



## SERVICES

- Crisis Line
- Safe Home & Transitional Housing
- Legal & Medical Advocacy
- Case Management
- Counseling
- Supervised Child Visitation and Safe Exchange
- Transitional Housing
- Community Education & Professional Training
- Systems and Policy Advocacy

*Together We Can End Abuse*

*Apna Ghar February 2024 Youth Leaders Workshop*

ApnaGhar.org

# Overview of Workshop

- **What is Apna Ghar?**
- **Value Voting (5 minutes)**
- **Healthy and Unhealthy Relationships (10 minutes)**
- **Positive Action You Can Take Brainstorm and Report Back (20 minutes):**
  - **Name at least three couples in popular culture (TV, movies, social media) who have healthy relationships. Describe what's healthy**
  - **Name at least three couples in popular culture (TV, movies, social media) who have unhealthy relationships. Describe what's unhealthy**
  - **Student in unhealthy relationship and won't go to parents for help. What resources can you give them?**
  - **How can Peer Helpers promote healthy relationships and hold folks accountable for unhealthy behaviors and norms?**

# About Us: What Apna Ghar Is

Five women started Apna Ghar in 1989 because they were hearing more and more about immigrant domestic violence survivors needing culturally and linguistically accessible services to help them



# Apna Ghar Helps to Empower, Engage, and Elevate

**We provide services and information for survivors to empower themselves to work towards their goals for safety, security, and healing. Services include:**

- **24-Hour Hotline**
- **Safe Home and Transitional Housing for Domestic Violence Survivors**
- **Advocacy and Case Management to Inform Survivors About Their Rights and to Help Them Access Any Medical, Legal, and Social Services They Need**
- **Supervised Child Visitation**
- **Counseling**



# Apna Ghar Works to Empower, Engage, and Elevate

**Community Education:** Engage community agencies, schools, and congregations to increase their awareness and help them refer and support survivors.

**Professional Trainings** For education, healthcare, legal, human services, and criminal justice professionals to learn how to support survivors effectively.



# About Us: What Apna Ghar Is

Because there are so many systemic barriers (lack of multilingual first responders, limited housing options for survivors, income disparity and punitive immigration laws) we **elevate** the issues of how we need to make systemic change to remove the barriers to safety security and healing

“We envision an end to gender-based violence, and ending gun violence is an integral part of that vision.”

Neha Gill  
Executive Director of Apna Ghar



Vote With Your Feet or Wheels:  
Move to the Okay or Not Okay side of the space  
to indicate your answer

← *Okay*      *or*      *Not Okay* →

*Your intimate partner asks for your passwords so they can look at all of the emails and texts you've received and sent*

Clues that stalking apps might be on your phone:

				
Abuser has physical access to your phone	Abuser knows specific info about you	Phone's battery drains faster	Unexplained charges on bill	Trouble turning off phone



Vote With Your Feet or Wheels:  
Move to the Okay or Not Okay side of the space  
to indicate your answer

← Okay or Not Okay →

*It's okay if your partner expects you to spend all your time with them.*



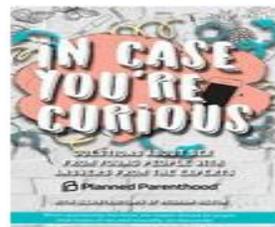
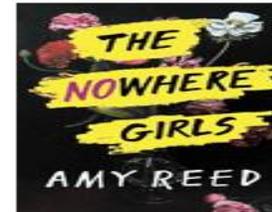
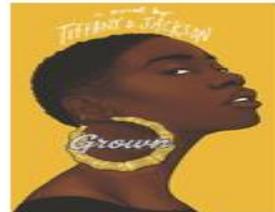
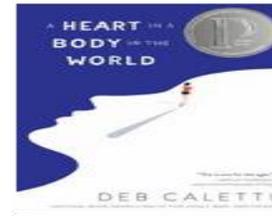
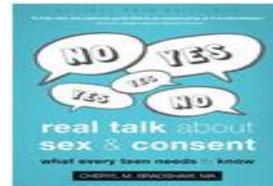
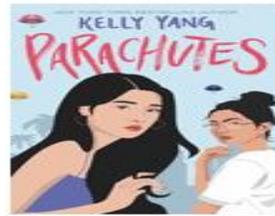
Vote With Your Feet or Wheels:  
Move to the Okay or Not Okay side of the space  
to indicate your answer



