Activity (Methodology)
Safety Quiz

When to do the exercise
6th

Time Needed: 30-45 Min Materials: Flipchart paper, markers, PowerPoint Slides 7-23 (optional)

Objectives
• To check how much participants already know about AFS’s rules, basic safety sense in the U.S., and how to get help when required.
• To reduce intercultural anxiety concerning exposure to new people, social situations and cultural norms.
• To be comfortable seeking support and receiving constructive criticism
• To identify sources of support and contact information for help in difficult situations while abroad.
• To state how students can help ensure their own safety and well-being in their local community.
• To discuss laws, cultural attitudes, and common behaviors around alcohol, drugs, and smoking in their host culture.

Overview
The safety and well-being of participants is AFS-USA’s top priority. In support of this priority and in accordance with CSIET and AFS International standards and guidelines, AFS-USA provides this activity for use during the Arrival Orientation. It is designed to help participants cultivate the knowledge and skills needed to keep them safe and healthy while on their exchange experience.

Notes on State, Local and/or Community Issues
• If you or your Orientation Coordinator have issues to cover regarding local laws or concerns, please bring these issues to the attention of the students during the Safety Quiz.
• Examples could include laws regarding community curfews for teens, dangerous areas in town, community attitudes towards certain attire, etc.
• When discussing safety in school, please share the advice below with students about the rarity but possibility of active shooter situations (school, mall etc.). Please explain the ABC’s of Active-Shooter incidents. If local schools have any specific policies, please explain them as well.

Discussion on active shooter situations (i.e. school shootings)
• The biggest advice for students about shooting incidents is to acknowledge this is something that happens rarely but does happen.
• All schools will have a process on how to handle the unlikely possibility this could happen.
• Schools will have safety drills in their schools and to pay attention to the specific rules.
• They will include what to do in case of tornadoes, shooters, fires, and other emergencies.
• Students should pay attention and always follow the school’s/teacher’s instructions in the event of any emergency.

ABC’s of Active Shooter Incidents
• **A: Avoid** - If you have a clear path and if you can, run and get out.
• **B: Barricade** - Get into a room, close the door, lock it if possible and pile whatever furniture you have in that room against the door.
• **C: Confront** – If you cannot do A or B, your last option is to 'confront' the shooter. Pick up objects to hit or throw at them. If you have a fire extinguisher, use that. Distract the shooter and try to disable them. Do not stop until they are no longer a threat.

Discussion on sexual misconduct
• First, explain that it is uncommon but still possible to experience sexual misconduct.
• “Sexual misconduct” refers to unwanted actions or statements of a sexual nature.
• Sexual misconduct includes inappropriate touching, unwanted personal/sexual attention, and unwanted physical contact.
• It can also be referred to as “sexual abuse” or “sexual inappropriateness”.
• Sexual misconduct can make you feel isolated.
• Sexual misconduct is NEVER your fault and you do NOT have to tolerate unwanted sexual behavior.
• AFS has resources to help and support you if you experience sexual misconduct.
• Always tell a trusted adult immediately (ex: your host parents, your liaison, a teacher, AFS volunteers etc.) - they will help you!
• If you do not want to or are unable to contact them, call the AFS Participant Support Department.
• AFS is always here for you!
• During your time in the U.S., you may see, hear, or experience physical contact or statements that are unfamiliar to you because cultural norms, appropriate physical space and contact differ across cultures.
• Offenders may not know they are making you feel uncomfortable, so tell them politely but firmly: PLEASE STOP THAT. YOU ARE MAKING ME UNCOMFORTABLE.

Facilitating the Safety Quiz as a “Jeopardy” Game
1. Split the group into smaller teams and allow each team to choose their Team Name.
2. Give each team a piece of flipchart paper and marker.
3. Assign each question as 1 point.
4. Read questions aloud and have teams discuss quietly, then write their answers on their team paper.
5. Ask for answers from the group.
6. Share the correct answer(s).
7. Keep score of earned points on flipchart paper.
8. Optional: At the end, reward the winning team with small prizes.

**Facilitating the Safety Quiz as a “Elimination Game”**

1. Give each student a piece of paper and pen/pencil.
2. Have everyone stand up.
3. Read the first question aloud and allow a few seconds for students to write their answer(s) on their own piece of paper.
4. Elicit answers from the group.
5. Students with incorrect answers must sit down for the duration. Students with correct answers keep standing.
6. Repeat the process with the following question.
7. Once there is only 1 student left standing, declare them the winner and give them a small prize (optional).
8. If there are questions remaining, have everyone stand up again and repeat the same process with the remaining questions.

**Introduction**

1. First, just a reminder that all of you should have received a copy of the “Welcome to the USA” and “Safety Tips” booklets.
2. Please use these booklets as helpful resources, to guide and inform you while you’re on program.
3. You can review them with your host family and Liaison in case you need more information or want to understand something more clearly.
4. The following quiz is to check how much you already know about AFS’s rules, basic safety sense in the U.S., and how to get help when required.
5. The questions and answers that are on this quiz are also explain more in-depth in the “Welcome to the USA” and “Safety Tips” booklets as well.

**Safety Quiz Questions [SLIDE #7]**

**Q1. Who is the first person you should tell if you have a problem? [SLIDE #8-9]**

- AFS encourages everyone to seek help from the nearest AFS-related person. These people are your host parent(s) and Liaison.
- Remember, the people closest to you will be able to help you the most quickly.
- Your host family and your liaison are the people who will come to know you best over the course of the exchange.
- They are there to help you, no matter what you need.
- Contacting your parent(s) in your home country first may cause unnecessary alarm and may make them feel powerless to help you since you are far away from home.
• Also, your family at home is likely to give you advice based on your home culture, which might not help you with navigating cultural differences in your host family’s culture.
• AFS will always keep natural families informed about students’ safety and wellbeing.

Q2. What is the AFS Chain of Communication? [SLIDE #10-11]
• AFS has a special “Chain of Communication” for communicating important information.
• If you have a problem or emergency, this is how AFS will notify the people who need to know about the situation.

Q3. What are the 3 ABSOLUTE AFS Rules? [SLIDE #12-13]
• No driving
• No drugs - this includes associating with people who use drugs or begin in situations where others are using drugs
• No hitchhiking
• The three rules apply to every AFS student all over the world.
• All AFS students are responsible for knowing these rules.
• If an AFS student break any one of these rules, it is cause for an early return home and an end to his or her participation on the program.
• The decision to send a student home early is made by the AFS staff in consultation with the local AFS volunteers.
• By taking ownership of this year, your experience will be what you decide to make of it.

Q4. What are other issues and behaviors that can jeopardize your safety and program participation? [SLIDE #14]
• Alcohol use
  o It is against the law in the United States for anyone under the age of 21 to publicly possess or purchase alcohol.
  o Possession of alcohol includes holding a can or bottle of beer or other drink containing alcohol.
  o You could be sent home if you are arrested or suspended from school related to alcohol use.
  o You should also talk to your liaison about teen drinking in the community in which you are living.
  o Call your host parents or another responsible adult (such as your liaison) if you find yourself at a party or event where there is binge or under-age drinking, no matter what time of the day or night.
  o Please don’t jeopardize your AFS program by ignoring the laws about underage drinking. Everyone at AFS takes these laws seriously.
• Becoming pregnant or causing pregnancy
• Breaking U.S. laws
• Changing host families without AFS approval
• Embarking on unapproved, independent travel
• Unapproved visits from natural family members or home country friends
• Poor attendance at school or failing at school – US schools generally give regular progress reports and chances to improve your grade, so failing is usually a sign that the student is not making an effort. (Passing grades = A, B, C, D; Failing grades = F)
• Eating disorders – It is considered a mental illness and poses a serious, physical and emotional health risk.
• Failure or unwillingness to adapt to host culture
• Consistent unwillingness to abide by host family rules
• Illness/injury that prevents program participation
• Abuse of internet
• accessing pornography
• engaging in threatening communication

Q5. Is it okay for teens to smoke indoors? [SLIDE #15]
• In general, the answer is No.
• In the U.S., it is illegal for people under the age of 18 to purchase tobacco products.
• In many states, the minimum age to buy tobacco has been increased to 21 years of age.
• In 31 states, it is illegal for people under 18 to have or use tobacco.
• Laws about smoking vary by U.S. state and even by city, but more and more places are banning smoking from indoor spaces.
• For example, 30 U.S. states have a ban on smoking inside workplaces and 35 U.S. states have a ban on smoking inside of restaurants.
• Your host family probably has its own rules about smoking. Please talk to your host family and respect their house rules.
• If students are caught smoking at school, the punishment is often disciplinary action or expulsion.
• Expulsion from school results in an Early Return.

Q6. Do AFS students have to do classwork/homework? [SLIDE #16]
• YES! AFS is an educational program and schools in the United States and all over the world expect exchange students to fully participate in the academic program.
• This means that AFS-USA expects you to:
  o Attend school at all times except when you are sick or have been given an excused absence.
  o Participate in your classes as much as possible. Classroom participation is a very important part of student’s performance. Lack of participation can lower your course grades.
  o Complete all class work and homework assignments and hand them in on time.
  o Demonstrate appropriate and courteous behaviors as determined by the teachers and administrators at your school.
  o Seek assistance from volunteers and/or teachers if you are falling behind or don’t understand something.
• The goal is to receive passing grades at the end of each semester.
Grades on progress reports are only a guide to how you are doing and give you a chance to improve performance if needed for the semester grade that will show on your transcript.

