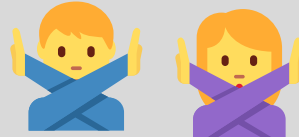


COPING STRATEGIES

Presented by Samar Khalife during on-site orientation

SITUATION: UNWANTED ADVANCES

- on public transportation
- in bars and clubs
- walking down the street



STRATEGIES:

BE CLEAR, EVEN IF IT FEELS RUDE

Key Phrases:

- *Leave me alone* - "Déjame en paz"
 - *I'm not interested:*
 - **Female:** "No estoy interesada"
 - **Male:** "No estoy interesado"
 - **Gender non-conforming:** "No estoy interesade"
-

USE FACIAL EXPRESSIONS & BODY LANGUAGE ACCORDINGLY

- NOT smiling
-

ASSERTIVENESS

ASK FOR SUPPORT FROM A FRIEND (HAVE A CODE WORD/PHRASE)

Key Phrase:

- *Do you have a maxi-pad?*
"¿Tienes una compresa?"
-

CHECK IN WITH A FRIEND IF THEY SEEM UNCOMFORTABLE

Key Phrases:

- "Is this guy being a 'pulpo' (octopus)?"
-

LOOK OUT FOR ONE ANOTHER

COPING STRATEGIES

Presented by Samar Khalife during on-site orientation

SITUATION: UNWANTED COMMENTS OR ACTIONS SURROUNDING...

race, gender identity, religion, sexual orientation, disability, social class, age, other identities and/or their intersections

- on public transportation
- in bars and clubs
- walking down the street
- at host families
- in the residence hall
- amongst int'l acquaintances

STRATEGIES: COMMUNICATION!

EDUCATION. WHAT STEREOTYPES DO THEY HAVE ABOUT YOU OR THE USA THAT YOU COULD BREAK?

SHARE HOW THINGS ARE DONE IN YOUR FAMILY OR WHERE YOU ARE FROM. MAKE THE EXCHANGE BOTH WAYS.

NON-DEFENSIVE RESPONSES:

Key Phrase:

- *Ah. Interesting observation.*
"Ah. Interesante observación"
-

COMMUNICATE YOUR NEEDS FROM AN "I" PERSPECTIVE

Key Phrase:

- *I am not comfortable talking about this.*
 - **Female:** "No me siento cómoda hablando de eso."
 - **Male:** "No me siento cómodo hablando de eso."
 - **Gender non-conforming:** "No me siento cómodo hablando de eso."

STRATEGIES (CON'T):

If faced with an unwanted or unexpected experience surrounding your identity or identities...

**WHAT IS THE STORY I'M TELLING MYSELF? /
WHAT MEANING AM I GIVING TO THIS EXPERIENCE?**

WHAT PAST EXPERIENCES OR UNSAFE SPACES ARE BEING TRIGGERED FOR ME?

WHAT PART OF THIS INTERACTION IS THEIR STORY?

Consider:

- Lack of exposure
 - Ignorance
 - History
-

BUILD COMMUNITY (RESEARCH COMMUNITIES YOU IDENTIFY WITH IN MADRID)

For example:

- Las Morenas de España

You can find more groups and organizations on the Syracuse Madrid website.

**EDUCATE OTHERS ABOUT WHAT RACE MEANS IN THE US -
IT'S NOT THE SAME AS IN SPAIN!**

If you ever have any questions or concerns regarding how to cope with things you may experience abroad, please don't hesitate to reach out to a staff member.