**Agree** or **Disagree**



***Agree or Disagree: They keep asking and you keep saying no and then you finally give up and say yes to sex. Is that consent?***



Vote With Your Feet or Wheels:  
Move to the Okay or Not Okay side of the space  
to indicate your answer

*Okay*                      *or*                      *Not Okay*



When a stranger at a bus stop compliments a woman saying she looks good, she should talk to him even if he's a stranger



Vote With Your Feet or Wheels:  
Move to the Okay or Not Okay side of the space  
to indicate your answer

*Okay*

*or*

*Not Okay*



Someone is following and harassing you and your friends. You go into a store for help and safety, the store employees say they can't help you



# *Review of Basics*

## *Definitions*

*Romantic Relationship You Admire*

*What a Healthy Relationship Looks Like*

*What an Unhealthy Relationship Looks Like*

# What is Gender-Based Violence?

## **Gender-Based Violence**

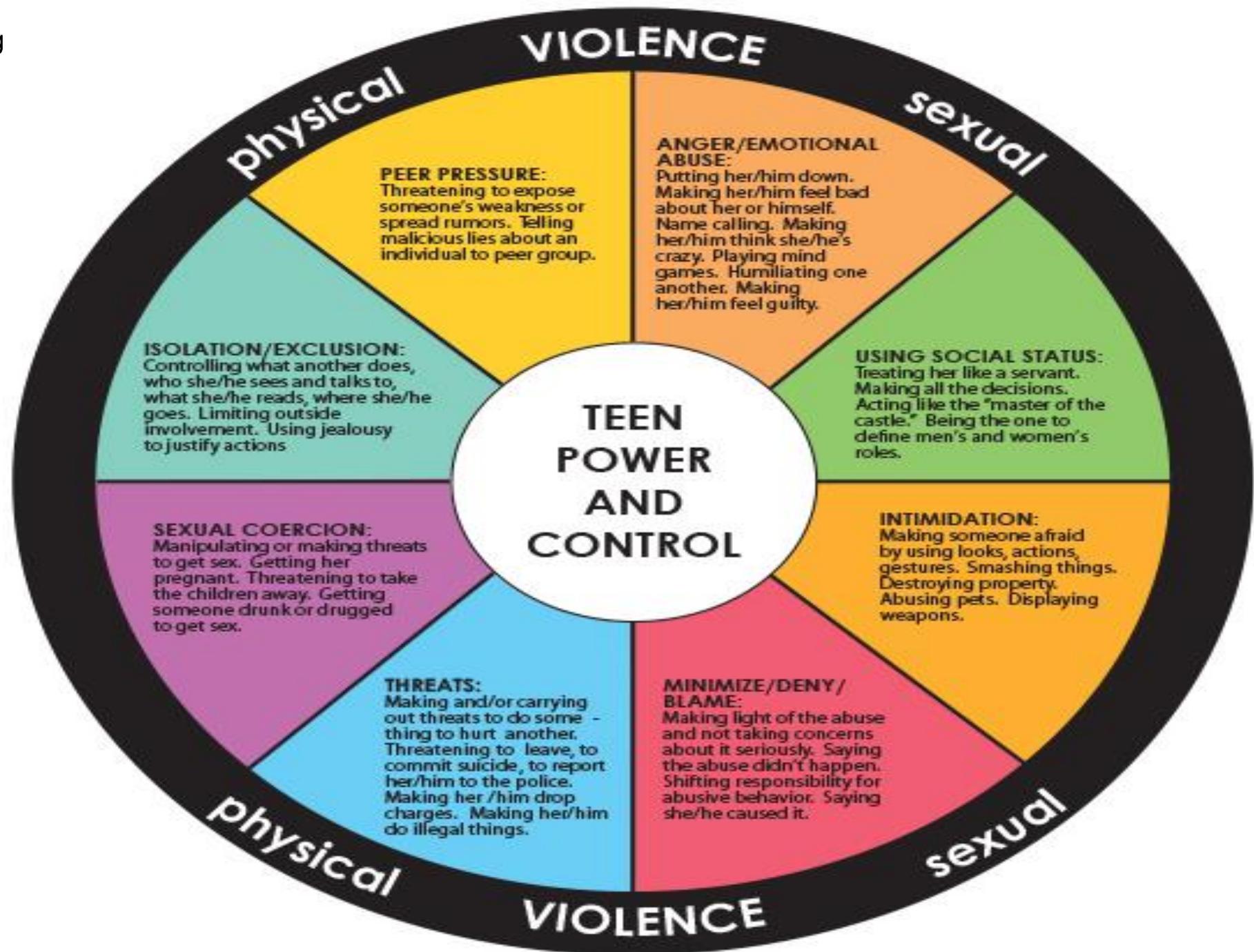
# Definitions

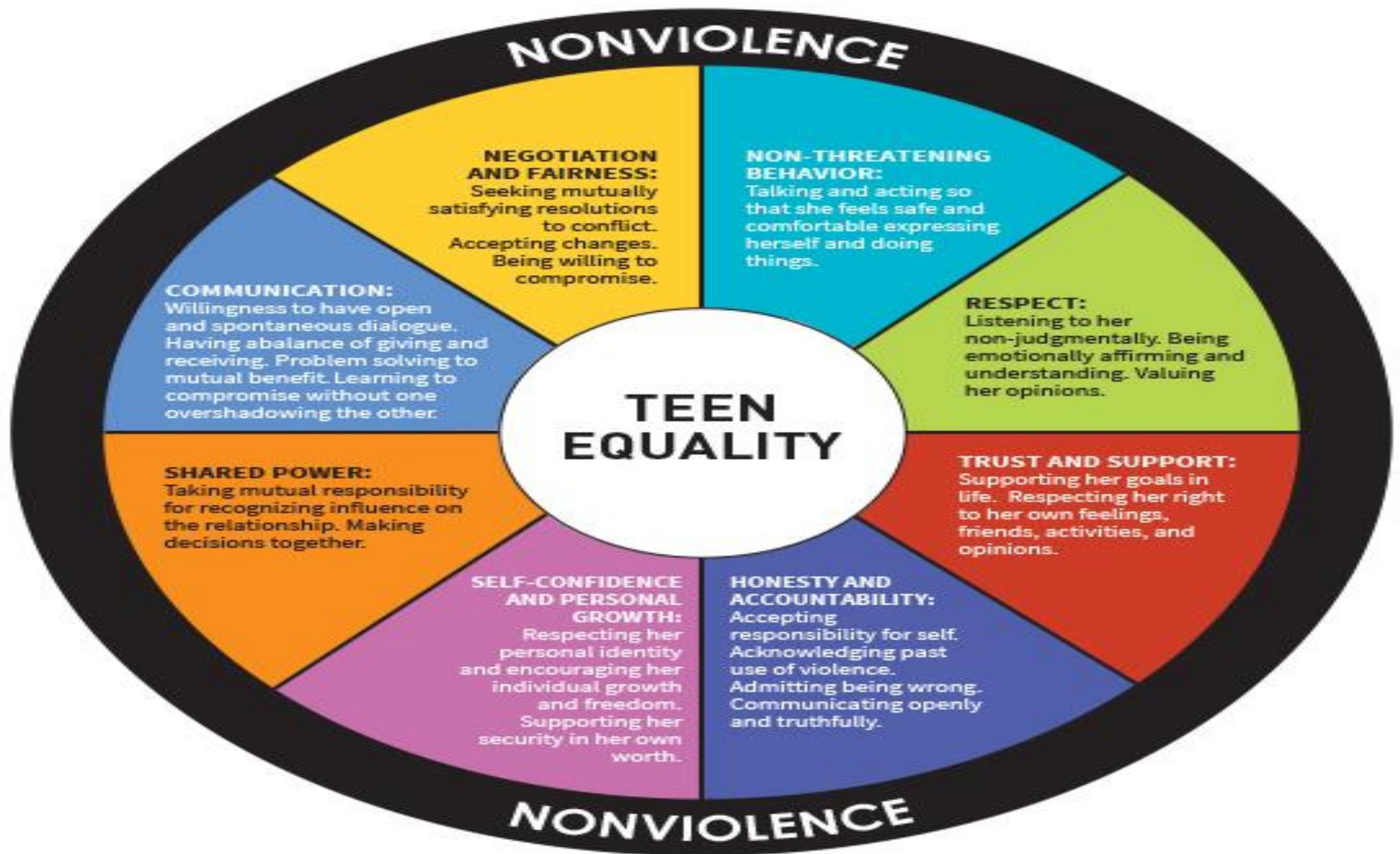
**Gender-Based Violence** refers to the various **types of harm that a person chooses to inflict on another** that are **rooted in gender socialization** (also involve other types of oppression.) These types of harm include:

- Sexual abuse
- Sexual assault
- Sexual harassment
- Teen dating violence or unhealthy youth intimate relationships
- Domestic Violence
- Homophobic or Transphobic Hate Crimes
- Sex Trafficking

Name a relationship you admire.  
What does it look like if two people have a good relationship?







# Healthy Relationships

- **Respect** – Are you accepted you for who you are.
- **Safety** – Do you feel safe emotionally and physically?
- **Support** – Do your friends care for you and want what is best for you?
- **Individuality** – Do you pretend to like something you don't or be someone you aren't?
- **Fairness and Equality** – Do you have an equal say in your relationships?
- **Acceptance** – In your relationships, do your friends or girlfriend/boyfriend accept you for who you really are? **Honesty and Trust** – Are you always honest? **Honesty builds trust. You can't have a healthy relationship without trust!**
- **Communication** – Do you talk face to face (not just text) about your feelings? **Listen to one another and hear each other out.**

# Public Gender-Based Violence Sexual Harassment Harvard School of Education national survey of 18- to 25-year-olds

- 87 percent of respondents reported they had been the victim of at least one form of sexual harassment.
- This harassment included:
  - being catcalled (55 percent)
  - touched without permission by a stranger (41 percent)
  - insulted with sexualized words by a man (47 percent) or by a woman (42 percent)
  - a stranger said something sexual to them (52 percent)
  - a stranger tell them they were “hot” (61 percent).

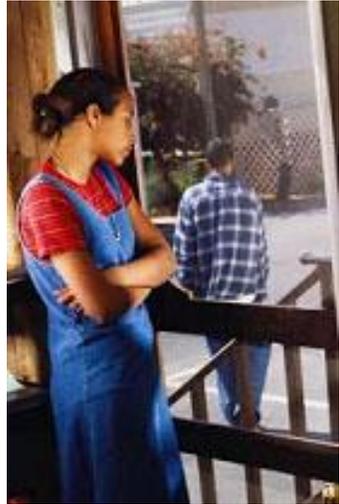
<https://mcc.gse.harvard.edu/reports/the-talk>

# Unhealthy Relationships

- **Control.** One partner makes all the decisions and tells the other what to do,
- **Dishonesty.** One partner lies to or keeps information from the other.
- **Physical Abuse.** One partner uses force to get their way (for example, hitting, slapping, grabbing, shoving).
- **Disrespect.** One partner makes fun of the opinions and interests of the other partner. They may destroy something that belongs to the other partner.
  - **Intimidation.** One partner threatens violence or a break-up.
- **Sexual Abuse.** One partner pressures or forces the other into sexual activity against their will or without consent.
- **Dependence.** One partner feels that they “can’t live without” the other. They may threaten to do something drastic if the relationship ends.
- **Hostility.** One partner may “walk on eggshells” to avoid upsetting the other. Teasing is mean-spirited.

## What are the signs that I am in an abusive or unhealthy relationship?

- gets angry when you talk or hang out with other friends or other dating partners
- bosses you around
- often gets in fights with other people or loses their temper
- pressures you to have sex or to do something sexual that you don't want to do
- uses drugs and alcohol, and tries to pressure you into doing the same thing
- swears at you or uses mean language
- blames you for his or her problems or tells you that it is your fault that they hurt you
- insults or tries to embarrass you in front of other people
- has physically hurt you
- makes you feel scared of their reactions to things
- always wants to know where you are going and who you are with



## *Why Do People Abuse? Why Do People Sexually Harass?*

- We need to start asking “***Why Do People Abuse?***” instead of asking “Why do they stay with someone who is abusing them?”
- We need to start asking “***Why do some people choose to sexually harass people in public, in school, at work, or in community settings?***” instead of saying “Oh, boys will be boys and men will be men...just ignore it or flip them off.”

