

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!



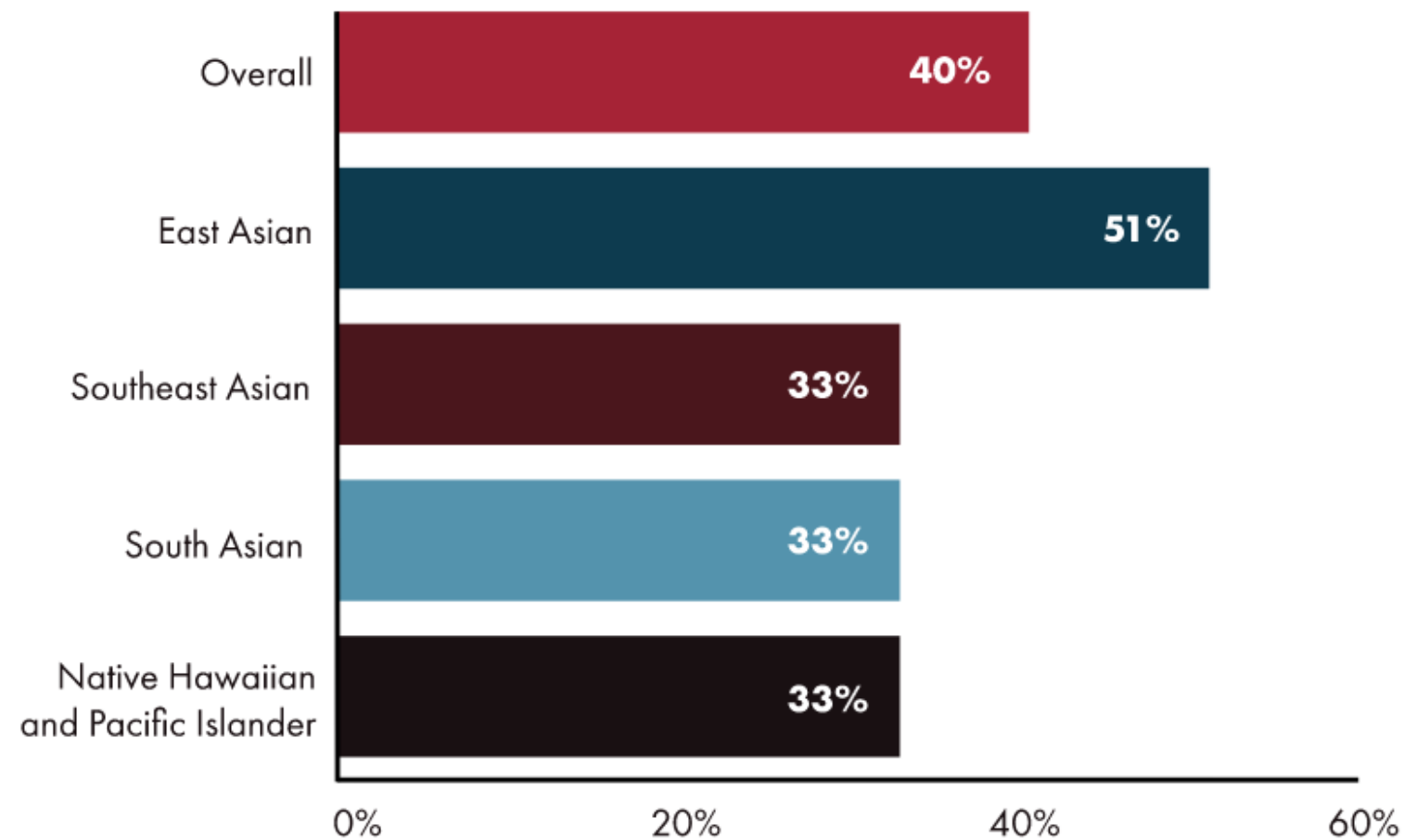
GROUP QUESTION:

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

Perceived Level of Safety Since the Start of the COVID-19 Pandemic

Feel More Unsafe Today than When the Pandemic Started



*Differences between subgroups statistically significant at $\alpha=0.05$

- 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.