Also, early in the semester, progress reports may give you a chance to change classes if the subject matter is too hard for you.

The requirement is to receive passing grades in all classes at the end of each semester, as failing grades are unacceptable and show that you aren’t committed to the AFS educational program.

- **GOAL (PASSING GRADES) = A, B, C**
- **OF CONCERN (WORK TO IMPROVE) = D**
- **UNACCEPTABLE (FAILING GRADE) = F**

Failing grades by an AFS student may also impact future AFS placements at your school.

Receiving a “D” grade is a serious cause for concern and will get Support Volunteers, including your Liaison, involved to find out what is going on.

It will require students to do additional work to lessen the chance of failing (getting an F grade).

Note on Diplomas:

- Please note, there is no guarantee that participants will receive a diploma from their host school as no U.S. school is required to grant a diploma to a student from outside of the U.S.
- We ask that you and your natural family do not pressure your host school to provide a diploma if you have already been told it is not possible.
- Doing so is considered impolite and can damage AFS’ relationship with your host school, possibly preventing other AFSers from being hosted there in the future.
- All schools can provide an official record of attendance and grades earned by the student.
- It is your responsibility to obtain these documents before you depart the U.S.

Q7. Why does AFS have program rules? [SLIDE #17]

- **AFS rules reflect U.S. laws.**
- **AFS rules are in place to keep participants safe.**
- **The rules make sure that AFS can continue hosting exchanges in the future.**
- We want to you be successful and have fun on exchange, but AFS’s number one priority is your safety and well-being.
- Laws can differ by community, so make sure you learn as much as possible from your local AFS resources.
- Repercussions from breaking U.S. laws can be much more serious than getting sent back to your home country.
- Breaking certain laws can result in costly fines, jail time and/or deportation.
- Breaking program rules can negatively impact and influence the experience of your host family.
- Then, host families might not want to host AFS students in the future, which is unfair to future AFS students.

Q8. What laws might impact you? [SLIDE #18]

- Alcohol
- Tobacco
• Drugs
• Seat Belt
• Bike Helmet
• Sexual Consent
• “sexting” with a minor
• Cell phones
• Computer Use - downloading music illegally
• Gambling
• Driving
• Shoplifting
• Jaywalking
• Trespassing
• Local laws (ex: Curfews for those under 18, Public nuisance, Loitering etc.)

Q9. What other internet activities could be risky or dangerous (on a cell phone, tablet or computer)? [SLIDE #19]

• It is risky, dangerous and/or potentially illegal to:
  o View or download some types of pornography
  o Break copyright laws
  o Gamble
  o Commit Fraud (impersonating someone else for monetary gain)

Q10. If you are with other people who are breaking the law, but you are not, you could still face consequences? [SLIDE #20]

• Yes! Even if you aren’t doing anything illegal yourself, you could still be held accountable.
• It is your responsibility to do everything in your power to remove yourself from the situation and wrongdoing.
• If you ever need help removing yourself from a situation, you can ask your host family or liaison for help.

Q11. What are some ways that you can protect yourself from others who are breaking the law? [SLIDE #21]

• Always be aware of your surroundings.
• Immediately tell someone you trust if you feel unsafe.
• Consult your host family about safe and unsafe areas of town.
• Be mindful of the pictures and personal information you put on the internet.
• Review Community and Family Rules with your host family.

Q12. Are there different ways to say “No” to someone? [SLIDE #22]

• Yes! There are several ways that you can say “No” or refuse someone or something in the U.S. using your body language, whether it is a cigarette or a ride home.
• These may be similar or different to what you would do while refusing something in your home country.
  o Refusing something (ex: a second helping of food at dinner, a ride home with an unfamiliar person, etc.) involves much more than just the word "no".
• Body language is an important part of refusing something clearly and successfully.
• Body language cues differ across cultures.
• Spend some time observing body language and talking with people about what you see during your first few weeks.

Q14. What is the most effective body language to use when refusing something in the U.S.? [SLIDE #23]
• In the U.S., when you refuse someone or something, it helps to do the following:
  o Stand or sit up straight
  o Look the person directly in the eye
  o Speak in a firm voice.
  o Give an excuse or reason why you are saying "no"
  o Verbally refuse quickly but politely
  o Suggest an alternative action to what has been offered/asked
• When communicating in the U.S., the words you say are very important.
• In the U.S., direct and clear communication is often highly valued.
• Hesitant or uncertain words are not a clear "no".

Closing
Distribute index cards and pens/pencils to each student so they can do the closing activity.
1. It is always okay to talk to your host family and/or liaison about anything—whether you are concerned or not.
2. It is better to talk about your concerns early on rather than waiting until they become more serious.
3. On your index card, complete this statement for yourself: **In order to help keep myself safe, healthy and on this program, I will...**