## Dominant Culture Has Created and Enforced The Man Box and the Woman Box

**The Dominant Culture Has Created the Man Box & the Woman Box.** We get punished when we dress or behave or say things that are not within the narrow confines of the Man Box or Woman Box. These strict confines include expectations of ***How to Behave in an Intimate Relationship and How to Be a Boy/Man or a Girl/Woman.***

*What are the messages that you receive on how you should or should not behave with someone you are involved with? From childhood and on through adult life, what do our families, peers, communities, media, etc. say and do that have an influence on our behaviors and choices?*

# What Have Young People in Chicago Done About Street Harassment?

Summer of **2003**, members of the Rogers Park Young Women's Action Team in Chicago [surveyed](#) 168 neighborhood girls and young women (most of whom were African American or Latina) ages 10 to 19 about street harassment

interviewed 34 more in focus groups.

Published their findings in a report titled "Hey Cutie, Can I Get Your Digits?"

Of their respondents, 86 percent had been catcalled on the street, 36 percent said men harassed them daily, and 60 percent said they felt unsafe walking in their neighborhoods.

# What Have Young People Done About Street Harassment?

## Some formed Hollaback that then became Right to Be

- Right To Be became a nonprofit in 2010 under the name Hollaback!. What began as a simple idea – a blog to collect stories of street harassment – became part of an international movement. We kept documenting stories, but we began to do more.
- We created Bystander Intervention Trainings to teach people how to stop harassment, with a set of simple and safe tactics we call the 5Ds.
- We also built more platforms to offer support. For example, on our HeartMob platform, people facing online harassment can ask for exactly the kind of support they need, and get it when they need it, from vetted bystanders with the tools and resources to help.
- As our work expanded, so did our mission. Right To Be grew from addressing public street harassment... to ending harassment in all its forms.

<https://righttobe.org/who-we-are/>



# KEY MOMENTS IN OUR HISTORY...

## 2005

Thao Nguyen's Powerful Story Propels Right To Be's Launch.

## 2015

Right To Be Conducts the Largest International Study on Street Harassment, with Cornell University and global activists.

## 2020

#BlackLivesMatter Movement Makes Waves; Right To Be helps communities take action by launching free Bystander Intervention Training to Stop Police-Sponsored and Anti-Black Racist Harassment.

## 2021

Right To Be Trains Over 120,000 During COVID-19 Pandemic. Right To Be meets the moment by creating more free, virtual trainings to address growing Anti-Asian public harassment.



# Our Music, My Body

**OUR MUSIC MY BODY** began as a collaborative campaign by Between Friends and Resilience to raise awareness about sexual harassment in the music scene.



## Action Planning -- This is What We Can Do: Brainstorming Solutions and Recommendations

- **Positive Action You Can Take Brainstorm and Report Back (20 minutes):**
  - Name at least three couples in popular culture (TV, movies, social media) who have healthy relationships. Describe what's healthy
  - Name at least three couples in popular culture (TV, movies, social media) who have unhealthy relationships. Describe what's unhealthy
  - Student in unhealthy relationship and won't go to parents for help. What resources can you give them?
  - How can Peer Helpers promote healthy relationships and hold folks accountable for unhealthy behaviors and norms?

# Resources

- [1 in 10: Learning to Recognize Signs of Teen Dating Violence | ResponseCenter \(jcfs.org\)](#)
- <https://safebae.org/> Start a chapter! Watch their video on people who request nudes
- [Apna Ghar 24-Hour Hotline 773-883-4663 help@apnaghar.org Free and Confidential](https://www.apnaghar.org)
- [Love is Respect: www.loveisrespect.org](http://www.loveisrespect.org) The ultimate resource to empower youth to prevent and end dating abuse. It is a project of the National **Domestic Violence** Hotline.
- [Between Friends](#): Chicago organization with programs focusing on teens and young adults
- [HEART @hearttogrow](http://hearttogrow.org) promotes sexual health, uproots gendered violence, and advances reproductive justice by establishing choice and access for the most impacted Muslims

