

I am a Survivor. What do I do now?

LEARN TO IDENTIFY ABUSIVE BEHAVIORS!

Recognize abuse when it happens. This can be from your current abuser, future abusers, and in yourself.

There is no "one perfect solution". Decide what is best for your situation. As the survivor, you are the authority of your life.

SET BOUNDARIES!

Know your limits. Practice setting boundaries. Use positive mantras such as "My body is beautiful" or "I am worthy".



Seek out people who honor your boundaries and who validate your experiences.

Empower yourself with healthy and positive relationships.

SELF LOVE!

Be kind to yourself. Identify self care strategies that work for you. For example: positive self talk, surrounding yourself with things that bring happiness, exercise or movement, meditation.

NETWORK AND COMMUNITY

Build and maintain relationships with those who validate you through actions and words. Create a space where you feel safe to express yourself authentically and with people who support your decisions. Consider speaking to an advocate, counselor, or therapist.

**Remember that abuse is the choice of the abuser
& never the fault of the survivor. No matter what:**
You do not deserve to be abused!

About The Emotional Abuse Discussion

The Emotional Abuse Discussion (TEAD) is a Redmond, WA based non-profit. We are women run, and majority women of color. Our mission is to boldly discuss the progression of emotional abuse into other forms of trauma, with a specialization in marginalized communities and survivors of color.

"I wish someone had told me what I was going through was not OK. I thought it was normal for so long. That is partially why it took so long to leave."

Ariel, Founder and Executive Director

Want to learn more?

www.teamtead.org



Our Podcast: The Domestic Violence Discussion



Looking to join Team TEAD?

Want to donate to our mission?

Join us at upcoming events?

visit our website at teamtead.org

Thank you to our
UNITED FESTIVAL 2022 Sponsors



Team TEAD Asian American Survivor Toolkit

This toolkit is for Asian American survivors and individuals who are questioning if they are experiencing unhealthy relationships, emotional abuse and/or domestic violence.

It explores the unique barriers faced by Asian Americans by both society and family, as well as examine the history of racism against Asian Americans in the US.

This toolkit is designed to inform, educate, and guide individuals towards understanding the mechanisms of unhealthy/toxic relationships, offer effective coping strategies and provide suggestions to begin and continue their healing journey.

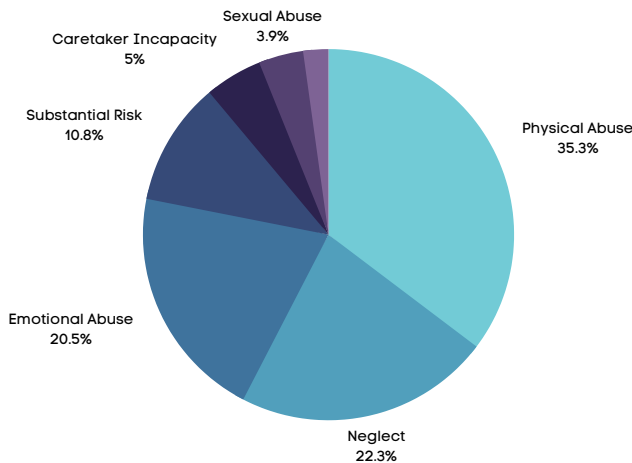
The
Emotional Abuse
Discussion

When was the last time your family apologized to you? When was the last time they respected your choices? Do you feel like you will never be good enough for them? Do they put you down and compare you to others?

"My family always criticizes me. My skin is too dark. My nose is too wide. I am not as smart or successful as my siblings."

You may be experiencing **EMOTIONAL ABUSE (EA)**. Examples include verbal abuse/criticism, manipulation, control, humiliation, withholding love, gaslighting and exposure to violence. It often occurs along side other forms of abuse, including physical and sexual.

Types of Child Abuse Among Immigrant Chinese Families¹



EA is a form of **DOMESTIC VIOLENCE** and can be perpetuated by a partner, family members, or friends. It is often not considered "real" abuse or "that bad" despite being described by survivors as "as damaging as physical abuse"

Unique Barriers for Asian American Survivors

Culture of Silence

In many Asian cultures, individuals are encouraged bury issues to preserve reputation and maintain harmony. It is taught how you look on the outside is more important than how you feel on the inside. Speaking back to elders is seen as disrespectful, even if it is to acknowledge



hurtful behaviors. Survivors can be pressured to hide the abuse to preserve the family image, or due to fear of judgement. Asian Americans with mental health issues such as depression or anxiety, or who are LGBTQIA may face additional social pressures and stigmas. They may hide or feel forced to conform which further isolates them, adding another layer of vulnerability.

According to the National Alliance on Mental Illness, Asian Americans are the least likely racial/ethnic group to seek help for mental illness.

Only 23.3% sought help in 2019²

Structural Racism

From historical anti-Asian racism including the Chinese Exclusion Act, to the "model minority" stereotype to Anti-Asian hate crimes increasing nearly 339%³ in 2021, AA face structural racism.

As a result, many Asians are afraid to report, or do not trust they will be taken seriously if they report abuse.

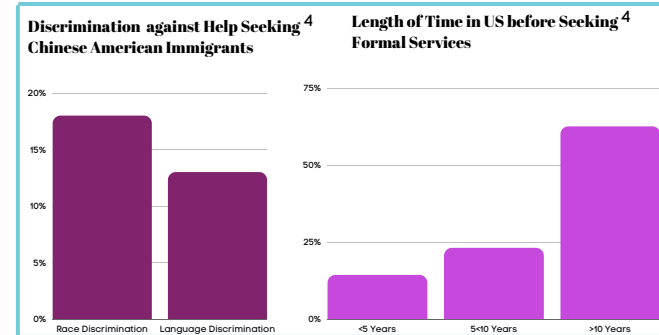
Asian women face additional risk due to fetishization and hyper-sexualization.



Immigration

About 66% of Asian Americans are foreign born, and about 30% are not fluent in English. Even when resources are available, accessing them can be difficult. This makes immigrant survivors vulnerable to abusive situations due to language barriers, immigration status, or lack of financial stability.

Immigrants can face bias when attempting to access help.⁴ This lack of trust can push them to turn to informal resources like friends and family... or convince them to not seek help at all.



Self Sacrifice/ Perseverance

Many Asian American families show love through actions or material items, not affection. Many immigrant families guilt children with reminders of their sacrifice. They push them to be successful to the point where they control important decisions. They often belittle and insult them for specific career choices. Many Asian American youth struggle with feelings of "not being good enough" or "being a failure".

"When I told my parents I was going to be a stay at home mom, they called me a failure. They said: We did not come to this country for you to stay home and be lazy..."

References

1. Rhee, Siyon. "Child Maltreatment Among Immigrant Chinese Families: Characteristics and Patterns of Placement." CHILD MALTREATMENT, vol. 13, no. 3, 2008, <https://doi.org/10.1177/1077559507313461>.
2. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander>
3. <https://www.nbcnews.com/news/asian-america/anti-asian-hate-crimes-increased-339-percent-nationwide-last-year-repo-rcna14282>
4. Spencer, Michael. "Effect of Discrimination on Mental Health Service Utilization Among Chinese Americans." American Journal of Public Health, vol. 94, no. 5, May 2004.
5. <https://www.api-gbv.org/resources/census-data-api-identities/>