



## 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.

📺 Award winning film "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.

## 📞 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 (Chinese, Vietnamese):

(415) 781-0401

Youth Advisory Council / Asian Pacific Islander Legal Outreach:

(415) 567-6255

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

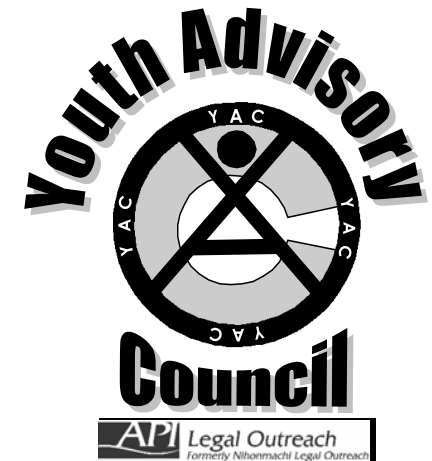
[www.thatnotlove.org](http://www.thatnotlove.org)

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



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

**Stop Domestic Violence.**



Since 1997

*Breaking Down Violence  
in the  
Asian Pacific Islander Community*



## 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 domestic and dating violence in our communities.

## what we do

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



## why we do it

**40** Percentage of **API youth** in San Francisco who **experience** abuse in relationships. (AYAN, *Moving Beyond Exclusion*, 2004)

**1 out of 2** API youth in Oakland experience **abuse** in relationships. (Le, Thao, *Running Head: Prevalence of Serious Violence*, 2004)

**97** Percentage of young API women (ages 18-34) who have **never** used rape or abuse services in the community. (NAWHO, *Silent Epidemic*, 2002)

## what is domestic & 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 partner. ↑
- ↓ **Tension Building**  
Abuser: fears abandonment and uses abuse to control partner; blames partner for problems; often jealous.  
Victim: thinks she/he deserves it; minimizes pain; feels like she/he 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 express 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; brings gifts, acts of affection.  
Victim: feels happy and hopeful; feels sympathetic toward her partner. ↻