# Resources

- **A Safe Place**: Domestic Violence free & confidential help  
**800-600-7233(SAFE)** [info@asafeplaceforhrp.org](mailto:info@asafeplaceforhrp.org)
- **Zacharias Center**: (847) 872-7799 Organization in Skokie offering counseling and advocacy for survivors of sexual abuse and sexual assault.
- **LGBTQIA+ Dating Abuse**
- **Stop Street Harassment/**
- **Right to Be** originally called Hollaback! Has developed bystander intervention trainings and has a blog for people to speak out
- **Our Music, My Body**
- **Muslim Healthy Relationship Card**: Download free



1



2



# You can reduce the risk of date rape and/or harassment.

People are often raped and/or harassed by someone they know, an acquaintance offender. It is not only strangers that you should watch out for.

10/20

**24/7 Crisis Care Program**  
3002 Grand Ave, Waukegan, IL  
(847) 377-8088

## Community Health Centers

**For appointments, call our Patient Access Center:**  
(847) 377-8800

Belvidere Medical Building\*  
2400 Belvidere Rd, Waukegan, IL

Grand Avenue Health Center  
3010 Grand Ave, Waukegan, IL

Libertyville Health Center  
18698 West Peterson Rd, Libertyville, IL

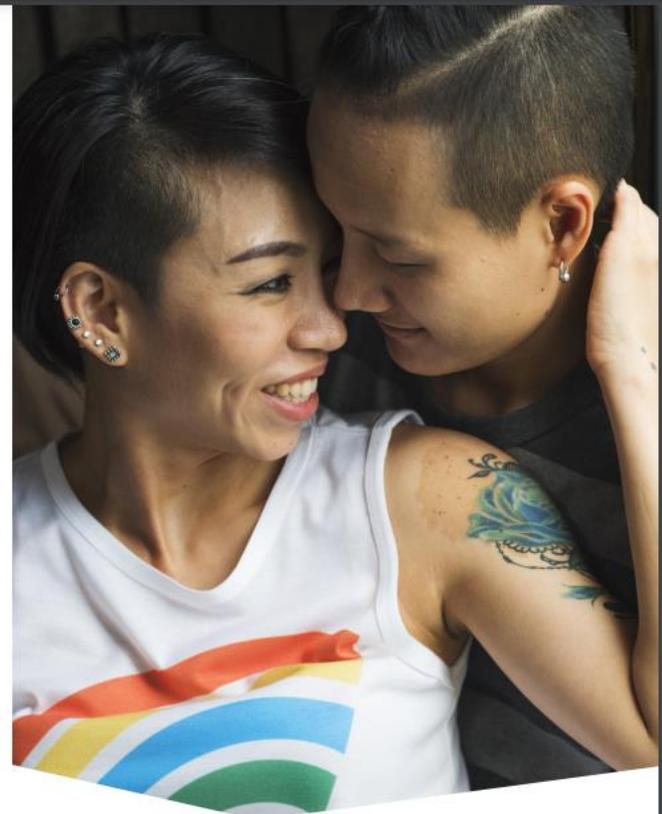
Midlakes Health Center\*  
224 Clarendon Rd, Round Lake Beach, IL

North Chicago Health Center\*  
2215 14th St, North Chicago, IL

North Shore Health Center  
1840 Green Bay Rd, Highland Park, IL

Zion Health Center\*  
1911 27th St, Zion, IL

Round Lake Area Student Health and Wellness Center\* (located inside Round Lake High School)  
800 North High School Dr, Round Lake, IL  
Appointments: (847) 257-1200



## Safe Relationships

# Video Resources

- *Loveisrespect.org*
- <http://www.besmartbewell.com/domestic-violence/teen-dating-abuse-quiz.htm>
- *http://www.cdc.gov/cdctv/breakthesilence/*

