

Personal Safety Code

- If you have a problem or are worried about something, always tell someone you trust about it, such as your host parent, host Youth Exchange Officer or YEX Committee member. Don't suffer in silence!
- Always pack your own suitcase and never carry items abroad for others
- When you go out, plan what you would do and where you would go if you got lost or had a problem – a shop, restaurant, police station or library.
- Before you leave your home, make sure that you have your Emergency Contact Form.
- Always tell someone where you are going and when you will be home. Be sure to call your host parents if your plans change while you are away from home.
- If you are out at night in a city, stay in places with streetlights. Wherever you are, make sure that you don't get separated from your friends.
- If you need to use a public toilet, go with a friend.
- If someone you don't know talks to you in a way that makes you feel uncomfortable, walk away.
- Keep your host family's address and telephone number with you at all times.
- Always keep enough money with you to make a phone call.
- Always arrange for someone to pick you up; don't go home alone.
- Make sure you know who is coming to pick you up. Never get into a car with someone you don't know.
- If you are on a bus or train, and someone makes you feel uncomfortable, move to a seat near the driver.
- Dress and behave sensibly and responsibly. Be sensitive to local dress codes and customs.
- Think things through carefully before you act and do not take unnecessary risks.