



- Crisis Line
- Emergency Shelter
- Legal & Medical Advocacy
- Case Management
- Counseling
- Supervised Child Visitation and Safe Exchange
- Transitional Housing
- Training & Advocacy

South Asian Students:

Domestic Violence in South Asian Communities

Together We Can End Domestic Violence

ApnaGhar.org

Self Care – This Can Be Difficult

This information is troubling and frequently stirs up a lot of emotions in all of us.

If you need to step away and take a moment to re-group, please do so.

Ask for support if you need it.

Overview of Today's Discussion

- 1. Identifying the messages we have received about intimacy**
- 2. Comparing what our families and our peers say about intimacy**
- 3. Clarifying our values around gender and intimacy**
- 4. Reviewing what the research is telling us about college students and intimacy for students from immigrant families**
- 5. Distinguishing between what is healthy and what is unhealthy in relationships**
- 6. Identifying available resources for someone who is or has been in an unhealthy relationship**

What relationships do we admire from characters
in movies, television, or
celebrities/politicians/sports figures?

?



Let's Define Intimacy

When two or more people engage in sharing of space, personal information/images, bodily contact, and any type of physical, verbal, or digital sexual behavior.



Chat Question:
What has your family said
about how a man should
behave in a relationship?



Chat Question:
What has your family said about
how a woman should behave in a
relationship?



Chat Question:

What were the ideals that friends and peers promoted for how women should behave in relationships?



What messages have you gotten from friends and peers about how men should behave in relationships?

Think about your friends and peers. Since you were first talking to each other about girls/boys and women/men, you got messages about what is ideal or celebrated and what is punished/laughed at. Maybe you heard them commenting on real people, celebrities, or characters in movies, books, comics, and television.



Chat Question

What are the major differences between your family's gender norms and your peers'/society's dating/relationship norms?

What does the research tell us about dating among 1st, 2nd, & 3rd generation immigrant college students?

Research on Immigrant Families and Dating

Youth's dating experiences are influenced by their gender, their birth order, and their family's acculturation. Second generation immigrants generally seek bicultural partners like themselves

Dating and Mate Selection Among Young Adults from Immigrant Families [Nesteruk](#) & [Gramescu](#), *Marriage & Family Review* 2012





A sample of ethnically diverse young adults ($N = 628$; Asian, Latino, and European background) reported on self and parent attitudes toward dating outside of one's own culture, own current dating status, and disapproval and conflict with parents over current and past dating status. Analyses revealed three key findings.

1. Intercultural relationships were evenly distributed across ethnic and immigrant generation groups.
2. Participants of Asian background perceived greater attitudinal discrepancies with their parents toward intercultural dating than did participants of Latino and European background and were more likely to report intercultural dating conflict with their parents than Latino participants.
3. First-generation and second-generation participants were more likely to report intercultural dating **conflict with parents** than third-generation participants.

<https://journals.sagepub.com/doi/10.1177/0265407516640387> "Dating out is intercultural: Experience and perceived parent disapproval by ethnicity and immigrant generation," [Shenhav](#), [Campos](#), & [Goldberg](#) *Journal of Social and Personal Relationships*, 2017

Poll: **What are your values around intimacy & gender?**
On a scale of 1 to 5,
1= Very Comfortable and 5=Very Uncomfortable

How comfortable would you be if your best friend said their intimate partner wants their email and Insta password?



Poll: **What are your values around intimacy & gender?**
On a scale of 1 to 5,
1= Very Concerned and 5=Not At All Concerned,

How concerned would you be if a friend telling you that their partner really wanted to have sex the other night but your friend didn't want to. Their partner kept insisting so your friend ended up saying "OK"



Poll: **What are your values around intimacy & gender?**
On a scale of 1 to 5,
1= Very Concerned and 5=Not At All Concerned



How concerned would you be if your roommate's partner made them change their outfit before they went out because their partner thought your roommate's clothes were too tight and they didn't want other people getting thirsty looking at them?