## Contact Us:

**CRISIS LINE:** 800-717-0757 or 773-334-4663

**Email:** [help@apnaghar.org](mailto:help@apnaghar.org)

**Main Office:** 773 883 HOME (4663)

4350 N. Broadway, 2<sup>nd</sup> Floor, Chicago, IL 60613

**Counselor at Swedish Hospital:** [ssteinbach@apnaghar.org](mailto:ssteinbach@apnaghar.org)



# Illinois DV Hotline: Coordinated by The Network and Chicago DFSS

- 1-877-TO END DV or **1-877-863-6338** (Voice)
- 1-877-863-6339 (TTY)
- The hotline is toll free, confidential, multilingual, and open 24-hour.
- Referral to 24-hour crisis hotline that provides:  
Support; Information; and Referral



## More Work for Peer Helpers – This is What We Can Do: Brainstorming Solutions and Recommendations

Small groups: what can people do in everyday life to be an “Upstander,” to promote healthy relationships and/or safely step up when you see abusive behavior? Upstanders help to make others feel safe and help to get the message across that abuse is NOT ok. How can members of the following groups be Upstanders?

- 1. Friends:** *What can you say or do to encourage your friends to expect and practice respect and equality in their relationships?*
- 2. School Administrators:** *What do teachers, coaches, security guards, cafeteria personnel, custodians, administrators, other staff, and the School Board need to do in order to promote healthy relationships and to hold accountable school members (students and adults) who are being abusive?*
- 3. Parents and Other Family Members:** *How can parents and guardians promote respectful behavior? What can you say or do to encourage your younger family members to have healthy relationships and be supportive of survivors?*
- 4. Community Members** (Businesses, alderman, neighborhood groups, congregations, agencies, police/sheriff): *How can government and other community leaders promote healthy relationships in the services they provide, the policies they create, etc.?*

**More Work for Peer Helpers – *Whole Group Discussion on Circles of Influence***  
**What Are Your Circles of Influence? How Do They Influence You?**  
**What Can You Do in Your Circles to Promote Healthy Gender Behaviors and Norms?**  
 (to be done another time – not enough time now)

<b>My Circles</b>	<b>How Do They Influence How I Think About Relationships and How I Act?</b>	<b>How I Can Promote Healthy Behaviors in These Circles of Influence?</b>
<b>Family</b>		
<b>Friends</b>		
<b>Community</b> (Neighbors, Businesses I Use)		
<b>Institutions</b> I Belong To (Congregation, Workplace, School)		
<b>Laws and Policies</b>		

**More Work for Peer Helpers – Answer the Following Question:**  
***Why Do People Choose to Be Abusive?***  
**Exploring Root Causes of Gender-Based Violence**

?

# Why Do People Choose to Be Abusive? Exploring Root Causes of Gender-Based Violence:

## One Root Cause is Gender Socialization

We See Gender as Fluid, But the Dominant Culture Has Enforced A Strict Binary of Just Female and Male, With

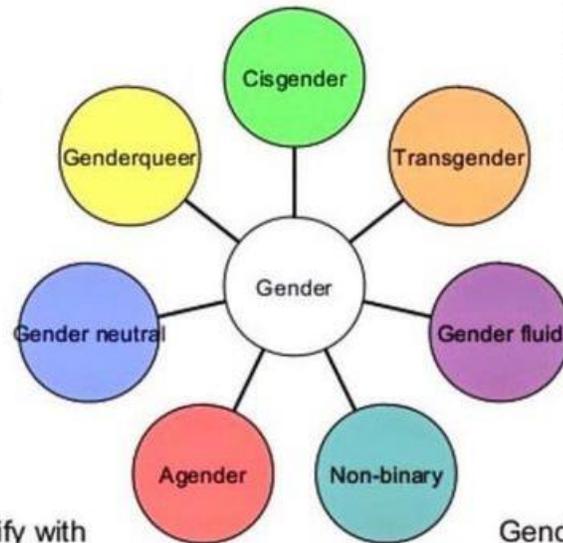
Rigid Ideas of What Is Acceptable for Males and What is Acceptable for Females

### Gender terms

Gender identity, gender expression and sex match up

Umbrella term to describe non-normative genders like agender/gender fluid etc

Identities not easily categorized as masculine or feminine. Often a blend of the two.



Umbrella term-where sex, gender expression and gender identity do not match up

Gender identity changes or fluctuates

Do not identify with a gender

Gender outside the male/female binary

