

Topic: Safety & Security
(IOM, Overseas Processing Entity, Nepal)

Activity: Lacchu Goes To a Party

Objective

To help participants better understand that the United States is not necessarily a dangerous place. There is not the need to worry too much; however, it is important to always be aware.

Materials

- Copies of scenes for participants to read (see samples provided)
- Safety questions to consider – a homework hand out which leads participants in thinking about safety for children, while driving, in the home, on the street, and in cooperating with police (see sample provided)
- A cup or glass

Practice

1. Assign roles to volunteer participants who are literate: Narrator, Suman, Lacchu, Father, Stranger
2. Distribute scenes to volunteer participants with roles.
3. Participants act out scene 1. Stop the skit and ask participants the discussion questions following the scene.
4. Participants act out scene 2. Stop the skit and ask participants the discussion questions following the scene.
5. Participants act out scene 3. Stop the skit and ask participants the discussion questions following the scene.
6. Put participants into groups of 4 or 5. Ask participants to recall the skit and list all the things Lacchu could have done differently to make her evening safer. Give groups 10 minutes. Bring the large group together to discuss answers.
7. Distribute safety questions to consider for homework. Tell participants they will have an opportunity to discuss these topics at the IOM Transit Center just before their departure.

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Scene 1

- Narrator:** This is Lacchu. She is 20 years old. She resettled in America six months ago. She is living with her father and mother. One day, her friend Suman calls...
- Suman:** *(holding an imaginary phone)* Hi Lacchu. What's going on?
- Lacchu:** *(holding an imaginary phone)* Hi Suman. Nothing much.
- Suman:** I'm having a party. Now! Come on over!
- Lacchu:** Hey, great! I'm on my way!
- Narrator:** Lacchu is excited! She runs to her room and puts on her sexiest outfit. On her way out, she shouts out to her father.
- Lacchu:** I'm going!
- Father:** Hey, wait a minute. Where are you going? It's late; it's 9 o'clock already! And what are you wearing? You're not going like that!
- Lacchu:** Dad, there's a party!
- Father:** Wait a minute; it's dark, you're alone. And that outfit is not for a good Bhutanese girl.
- Lacchu:** Come on Dad, its America. I'll be okay. Bye.

STOP THE SKIT

Discussion Questions:

- What happened?
- Would Lacchu behave like this if she were still in the camp in Nepal?
- What do you think about what Lacchu did?
- What might happen next? What possible problems can she run into? Is there the possibility of any danger?

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Scene 2

Narrator: Lacchu goes to the bus stop. It's cold and the bus comes only every half hour. A car pulls up to her; there is a young man inside.

Stranger: *(driving an imaginary car, his hands on the steering wheel)* Hey! Where are you going? Come on, hop in, I'll take you.

Lacchu: Wow, great, thanks!

Narrator: The young man seems nice and Lacchu gets into the car.

STOP THE SKIT

Discussion Questions:

- What happened?
- How do you feel about it? Was she right to get into the car?
- What might happen next?
- What if Lacchu were a boy or a man? Would the situation be different?

Scene 3

Narrator: The young man seems like a nice person and Lacchu likes him. She invites him to the party. He accepts. The party is lots of fun; lots of dancing and drinking...

Stranger: *(passing her a glass)* Hey, Lacchu, come on! Have another!

Lacchu: *(accepting the drink)* Hey, cheers!

Narrator: Lacchu is having a great time; she's also getting quite drunk. But it's very late and it's time to go home. The stranger offers to drive her home. Instead of taking her home, though, he goes to a quiet road where there are no people.

Lacchu: *(looking worried)* Hey, where are you going? My home's not this way...

Stranger: *(leaning over to put his arm around her)* Hey, baby, don't worry.

STOP THE SKIT

Discussion Questions:

- What might happen next?
- What should she do now?

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SAFETY QUESTIONS TO CONSIDER

AVOIDING RAPE

- Avoid walking alone as much as possible. Your best defense is having other people nearby.
- If you walk alone, plan your route carefully. Notice stores or restaurants that are open should you need to ask for help. Advise a friend of your route and estimate time of arrival/return. If you feel in danger, walk, jog, or run toward people or traffic. Draw attention to yourself by yelling, screaming, etc. If you are being followed, go to a house with lights on or to the middle of the street.
- Walk on the side of the street facing traffic. Stay in well-lit areas as much as possible.
- If a driver stops you on the street or in a parking lot, keep away from the car. Do not get into the car.
- Don't accept money, sweet things or snack foods from people you don't know.
- Never allow people that you do not know into your house. Ask for identification before opening your door. If it's a stranger asking for help, don't open the door. Give directions through the door.
- Don't leave doors and windows unlocked.
- Do not leave a party or a social event with someone you do not know or have just met. Say No. Do not accept drinks or food from strangers. They could be spiked - say No.
- When you get home and find that a door or a window has been forced open while you were absent, do not enter. Call the police.
- Watch out for your friends if you're at a party, and be sure to arrive and leave in a group. Don't accept a drink from the person you do not know very well or you do not believe. Alcohol is the most commonly used drug to facilitate sexual assault.
- Don't get into an elevator alone with anyone who seems suspicious. Trust your instincts on this.
- While using public transportation, always stay alert; don't sleep or drift off on the bus or subway. If someone seems suspicious, move away from the person to another car or to a seat closer to the driver.
- When you are at home, school, place of work or anywhere else, make sure you wear clothes which don't embarrass you, or which attract too much negative attention from men/boys. We are not against how you should dress, but the question is how safe or respectful are you in public places, institutions, and place of work.
- Don't allow your daughters to go out late at night to the shops, etc. Don't leave your daughters alone, no matter how young, with male strangers or distant relatives you are not sure of.
- If you are attacked, try to stay calm so you will be able to gather information and make decisions. Draw attention to yourself if there are other people around – scream, swear, yell “fire” or “help”. Remember: You are not trying to win, you are trying to survive.
- If you have been the victim of sexual assault or rape by a co-worker, supervisor, boss or customer, it is important that you immediately report the assault to the local police and file a police report. If at work, you should report the assault to someone in a position of authority. Consider contacting the human resources department, the Employee Assistance Program, or another supervisor at your workplace who you think will be sympathetic.