Poll: **What are your values around intimacy & gender?**
On a scale of 1 to 5,
1= Very Concerned 5=Very Unconcerned

How concerned would you be if you are in a study group and, every time you meet, one of the group member's partner keeps texting to find out if they're done yet and you find out that they text this group member about 20-40 times a day to check on where they are and who they're talking to?



Poll: **What are your values around intimacy & gender?**
On a scale of 1 to 5,
1= Very Concerned and 5=Not At All Concerned,

How concerned would you be if your Ex started texting all the time, commenting about you on your friends' Insta accounts about you and how much they miss you, and asks their friends who are in class with you to keep an eye on you and who you talk to. You let your Ex know you don't want to get back together but they keep texting and trying to FaceTime?



Chat Question:

What Do We Know About Abuse?

➤ What is dating abuse/gender-based violence?

Chat Question:

What Do We Know About Abuse?

- What are the signs that someone might be abusive?

Chat Question:

What Do We Know About Abuse?

- What can you do if you are feeling threatened by someone you're with now or someone you used to be with?

Chat Question:

What Do We Know About Abuse?

- How do you help someone in an abusive relationship?

Abuse in Relationships Among University Students

- Nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors.
- College students are not equipped to deal with dating abuse – 57% say it is difficult to identify and 58% say they don't know how to help someone who's experiencing it.
- One in three (36%) dating college students has given a dating partner their computer, email or social network passwords and these students are more likely to experience digital dating abuse.
- One in six (16%) college women has been sexually abused in a dating relationship.
- Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.
- Being physically or sexually abused makes teen girls six times more likely to become pregnant and twice as likely to get a STD.¹³
- Of youth who have been victims of both dating violence and rape, 50% attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.

https://www.loveisrespect.org/pdf/Dating_Abuse_Statistics.pdf

Violent and Abusive Dating Behaviors Reported By College Students

- **Controlling Behaviors:** Told me where to live either on or off campus, Tried to prevent me from spending time with my family or friends, Told me how to dress, Prevented me from going to study groups, Threatened to spread rumors if I didn't do what he/she wanted, Bought me anything that I needed as a way to control me, Prevented me from participating in sports or other extracurricular activities, Told me what classes to take at college
- **Physical Abuse:** Hurt (hit, slapped, choked, punched, kicked) me when angry, Made me fear for my safety, Threatened to hurt me if we were to break up Threatened to hurt (hit, slap, choke, punch, kick) me when
- **Abuse via Technology** Called and texted my cell phone to check up on me more than 50 times per day, Shared or threatened to share private or embarrassing pictures or videos of me
- **Sexual Abuse** Pressured me into having sex (going all the way) when I didn't want to
- **Forced Substance Use:** Pressured me into drinking/doing drugs when I didn't want to
- **Verbal Abuse:** Threatened to kill himself/herself if I stopped seeing him/her

[http://www.loveisrespect.org/pdf/College Dating And Abuse Final Study.pdf](http://www.loveisrespect.org/pdf/College_Dating_And_Abuse_Final_Study.pdf): 2011
College Dating Violence and Abuse Poll

Men Survive Dating Violence & Sexual Assault Too

The screenshot shows a web browser window displaying a Huffington Post article. The browser's address bar shows the URL: https://www.huffingtonpost.com/2015/01/27/male-victims-sexual-assault_n_6535730.html?ncid=fbklnkushpmg00000052. The page features the Huffington Post logo at the top, with social media icons for Facebook, Twitter, and Instagram. The article is categorized under 'COLLEGE' and has a headline: 'Male Victims Of Campus Sexual Assault Speak Out 'We're Up Against A System That's Not Designed To Help Us''. The author is listed as 'By Emily Kasse' and the article was published on '01/27/2015 07:33 am ET | Updated Dec 06, 2017'. A video player is embedded in the article, with the title 'Andrew's Story a campus case of sexual assault' and a 'Click to play full video' prompt. To the right of the video player, there is a 'RELATED' section with three article thumbnails. The Windows taskbar at the bottom shows the search bar, task view button, and several open applications including File Explorer, Edge, and various PDF files. The system tray on the right shows the date and time as '11:11 AM 10/31/2018'.

