

# The one thing to know before traveling this spring break



Posted: 03/04/2011

- By: Christina Lund, ABC15.com

PHOENIX - Does your son or daughter have you worried about their spring break plans?

Whether you are planning to travel within the U.S., to Mexico or to other countries this year, safety while on spring break is always a concern, especially with the travel warning issued for Mexico.

Heather Maggs, speaker with Girls Fight Back, an organization that empowers people to be more aware of their surroundings, gives some spring break safety tips.

Mexico is expected to be one of the most popular spring break destinations this year, especially for college students, despite the travel warning. Maggs encourages travelers to listen to the travel warnings related to Mexico, but for those planning a trip to Mexico anyway, Maggs advises that you use the most reputable vendors available.

"It can be fun to get away from the crowds and go off the beaten path, but given Mexico's current crime situation, I'd aim for an all-inclusive resort where you can stick by the pool," Maggs said.

Traveling abroad is another popular spring break plan. With any foreign country, Maggs says, you want to make sure you know the laws and abide by them. Knowing the language of a foreign country is also important, Maggs says. She says these basic phrases will help:

1. "How much does this cost?"
2. "Where is the bathroom?"
3. "Back off!"
4. "Leave me alone."

These phrases will also communicate that you are not a good victim if faced with a dangerous situation.

Here are five helpful tips Maggs says will better prepare you and keep you safe:

1. **Plan ahead.** Maggs says to choose reputable vendors with high ratings on websites like [www.tripadvisor.com](http://www.tripadvisor.com) . Save your partying for your destination. Remember that travel and drinking don't mix well.

2. **Set your limits ahead of time.** Before heading out to clubs or parties Maggs says to ask yourself these basic questions: Will I drink? How much? Who will be my designated sober person? How will I get around? Will I have sex? If so, with whom? How will I protect myself?

3. **Trust your intuition.** You will meet some great people, but chances are you will meet some sleazy ones as well. If you get an uncomfortable feeling with any person or in any situation, trust it and act on it. Maggs says to get away from that person or out of that situation. Your intuition will always take you to a safer place, so you will never be placed in more danger by following it.

4. **Go out with your friends; go home with your friends.** One of the biggest mistakes people make is getting separated either accidentally or intentionally from their group. Once you get to the club or party, set a meeting place and check in with each other often.

5. **If you doubt it, ditch it.** That's the saying Maggs says to remember. Keep an eye on your drink. If it is ever out of your sight, then toss it. No fruity \$15 drink is worth the risk of being drugged.

For more information about safe spring breaks, check out [www.safespringbreak.org](http://www.safespringbreak.org) . If you would like more information about Girls Fight Back, check out [www.girlsfightback.com](http://www.girlsfightback.com).