

## **How Serious is Serious? Who to contact for what....**

### **Call your Area Rep (AR) for these...the AR will call the Area Coordinator (AC) as needed**

- Kissed a boy/girl
- Stayed out past his/her curfew (on one occasion)
- Caught checking out pornography on the Internet or in magazines
- Too many calls (for up to one month) from natural family
- Bad body odor (for up to one month)
- Grades below a "C" for any class at school
- Exhibiting normal signs of culture shock (for up to one month)
- Wanting to drive (can't do that)
- Wanting to travel
  - Permission to Travel form required if more than 2 nights away with HF or traveling independently.
  - DS2019 signature to leave the country - this takes 3 to 4 weeks lead-time
- Wanting to participate in a dangerous activity
  - Dangerous Activities form lists prohibited activities & those requiring NP signatures.
- Expressing difficulty in communicating with or integrating into host family (early signs)
- Questioning sexual identity
- Payment of medical bills - check your insurance letter or online at yfu-usa.org

### **Call your AR who will report to the AC. If AR not available contact AC directly.** **(The AC will then contact the Support Services Manager (SSM) if needed)**

- Medical issues of a non-emergent nature
- Severe language problems after an initial period of adjustment
- Continuous poor grades (lower than a C-average in each class)
- Travel without proper permission (but *with* the knowledge of the host family)
- Continuous signs of culture shock (more than one month)
- Caught drinking alcohol (on one occasion)
- Continuous frequent contact with natural family (for more than one month, having an effect on the student's adjustment or integration)
- Stayed out past curfew (on more than one occasion)
- Continuous bad body odor (for more than one month)
- Continuous difficulty in communicating with or integrating into host family (when the AR feels the need for mediation or to meet privately with the student)

### **Serious Support Issues - these should be reported to the AR as soon as possible. If the AR is not available, call the SSM. (However, these examples are not grounds to page the SSM after hours):**

- Caught taking drugs (on one or more occasions) or drinking alcohol (on more than one occasion)
- Signs of an eating disorder (after having already monitored eating habits for 1-2 weeks)
- Continuous signs of culture shock (more than one month and after an initial intervention by the AR)
- Driving
- Participating in dangerous activities without permission
- Pregnancy
- Inappropriate sexual conduct (not involving a potential legal issue)

**Very Serious Support Issues ...these should be immediately reported to the AR. If the AR is not available, call the SSM directly right away. (These examples are grounds to page the SSM after hours):**

- Medical emergencies requiring emergency evaluation and/or hospitalization
- Flight of a student
- Disappearance of a student
- Sexual, physical or emotional abuse of the student in any setting
- Suicidal ideation or psychotic/uncontrollable behavior
- Legal issues (anything that could involve the police)

## **COPING WITH CULTURE SHOCK**

The following is a list of normal signs of culture shock. Almost all students will run into one or more of these symptoms sometime during their stay. While some of these symptoms involve undesirable behavior, they are signs that the student needs support rather than reprimand.

Example: A student is sleeping in until 10:30 or so and has a difficult time facing the prospect of going to school. This is probably culture shock.

If a symptom persists for more than three weeks, or if the student is exhibiting multiple symptoms, the culture shock probably needs to be addressed directly. Circumstances will determine how to best address the situation. Please contact your AR for assistance if needed.

### **Physiological Indicators:**

- Sleepiness or insomnia
- Compulsive eating or loss of appetite
- Recurrent minor illness and rashes
- Stomach upsets
- Headaches

### **Psychological Indicators:**

- Loneliness or boredom
- Homesickness & over-idealized feelings about home
- Sense of helplessness & over-dependence (ie. relies on host siblings too much)
- Irritability, perhaps hostility
- Social withdrawal
- Unwarranted concern for cleanliness &/or physical security
- Rebellion against rules
- Crying