5k

COLLEGE

Male Victims Of Campus Sexual Assault Speak Out 'We're Up Against A System That's Not Designed To Help Us'

By Emily Kasse

01/27/2015 07:33 am ET | Updated Dec 06, 2017

Click to play full video

RELATED

Brown University Sexual Assault Survivor Shares His Story

Sexual assault survivor shares story to save others

Edin, Thibault

Andrew's Story
a campus case of sexual assault

Man poster men in...jpg

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Dating_Abuse_Stat...pdf

Engaging-Asian-M...pdf

Chinese Women ra...jpg

Show all

Type here to search

11:11 AM 10/31/2018

Dating Abuse/Intimate Partner Violence

Types of ABUSE

Abuse comes in many forms.



Emotional/Verbal abuse
Non-physical behaviors such as threats, insults, screaming, constant monitoring, or isolation.



Financial abuse
Exerting power and control over a partner through their finances, such as taking or withholding money from a partner, or prohibiting a partner from earning



Stalking
Being repeatedly watched, followed, monitored or harassed. Occurs online or in person, & can include giving unwanted gifts.



Physical abuse
Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.

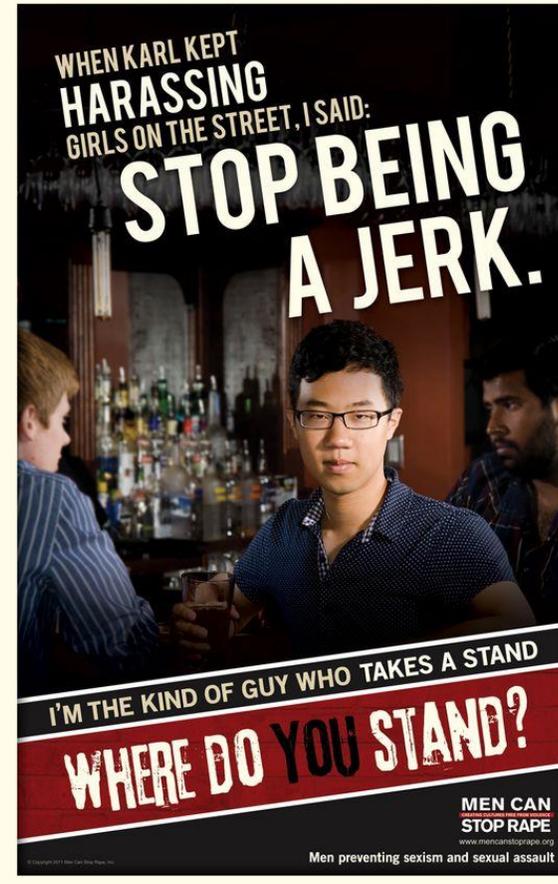


Sexual abuse
Any sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault (rape), & tampering with contraceptives



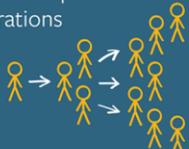
Digital abuse
Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking, etc. .

Many men are stepping up to prevent domestic violence and sexual harassment



Everyone deserves a safe and caring relationship

Intimate partner violence is verbal, emotional, sexual or physical abuse of one partner by another. It happens when one person in a relationship uses force, intimidation and coercion to make the other person do something. Nobody deserves to be harmed by another. Let's work together to better understand intimate partner violence, and what we can do to help those who are impacted.

