



## Past & Present Projects

- ➔ Award winning documentary film, "Young Azns Rising!". A powerful, youth-produced statement against violence against women and girls in the API community.
- ➔ "One", an anti-domestic violence Public Service Announcement in collaboration with Industrial Light & Magic (ILM).
- ➔ A 125 foot long anti-violence mural at McClymond's High School in Oakland.
- ➔ "Reality", a domestic violence community resource guide for API youth in the Bay Area.
- ➔ "Come Back to Me", a youth-written, produced, directed, and performed short film about the cycle of violence.
- ➔ Annual "Love Shouldn't Have to Hurt" Anti-Domestic Violence API Youth Talent Show & Poster Contest.
- ➔ THATSNOTLOVE.ORG: Online live assistance & resources for API youth.



**What You See Is What You Get.**

**Stop Domestic Violence.**

## Resources

**If you are in danger call 911**

Local API Bay Area domestic violence organizations who can help:

**Asian Women's Shelter:**

Crisis Line - (415) 751-0880

**Shimtuh (Korean):** (510) 547-2360

**Narika (South Asian):**

Help Line - (800) 215-7308

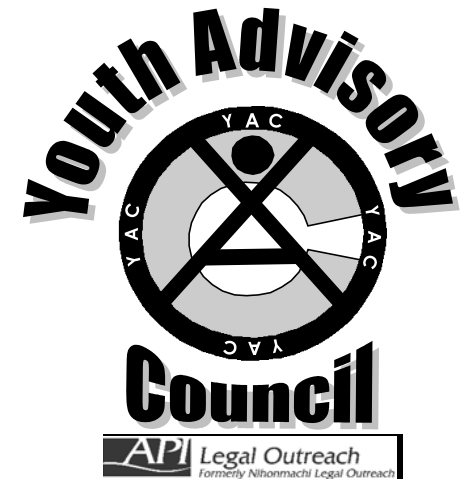
**Cameron House:** (415) 781-0401

**Youth Advisory Council / Asian Pacific Islander Legal Outreach:**

(415) 567-6255

website: [www.apilegaloutreach.org](http://www.apilegaloutreach.org)

email: [yac@apilegaloutreach.org](mailto:yac@apilegaloutreach.org)



## who we are

The Youth Advisory Council (YAC) is a group of Asian Pacific Islander (API) youth ages 13-18 from the San Francisco Bay Area, who are committed to stopping violence against women in our communities.

## what we do

We educate and outreach to our peers in the API community about stopping violence against women through interactive workshops and media arts projects.

### Workshops

- ➡ Domestic Violence;
- ➡ Dating Violence;
- ➡ Sexual Harassment; and
- ➡ Gender Roles/Stereotypes.

## what is domestic or dating violence?

- **Physical Abuse:** includes pushing, biting, throwing things, hitting, kicking, slapping, spitting, choking, blocking your path...
- **Sexual Abuse:** includes forcing you to have sex; unwanted touching, kissing or hugging; forcing you to undress...
- **Verbal Abuse:** includes yelling, swearing, insulting, name calling...
- **Intimidation:** includes stalking; threatening to hurt you, your family, friends or yourself; making you feel afraid to express your own opinion, throwing or breaking things...
- **Emotional Abuse:** includes playing mind games, making you feel guilty, acting very jealous, controlling your decisions and social life, constantly checking up on you, threaten to tell your secrets...
- **Economic Abuse:** includes stealing your money, controlling how you spend your money, demanding money from you...
- **Neglect:** includes ignoring, not taking care of you, leaving you stranded or deserted somewhere...
- **Sexual Harassment:** includes nasty comments, undressing someone with eyes, sexual gestures, obscene letters...

## the cycle of violence

- ↻ **Honeymoon** ↻  
**Abuser:** may appear to be loving and kind; brings gifts, acts of affection.  
**Victim:** feels happy and hopeful; feels sympathetic toward her partner. ↑
- ↓ **Tension Building**  
**Abuser:** fears abandonment and uses abuse to control partner; blames partner for problems; often jealous.  
**Victim:** thinks she deserves it; minimizes her pain; feels like she is walking on "eggshells"; takes responsibility for fixing relationship. ↑
- ↓ **Blow-Up**  
**Abuser:** extreme rage; desires to "teach her a lesson"; out of control; irrational.  
**Victim:** feels terrified; may allow herself to express her own anger by fighting back; afterwards, feels depressed and helpless. ↑
- ↓ **Relief**  
**Abuser:** feels guilty and sad; may cry and beg for forgiveness; promises to change; may appear to be loving and kind.  
**Victim:** feels happy and hopeful; feels sympathetic toward her partner. ↑