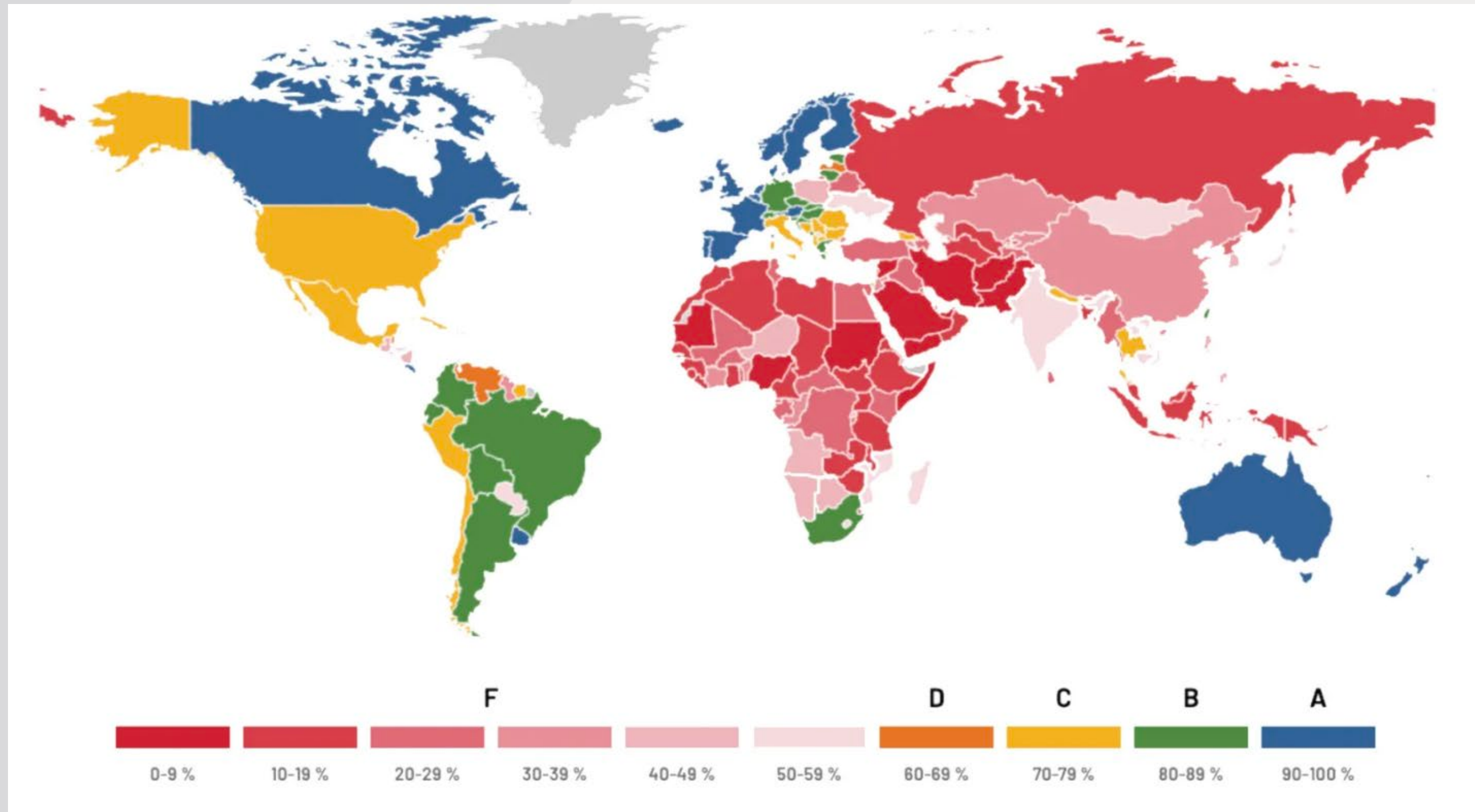
This index covers three dimensions: reproductive health, empowerment, and economic status. Scores are between 0-1 and higher values indicate higher inequalities.

Table Map Chart

World



Global LGBTQ Rights



Dicklitch-Nelson, S., Maxwell, E., Hallenbeck, E., & Kasperek, S. (2023). Global LGBTQ Human Rights, 2011-2020: A Decade of Progress? F&M Global Barometers Annual Report. www.fandmglobalbarometers.org.

Other Health Considerations

- Safer Sex
- Birth control
- Menstrual health
- Mental health resources

The therapy dog after I share all of my problems:



Resources for Sexual Health

- State Department: Women Travelers
- State Department: LGBTQI Travelers
- Diversity Abroad- LGBTQ+ Students
- Queer Abroad
- Medications When Traveling Internationally

Identifying Problematic Behaviors

What can be reported to Title IX?

Term	Definition
Sexual Harassment	Unwelcome conduct of a sexual nature that creates a hostile environment.
Gender/Sex Discrimination	Treating someone unfavorably because of their sex or gender identity.
Sexual Assault	Any non-consensual sexual act, including forced or coerced sexual contact.
Stalking	Repeated, unwanted attention or contact that causes fear or emotional distress
Dating/Domestic Violence	Abusive behavior in a romantic relationship, including physical, emotional, or sexual harm.

Sexual Harassment Abroad

Dori lives with her host family in Central America while interning at a local organization.

During the first week at her internship, Dori noticed some men at work gesturing behind her back and laughing while looking in her direction. Dori can only understand some of the language, but she believes they are joking about her. At first, she ignores it or laughs along at the jokes, but over time one of the men begins approaching her and touching her waist or hair while making comments to the other men. Dori is uncomfortable and unsure what to do.

Sexual Assault Abroad

Alex is studying abroad in Europe. They decides to meet up with a fellow US student in the same program, but from another college. They have been messaging on social media.

They take a cab downtown to a restaurant and drink heavily at dinner. Alex ends up feeling sick and “very out of it.”

On the cab ride home, the other student keeps putting their hand under Alex’s shirt and inside their pants.

Sexual Assault Abroad

The next day, Alex only remembers parts of the evening and is confused about what happened. They have a text message from the other student saying they had a good time.

Stalking Abroad

Andrew recently left to study abroad after a bad break up. Andrew's ex was mad at him for leaving but Andrew told her that he wants some distance so he can move on.

A few weeks after starting his program Andrew posted some photos to social media. Shortly after, Andrew's ex began messaging him repeatedly asking "who is she?" and "how could you?" Andrew didn't respond. Within the next few days Andrew had several missed calls a day from his ex.

Stalking Abroad

Days later, Andrew's ex messaged him stating that she would make sure he was fired from his summer job at the SLC if Andrew didn't respond. She also threatened to buy a plane ticket to force Andrew to talk to her. Andrew didn't know what to do while being so far away and couldn't figure out how to make the messaging stop.

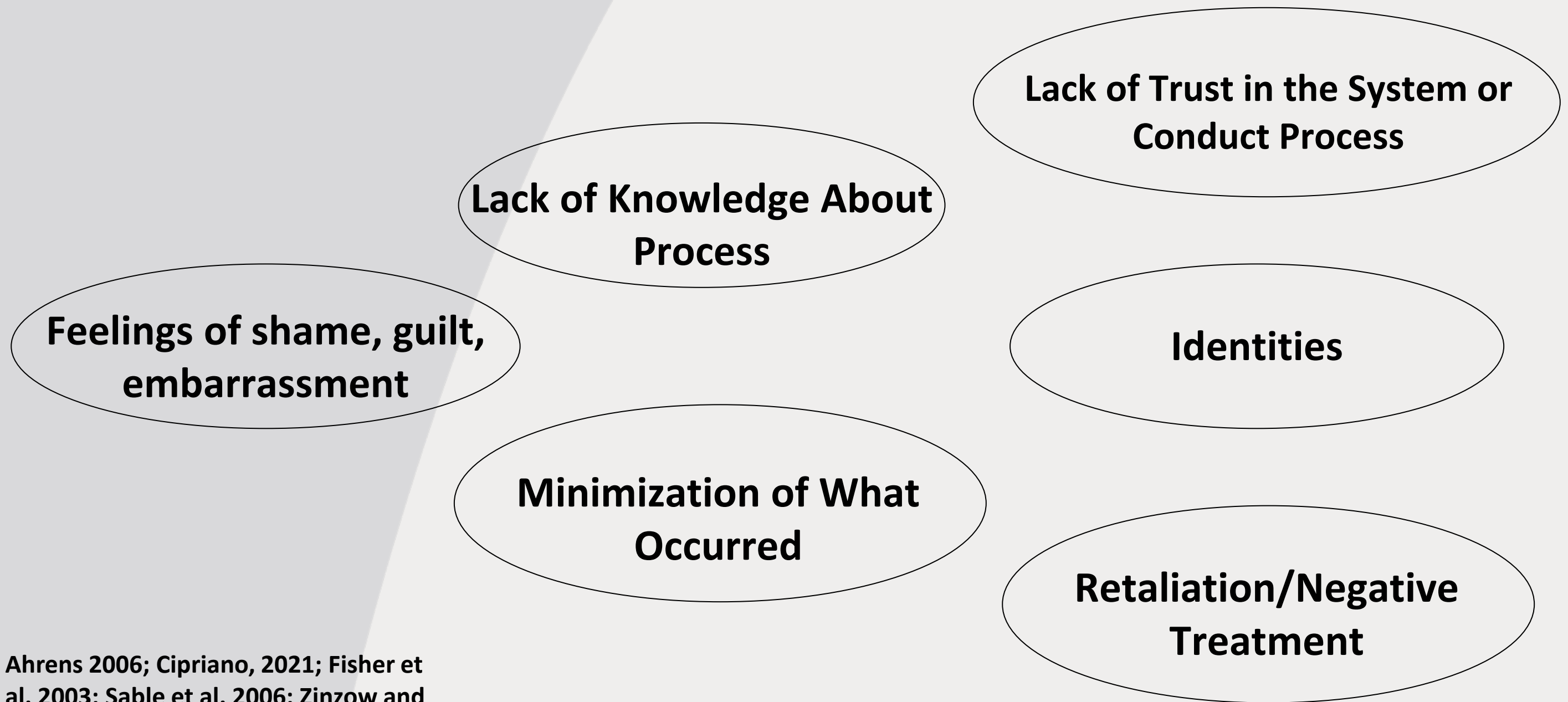
Dating Violence Abroad

Katrina began dating someone she met while studying abroad. He became jealous of other men at the bar and threatened to fight anyone who came near Katrina.

As Katrina was finishing her program, he begged Katrina to stay. When Katrina told him that she was going home, he threatened to tell her professors that she cheated on her exams. Then he took away her phone and laptop so she couldn't call or message anyone from home.

Barriers to Reporting

Barriers to Reporting



Ahrens 2006; Cipriano, 2021; Fisher et al. 2003; Sable et al. 2006; Zinzow and Thompson 2011

Amnesty Policy

Students or bystanders acting in good faith, who have been drinking and/or using drugs (whether voluntary or involuntary) at the time that sexual or interpersonal violence occurred, will not be subjected to SUNY Cortland's code of conduct for violations or the alcohol and/or drug policies if they file a report with the institution.

Safe Ways to Make a Report

- Report to a Responsible Employee (Faculty Advisor)
- Complete the Title IX Report - Located on the Title IX website (Cortland.edu/titleix)
- Report to the Title IX Coordinator (Phone or email)

Reporting on Our Website

Reports of sex or gender discrimination can be made to:

Maggie Wetter, Title IX Coordinator

Miller Building, Room 309, Cortland, New York, 13045

607-753-2263

Reports can also be submitted via the **Title IX and Sexual Harassment Reporting Form**.

SUNY Cortland strictly prohibits discrimination and harassment. The SUNY Cortland Title IX Office is responsible for preventing and responding to acts of sex and gender discrimination, which includes but is not limited to

- Sexual harassment, including quid pro quo and hostile environment harassment
- Discrimination based on sex and gender
- Discrimination based on sex characteristics
- Sexual assault
- Domestic violence
- Dating violence
- Stalking

Download a printable version of [Campus and Community Resources \(PDF\)](#).

Prevention and
Education

+

Contact Information

Training Requirements

Institutional Compliance

Contact Us

Office Hours: 8 a.m. to 4:30 p.m.

Location: Miller Building, Suite
309

Phone: [607-753-2263](tel:607-753-2263)

Email: titleix@cortland.edu

Maggie Wetter

Title IX Coordinator

Miller Building, Room 309

Caitlin Briggs

Deputy Title IX Coordinator

Miller Building, Room 309

Submit a **report**

Safety Considerations

- Not all governments have laws prohibiting sexual violence or harassment.
- Some places have dangerous policies or practices that can further harm survivors of sexual violence.
- Consult with SUNY Cortland or the US embassy before reporting something to the police if you are unsure of your safety to report.
- If your faculty advisor is the person making you uncomfortable, you can report directly to Title IX via the reporting website.