<h2>WARNING SIGNS ABOUT INTIMATE PARTNER VIOLENCE</h2>	<p>Isolation Fear</p> <p>A history of abusive behavior</p> <p>The abuse escalates</p>	<h2>HEALTH EFFECTS</h2> <p>Research has demonstrated a strong relationship between abuse and neglect and negative health and well-being outcomes across one's lifetime.</p>	<h2>RESOURCES</h2> <ul style="list-style-type: none"> • Social Services - Individual confidential, compassionate counseling for victims of violence. • Sexual Assault Survivor Groups - Supportive and confidential space to process the multiple ways violence can affect one life, regain wellbeing and a sense of personal power. • PATH to Care Center - Confidential, urgent campus support for sexual violence, dating/domestic violence, stalking. (510) 643-2005 • Intimate Partner Violence Coalition at Cal - Student peer-led support and crisis resource. • Bears that Care - Active bystander initiative to recognize and intervene in harmful or potentially violent situations. • Employee Assistance - Free, confidential counseling and referrals for UC Berkeley faculty and staff. • Prevention, Response, and Support - survivorsupport.berkeley.edu • Alameda County Family Justice Center - One-stop center for individuals and families experiencing domestic violence, stalking, sexual assault and exploitation, child abuse, child abduction, elder and dependent adult abuse, and human trafficking. (510) 267-8800 • National Domestic Violence Hotline: (800) 799-7233 • National Coalition Against Domestic Violence - ncadv.org
<h2>MYTHS ABOUT INTIMATE PARTNER VIOLENCE</h2>	<p>Common myths:</p> <ul style="list-style-type: none"> · Partner violence is rare · Abusers are mentally ill · Violence is caused by substance misuse · The victim would leave if they really wanted to · Abuse is more prevalent in the LGBTQ community · If the victim didn't provoke the abuser, the abuse would stop · Experiencing abuse as a child is the cause of the behavior · Their behavior toward their children isn't physically abusive so they are still "good" parents · Intimate partner violence doesn't have long term effects 		
<h2>WHAT CAN YOU DO ABOUT INTIMATE PARTNER VIOLENCE?</h2>	<p>What can you do if you are worried about someone else?</p> <ul style="list-style-type: none"> · Listen without judgement · Don't intervene while the person who is abusive is present · Be prepared for your own feelings and frustrations · Help with safety planning · Connect them with resources <p>What can you do if are experiencing relationship violence?</p> <ul style="list-style-type: none"> · Reach out for support, even if unsure you're experiencing abuse. · Make a safety plan (see ncadv.org for guidance) 		

EMERGENCY

When Tang is open: Come to Urgent Care at Tang for medical care. A UHS social worker or campus CARE advocate will be called to offer support and discuss options.

When Tang is closed: Get immediate medical attention. Call campus police at (510) 642-3333 or your local police for assistance. You may also go to the nearest emergency room.

After Hours Assistance: (510) 643-7197

Where can Benedictine students go if they have experienced abuse?

to receive support around gender-based violence. It is staffed by trained Wellness Center advocates and graduate students. It is open from M-Th, 8-4:30 pm, and Fri-Sun, 24 hours.

Loyola University: <https://www.luc.edu/csaa/> **The Center for Student Assistance and Advocacy** is where students who file a report around title ix and receive support.

Loyola University:

<https://www.luc.edu/wellness/mentalhealth/appointmentsfirststeps/> **The Wellness Center** is completely confidential. To make a mental health or medical appointment, students should call Dial-a-Nurse at 773-508-8883 or can schedule a mental health call online at the link above.

Illinois Domestic Violence Hotline: 877-863-6338

Apna Ghar Hotline: 773-334-4663, help@apnaghar.org, Text hotline: 773-899-1041

Communicating Intimacy and Consent

1. I am committed to understanding and respecting my body and learning what types of touch, words, and intimacy I like and don't like.
2. I have every right to say no when I am unsure or when I know that I want to slow down or stop any touch.
3. If I am intimate with another person, I am committed to being aware of their consent by watching and listening and being sensitive to their words and signals. I will ask before touching and I will check in.



