

make a fuss. Point at the offender and chastise him in a loud voice. He will probably slink away. To avoid such advances, consider choosing reserved seating. Or take advantage of female-only sections of buses, trains and subways, where available.

If you become the victim of sexual assault, you should immediately seek the assistance of medical and police authorities. The nearest Canadian government office can help you find support to deal with the emotional, social, medical and legal consequences of the assault (see the "Consular Assistance" section).



While she was working in Mexico City, Lucie was infuriated by the whistling and hissing that met her each time she walked down the street. What was worse, when she protested to her female colleagues that this form of "male appreciation" was offensive and degrading, they laughed and insisted that she should feel flattered. In time, she understood that, while the conduct of the local men was beyond her control, how she reacted was up to her, so she learned to ignore the unwanted attention.

ALONE AFTER SUNDOWN

While you should be cautious after dark, you should not feel restricted from going out at all at night. Simply take precautions. For example, arrange to have a taxi pick you up and bring you back. When deciding where to eat dinner, choose a restaurant that is close to where you are staying.