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

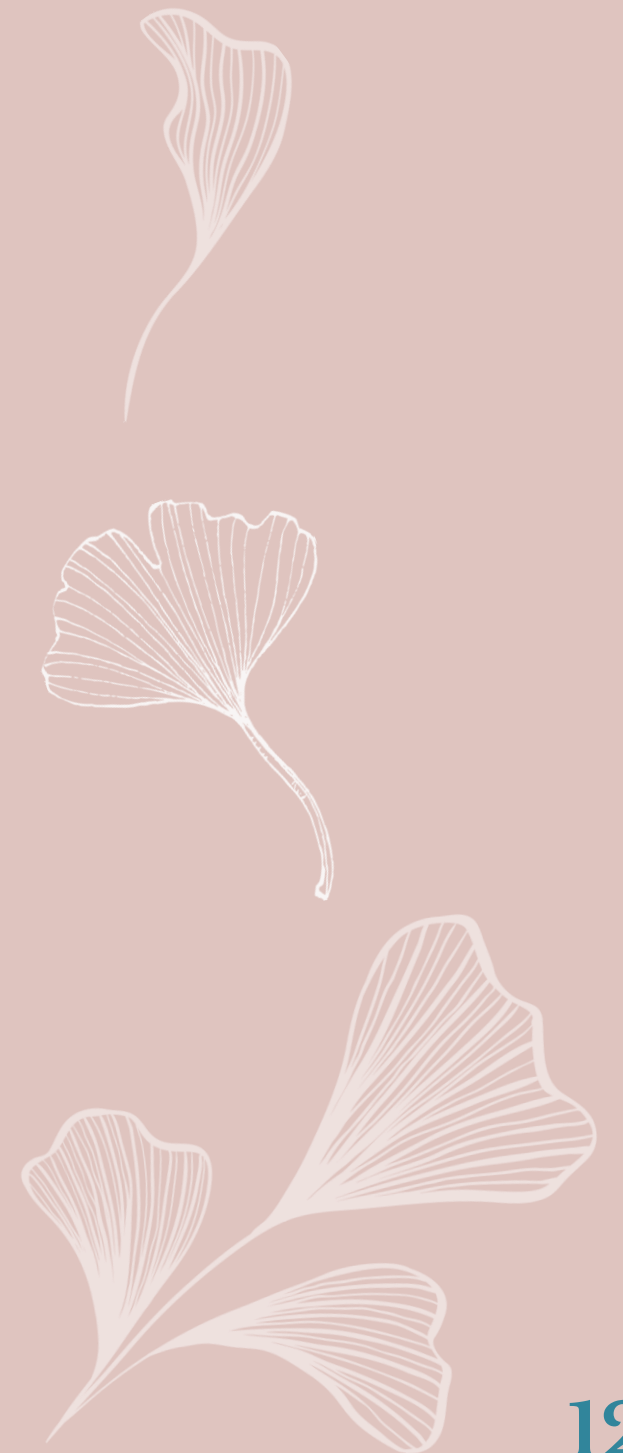
<https://www.impactbayarea.org/>



FINDING YOUR VOICE

Setting boundaries assertively

- *Body language & tone
- *Confident, empowered stance
- *Let's practice together!



I can't help you

NO!

No, thank you

I don't want to talk

STOP

Verbal Boundaries Can Sound Like...

I NEED SOME SPACE

Please respect my wishes

Leave me alone

I'm not interested

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



We need to take action.



INDIANAPOLIS

'We are not OK': Asian-American Hoosier women call for action on anti-Asian violence

Natalia E. Contreras Indianapolis Star

Published 5:01 a.m. ET Mar. 19, 2021 | Updated 6:39 a.m. ET Mar. 19, 2021



[Show video info](#) ▾

Days before a shooting in Atlanta that left eight people dead, six of them Asian women, Asian American and Pacific Islander women sounded the alarm in Indiana.

[@napawfnyc](#)



Policy Recommendations

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



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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