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SAFETY WHILE DRIVING

- Before driving a car, do a simple safety check. Check your oil and other fluid levels. Look for noticeable leaks throughout the engine compartment. Turn on the lights and walk around the vehicle to ensure that all lights are in working order. Check that the tires are properly inflated.
- When you get into the car, adjust all mirrors and seats before placing the key in the ignition.
- Most states require the driver and front seat passengers to wear seat belts. Most require children to wear seat belts even in the back seats. All require special child seats for babies and young children.
- Drinking and driving incurs heavy fines or prison sentences in all states.
- Drive within the speed limit. Maximum speed limit in most states is 65 mph (110 Km/h).
- Most American drivers are polite and courteous. Respect this.
- Do not argue with police. Be polite, be patient. Address police officers as 'Sir' or 'Maam' or "officer".
- Each state has different traffic laws, however most are very similar. If renting a car, check with car rental staff for local / state driving regulations.
- Drive on the right. Don't obstruct fast lanes.
- Be aware of what's happening around you. Adapt to local conditions.
- Keep your eyes moving. Notice what is happening on the sides of the road and check behind you through your mirrors every 6-8 seconds.
- Carry in your vehicle, in an easy to find place, all contact numbers that you may need, as well as emergency contact information, personal information and any outstanding medical needs that you may have.

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SAFETY FOR CHILDREN

- Each year, more than 200,000 children go to U.S. hospital emergency rooms with injuries associated with playground equipment. Make your children cautious while playing with such equipment.
- Teach your children how to dial 911.
- Teach children never to admit strangers into the home.
- Don't leave your children under 12 alone at home. You should know where your children are at all times. No matter what their age, explain to your children the importance of always telling you where they are going and for how long they will be gone.
- Make sure there are working smoke detectors on every floor of the house and teach your children what to do in case of fire. Practice fire evacuation routes with your children.
- Keep a first aid kit in the house. Teach your child basic first aid
- Keep all matches and lighters out of the hands of children. If possible, keep these in locked drawers.
- When walking near the street, always hold your young child's hand and don't let them run on ahead. Explain road safety rules and make sure your child knows to 'stop, look and listen'
- Never leave children alone in the kitchen when you're cooking.
- Know who your child's friends are. Talk with your kids and encourage them to avoid children who are troublemakers.
- Teach children local emergency phone numbers. Post a list of emergency numbers including family members, trusted friends and neighbors, and emergency personnel. Teach your children how to call these numbers.
- If your child gets separated from you in a mall or store, teach your child to go to the help or information desk, or approach a security officer to get help in finding you again. Make sure that your child knows his full name, phone number and address.
- Never leave knives or other sharp objects where a child can reach them.

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SAFETY AT HOME

- Keep doors locked even when you or family members are at home. Have window locks installed on all windows. Don't leave keys hidden outside the home. Do not leave extra keys under doormats, potted plants or any other obvious outdoor location.
- If you get an unexpected knock at the door, check to see who it is before opening it. Don't open the door for strangers. Ask for their identification.
- Keep a fire extinguisher at your home. Show family members how to use them.
- Periodically check smoke detectors and replace batteries when necessary.
- Know your neighbors. Develop a rapport with them.
- If you observe any unusual activity, report it immediately to your local police.
- Lock all jewelry, important papers, money, and other valuable portables in a safe place such as a safe deposit box or home safe.
- Don't keep money at home. Deposit it at the bank.
- Don't leave hot irons, or burning stovetops and outdoor grills unattended while in use. Double-check that you've turned them off after use.

SAFETY ON THE STREET

- Always walk on sidewalks. If they aren't available, walk as far to the edge of the road as possible facing traffic – make eye contact so on-coming drivers see you and you see them!
- Pay attention to the traffic signals to give you cues when to cross and when not to cross. Cross only at marked crosswalks and intersections. We all get in a rush and would like to cross that road right now, but it's better to take those two extra minutes to get to a crosswalk and cross safely than to risk it somewhere else.
- Traffic in the US does not move the same way it does in Nepal. It is orderly, and fast. Someone wandering out into the road in the middle of the block is unexpected and drivers may not be able to stop in time.
- Even when crossing at traffic lights, always look both ways before crossing the street. Just because the light is green for you; doesn't mean all drivers have stopped on their red light; someone may be driving fast trying to 'catch' the light before it turns red.
- Learn the 'Road safety rules' and 'Basic traffic signals' and teach them to your children.

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COOPERATE WITH POLICE & LOCAL ORGANIZATIONS

- Crime is everybody's problem. Get involved. The police need and want your help. Your cooperation and assistance will help them do their job more effectively.
- Take a leadership role. Be a liaison for your community. Be your community's contact person for the police.
- Work with public agencies and neighborhood organizations. Don't be shy letting them know who you are and what your needs are.
- Work with police and your children's schools' Parent – Teacher Association to establish drug-free and gun-free zones.
- Work with police to set up a Neighborhood Watch or community patrol. Make sure your streets and homes are well lit.
- Ask police or local officials to use new ways to get criminals out of your building or neighborhood. Those might include enforcing anti-noise laws, housing codes, health and fire codes, anti-nuisance laws, and drug-free clauses in rental leases.

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