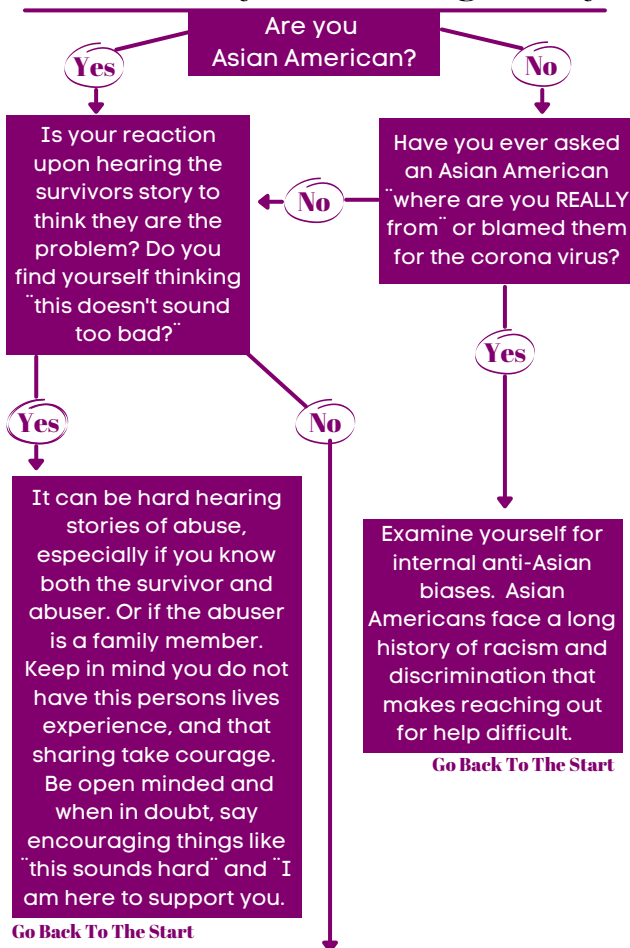


## Your Journey to Becoming an Ally



## About The Emotional Abuse Discussion

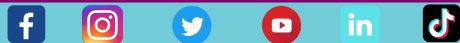
The Emotional Abuse Discussion (TEAD) is a Redmond, WA based non profit. We are women run, and majority women of color. Our mission is to boldly discuss the progression of emotional abuse into other forms of trauma, with a specialization in marginalized communities and survivors of color.

"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](http://www.teamtead.org)



Our Podcast: The Domestic Violence Discussion



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# Team TEAD Asian American Allyship Toolkit

For those wishing to help Asian American survivors of emotional abuse and domestic violence.

This toolkit explains ally ship through an intersectional lens by relating unique barriers faced by Asian American survivors, relevant cultural background, and prevalent racism against Asian Americans.



## Unique Barriers to Asian American Survivors

To be Asian in this country is to feel minimized, erased, and ignored. You feel like you don't belong anywhere. You're too white for other Asians, and too Exotic for Americans.

Asian American survivors can be shamed, minimized, silenced by multiple factors. Society labels them "model minority" and denies the daily racism they face. Culturally, many Asian American survivors are more afraid of people finding out about the abuse and the judgement they could face.

Be extra careful not to use minimizing language. Anything that implies the Survivor is "exaggerating" will play into societal and cultural barriers.

### If You Suspect There Is Abuse

Check in! Ask "all good?". Point out behavior and examples you feel are problematic. Let them know you are there to support them no matter what.

### If A Survivor Confides in You

Let them know you support them, and that they do not deserve to be treated this way. Offer to help them do research or work through options.

Remember to look at the abuse within the framework of a person's culture, not from your own personal framework

## For non Asian American Allies

Asian American family dynamics are different than western ones. This includes how they show affection, how they discipline, and how they view responsibilities and roles within the family structure.

You may be confused about how these work, or why your Asian friend says "Well its because they



are Asian". Just remember, they are the authority on their situation. Try not to judge and be patient and understanding if they reject suggestions because they wont work for them.

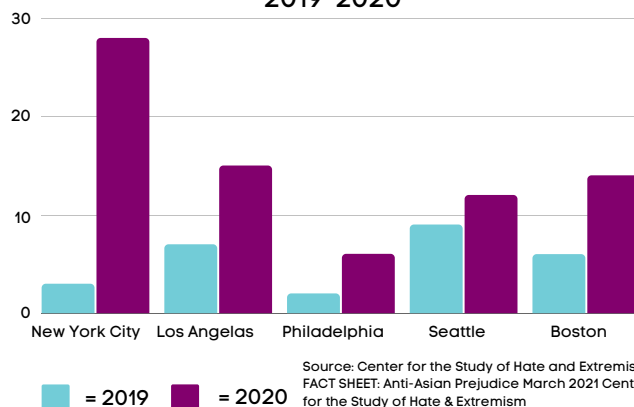
Structural racism is also a unique barrier for Asian survivors, and makes it difficult for Asian survivors to ask for help. Examine yourself for anti-Asian biases. Address racism when you encounter it. Respect any boundaries a survivor has even when you disagree.

If a survivor tell you about anti-Asian biases others, or you, have, actively listen and keep an open mind. Be prepared to do research and self reflection.

### Have You Ever?

- Called COVID a "China Virus"?
- Asked "What are you?" or "Where are you really from?"
- Assumed Asians do not experience racism?

Anti-Asian Hate Crimes Reported to Police 2019-2020



## For Asian American Allies

### When in doubt, VALIDATE

Validation a survivor when they ask for help or share their story. Support them sharing and reaffirm that they do not deserve to be abused. Assure them that this does not make them "weak" or "shameful".

Validate positive attributes to help a survivor build self esteem, confidence, and sense of self. Respect their boundaries.

It can be difficult to hear about abuse.

Especially when you know both the survivor and the abuser. Or if the abuser is a family member.

It can feel "easier" to say "well that is how they are" or "that does not sound that bad".



Many Asian survivors have normalized abuse, especially if it comes from family. Many are shameful and fearful of other finding out.

Survivors are the authority on their situation. At the end of the day, it is their lived experience.

When an Asian survivor reaches out, validate their experiences and pain as real.

Assure them that you support them and respect their boundaries and choices.