WEAVING THE KNOTS:

AAPI, Asian & Asian-American Women for Empowered Safety

We will be starting soon!

• We invite you to participate with your video on
• Consider wearing headphones for ease of access & privacy

In collaboration with:
WHAT TO EXPECT

• Introductions & Ground Rules
• Adrenaline Management Techniques
• Discussions around violence & harassment against AAPI
• Resistance, survival & self-defense choices and strategies
• Assertiveness & Boundary Setting, an empowered approach
• Bystander/Upstander Intervention Skills
• Resources & Community Engagement
• Q&A and Closing
GROUP REFLECTION

When have your identities made you feel powerful? When has someone, something, or the world made you feel disempowered because of the identities you hold?

*Disclosure: share as little or as much as you feel comfortable, we will read answers aloud from the chat*
BREATHING...

Let’s ground & enter the space together!
GROUP QUESTION:

How does the intersection of your identities like race, gender, class, etc. inform how you live and are perceived in this world?

*Disclosure: share as little or as much as you feel comfortable, we will read answers aloud from the chat*
Nearly 3 in 4 (74%) AANHPI women report experiencing racism and/or discrimination over the past twelve months, with more than half (53%) reporting a stranger or someone they don’t know as the perpetrator. Almost half (47%) report incidents taking place in public, such as restaurants and shopping centers.

Almost 40% of AANHPI women report experiencing sexual harassment in the past twelve months. Over half or 52% of Native Hawaiian and Pacific Islander women reported experiencing sexual harassment, more than any other demographic subgroup.

71% of AANHPI women report feeling anxious or stressed due to fear of discrimination, harassment, or violence.

The State of Safety for AANHPI Women
WEAVING THE KNOTS

History of hyper-sexualization & dehumanization informs present-day violence

- The Page Act of 1975
- U.S. Militarism
- Lotus flowers, dragon ladies, over representation in violent pornography

Question: What are your thoughts or experience of the relationship between racial & sexual violence?
GROUP QUESTION:

Have you experienced any of these types of violence and/or witnessed others encountering this?

*Disclosure: share as little or as much as you feel comfortable, we will read answers aloud from the chat*
Lessons on Resistance Strategies

- Survival strategies for different situations
- Not one-size-fits all
- Common disconnect for AAPI women between instincts and socialization
POINTS OF CONTACT

Let’s take a moment to center...
Our commitment & solutions for building power

National Asian Pacific American Women’s Forum
https://www.napawf.org/

IMPACT Boston
https://impactboston.org/

IMPACT Bay Area
https://www.impactbayarea.org/
FINDING YOUR VOICE

Setting boundaries assertively

*Body language & tone
*Confident, empowered stance
*Let’s practice together!
Verbal Boundaries
Can Sound Like...

- I can't help you
- NO!
- No, thank you
- I don't want to talk
- STOP
- Please respect my wishes
- Leave me alone
- I'm not interested
- I NEED SOME SPACE
Being a **Bystander or Upstander** means intervening safely...

Things we can do for each other:
- Manage our own adrenaline
- Awareness and Assessment
- Pay attention to the needs of others
- Outside help as a last resort
- Take care of yourself if you witness/intervene; watch for vicarious trauma
- Set yourself as a safe person or ally (for AAPI folx; our allyship)
We demand:

1. The voices of Asian women & femmes — particularly poor and working-class women & femmes and survivors of sexual and gender-based violence — be centered in the narrative and the solutions to racial violence, gender-based violence, and state violence

2. Organizers and politicians listen to Asian women & gender non-conforming folks who lead the bulk of community organizing and mutual aid work in our communities towards the collective liberation of all BIPOC

3. Destigmatization and decriminalization of Asian women & femmes and the work we do to survive

4. Labor protections, livable wages, and equal pay for working women & femmes

@napawfnyc
Policy Recommendations

- Culturally-Competent and Language Accessible Services
- Resources to Local Communities and Community-Based Organizations
- Data Disaggregation
- Workplace Protections

Visibility, Voice, Vision: AAPI Reproductive Justice Agenda
Help is for EVERYONE...

If something happens to you, taking care of yourself is an important part of self-defense!

- Help is different for everyone: family members, friends, therapists, neighbors, police, etc.
- Sharing your experience is important and good for your mental health!
- You can report at: https://stopaapihate.org/
- More Resources: https://anti-asianviolenceresources.carrd.co/ bit.ly/asianresources
GROUP DISCUSSIONS

What other strategies can you or others in your role employ to help reduce violence against AAPI women?
THANK YOU

and closing notes...
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In collaboration with: