

## HOW CAN I TELL IF SOMEONE IS BEING ABUSED?

Friends, Family, and Other People Around Us:

- S/he has unusual or unexplainable bruises on his/her scalp or hands. An abuser often purposely bruises the victim in places that are not easily seen by others.
- S/he confides in you about abuse. For example, in nail and hair salons, clients frequently talk to their manicurist or stylist and reveal information that they may not even reveal to friends or family.

### Employees and Co-Workers:

- S/he frequently misses work
- His/her performance at work may change
- S/he frequently has unusual or unexplainable bruises
- S/he receives threatening or upsetting phone calls or visits at work

## WHAT CAN I DO IF I KNOW SOMEONE WHO IS BEING ABUSED?

Speak up. Being silent often reinforces the abuser's belief that abuse is okay. Calling the police sends a message that such abuse will not be tolerated.

Help the survivor think realistically about the abuse. Although you cannot tell him/her what to decide, you can assist by listening and:

- Discussing options and preparing the survivor on what she/he can do the next time she/he is abused, such as safe places to go.
- Sharing information about community resources.
- Suggesting that she/he pack a bag with important documents and store it in a safe place, so that she/he can leave quickly. Having a bag with birth, marriage and immigration certificates, ID, keys, address book, bank books and money will be very important.

## CAN I GET IN TROUBLE FOR REPORTING THE ABUSE?

In California, it is against the law to hurt or threaten someone else, even if you are married to or living with that person. You will not get into trouble for reporting abuse.

If you are an immigrant, you will not be deported nor will you lose your children just by reporting abuse. But if you are an immigrant, it is important to get legal advice as to any consequences of ending your relationship.

## WHAT IF MY BATTERER IS ALSO MY IMMIGRATION SPONSOR?

You do not have to stay in an abusive relationship to protect your immigration status. Your safety as well as your children's should come first. It is abuse if your batterer is threatening to withhold your immigration sponsorship.

There are laws that allow battered immigrant men/women to petition for their own legal status if he/she has been in an abusive relationship. Get legal information and assistance. Call API Legal Outreach at (510)251-2846 or (415)567-6255.

### OTHER RESOURCES:

#### 24-HOUR CRISIS LINES:

- Asian Women's Shelter: 877-751-0880
- Women Inc.: 415-864-4722
- STAND: 888-215-5555
- SAVE (Fremont): 510-794-6055

#### SHELTERS:

- Asian Women's Shelter: 877-751-0880
- A Safe Place: 510-536-7105
- SAVE (Fremont): 510-794-6055
- Tri-Valley Haven (Livermore): 800-884-8119

#### COUNSELING:

- Donaldina Cameron House: 415-781-0401
- Asian Community Mental Health Services: 510-451-6729
- Narika: 800-215-7308

## Educate Yourself and Others About Rights Regarding Domestic Violence



Serving the Asian Pacific Islander Community  
in San Francisco and Alameda County

1188 Franklin Street, Suite 202  
San Francisco, CA 94109  
(415) 567-6255

1212 Broadway Street, Suite 400  
Oakland, CA 94612  
(510) 251-2846  
Drop-in clinic Every Thursday 1-4pm

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## WHAT KIND OF DOMESTIC VIOLENCE SERVICES DOES API LEGAL OUTREACH PROVIDE?

### API Legal Outreach offers:

- Free and low-cost legal assistance for women and seniors who are being physically, emotionally and/or sexually abused or harassed. This includes family law and temporary restraining orders, immigration law, and public benefits.
- Confidential consultations with trained legal workers in family law (e.g., divorce, custody, support), immigration consequences, sexual harassment and elder abuse.
- Help in developing a protection plan and obtaining restraining orders against an abuser.
- Referrals to social and psychological services for help in dealing with abuse.
- Educational programs for community groups, classes and agencies.
- On-site training regarding domestic violence, family law, and immigration at nail salons, hair salons, and other businesses that are helping to fight against domestic violence in the API communities.
- Translations in:
  - Cantonese
  - Japanese
  - Korean
  - Mandarin
  - Tagalog
  - Thai
  - Vietnamese
  - And other languages

## WHAT IS DOMESTIC VIOLENCE AND CIVIL HARASSMENT?

Domestic violence is physical and/or verbal abuse that occurs when the abuser believes he or she is entitled to use any means necessary to intimidate another person and stay in control. Domestic violence occurs in both heterosexual and same-sex relationships.

Civil harassment involves the same controlling behavior but occurs when the abuser is not a relative, husband, or living in the same household.

### Some examples of abuse are:

- pushing
- slapping
- sex on demand
- shoving
- choking
- kicking
- threats
- intimidation
- isolation
- withholding care
- withholding support
- put-downs
- harassment
- withholding immigration sponsorship

### An abuser can be a:

- husband/wife
- boyfriend/girlfriend
- family member
- same sex partner
- stranger
- co-worker
- care giver
- acquaintance
- teacher
- employer

## IF I HAVE BEEN ABUSED, WHAT CAN I DO TO PROTECT MYSELF AND MY CHILDREN?

Call the police (911). Make a report about the abuse. Find safety immediately. Take your children and yourself to a safe place such as a friend's or a relative's. If you think that the abuser can locate you, call a battered women's shelter, such as the Asian Women's Shelter.

Report any injuries. Go to a doctor, hospital, or health clinic and get a check-up. If you haven't done so, make a report with the nearest police station. Write down the name of the officer or physician who helped you and any report numbers.

Get legal information and assistance. Get a referral from a battered women's shelter or call API Legal Outreach at (510) 251-2846 or (415) 567-6255. Also, you may want to seek a referral to counselors, social workers, or therapists.

You also have the right to obtain a restraining order.

## WHAT ARE RESTRAINING ORDERS?

A restraining order is a legal document, a court order, which states that an abuser shall not harm you or your household members. If the abuser violates this court order, the police must arrest him/her.

### Restraining orders include:

- Court orders which legally order the abuser to not assault, threaten, contact, or disturb your peace
- Court orders which tell the abuser to stay away from you, your home, work, school, or your children
- Court orders which grant custody and support, if you have children.
- Court orders which require an abuser to pay any medical expenses that come as a result of physical abuse, and also compensate you for damages done to your property.