Reduce Your Vulnerability

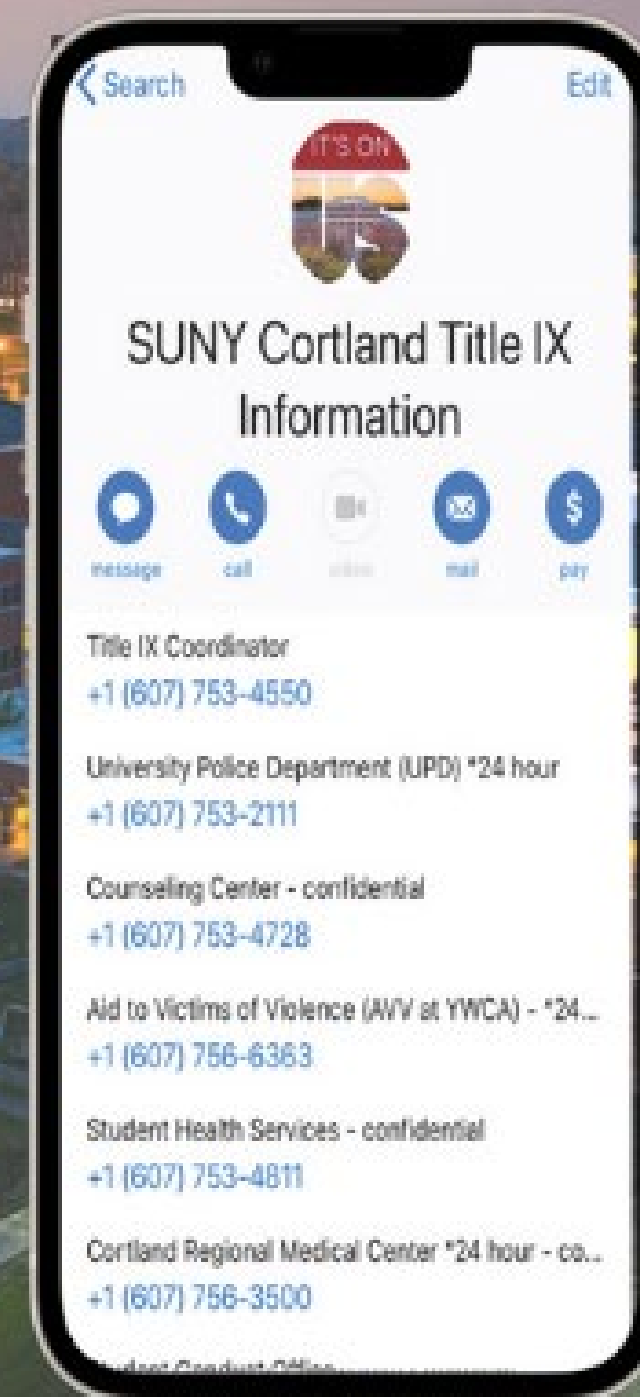
- Locate & register with the closest US Embassy or Consulate before you reach your host community.
- Have a list of SUNY Cortland emergency contacts in your phone/wallet.
- Be intentional in what you share with new people (where you live, where you are from, etc.).
- Travel in groups and embrace a spirit of bystander intervention to help keep each other safe.



SUNY CORTLAND
TITLE IX OFFICE

Title IX Resources

Scan the QR code below for
contact information and
resources related to Title IX,
reporting, and other general
information



Reduce Your Vulnerability

- Be aware of local laws related to gender expression and sexual behavior.
- Be aware of local gender norms and dress codes.
- Be aware of the sexual scripts of your host community.
- Alcohol use or intoxication increases an individual's vulnerability **AND** increases other's perceptions of someone's sexual availability.
- If you're not sure, report it and document it.

“Travel isn’t always pretty. It isn’t always comfortable. Sometimes it hurts, it even breaks your heart. But that’s okay. The journey changes you; it should change you. It leaves marks on your memory, on your consciousness, on your heart, and on your body. You take something with you. Hopefully, you leave something good behind.”

– **Anthony Bourdain**

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