Safety Planning:

1. If I feel I am in danger, these are the steps I can take: _____
2. I will always let these trusted contacts know where I am and where I am staying _____ and _____
3. In case I don't have my phone available, I will always carry _____'s phone number which is _____ so I can ask someone else to call them for me.
4. My code word is _____. This is the word that my friends, family, and neighbors know is the word that alerts them I am in danger without alerting my abuser.
5. I can call 911 or the Illinois DV Hotline 1-877-863-6338

Safety Planning:

1. https://www.loveisrespect.org/pdf/SafetyPlan_College_Students.pdf
2. Safety Planning App:
<https://www.myplanapp.org/>

How can I be helpful if an abusive situation is revealed?

- Listen to the victim and believe them. Tell them that the abuse is not their fault, and is not God's will.
- Tell them they are not alone and that help is available.
- Let them know that without intervention, abuse often escalates in frequency and severity over time.
- Seek expert assistance. Refer them only to specialized domestic violence counseling programs, not to couples or marriage counseling. Help her find a shelter, a safe home or advocacy resources to offer her protection. Explain that returning to an abusive relationship may place them in real danger.
- Hold the abuser accountable. Don't minimize their abusive behavior. Support them in seeking specialized batterers counseling to help change their behavior. Continue to hold them accountable and to support and protect the victim even after they have begun an intervention program.
- If reconciliation is to occur, it can be considered only after the above steps have taken place.

Strategies and Resources for Safety

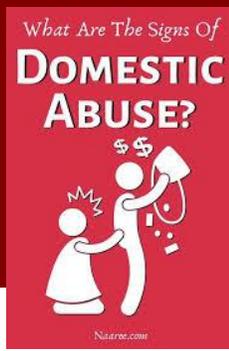
- **Civil or Criminal Order of Protection:** Free
- Confide in Family and Friends

To Read More About Dating Among College Students From Immigrant Families

- <https://mydocumentedlife.org/2020/02/14/share-the-undoculove-this-valentines-day/>
- <https://www.dukechronicle.com/article/2019/09/dating-advice-for-immigrant-women-who-were-forbidden-to-date-until-age-22>
- <https://www.jstor.org/stable/41604247> **"Sshh...!! Don't Tell My Parents": Dating among Second-Generation Patels in Florida** *Journal of Comparative Family Studies*, ([AUTUMN 2008](#)),

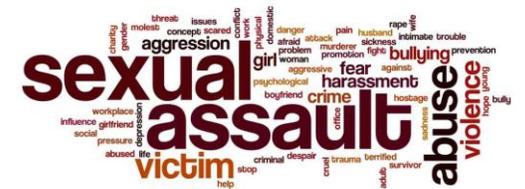


What is Domestic Violence?



Coercive behaviors and assaults that are used to gain **POWER** and **CONTROL** over one's intimate partner

Perpetrators use a combination of tactics, including **physical** assaults, **sexual** violation, **psychological** abuse and **economic** coercion or exploitation.



The Truth about Domestic Violence

- **Domestic Violence occurs among every ethnic, socioeconomic, religious, and gender identities**
- **Domestic Violence is NOT an anger problem**
- **Domestic Violence is NOT caused by substance abuse**
- **Domestic Violence is NOT caused by mental illness**

We must counter the myths with these truths

What can I say to someone who doesn't believe that South Asians commit domestic violence ?

“Intimate partner violence and intimate partner violence–related homicide disproportionately affect immigrant women. South Asian women residing in the United States appear to be at particularly high risk for intimate partner violence, with 40% reporting intimate partner violence in their current relationship,”

<http://www.inquiriesjournal.com/articles/1777/why-are-south-asian-immigrant-women-vulnerable-to-domestic-violence>

Raj, Anita, and Jay G Silverman. “Immigrant South Asian women at greater risk for injury from intimate partner violence.” *American Journal of [Public Health](#)*, vol. 93, no. 3, 2003, pp. 435-7.

What can I say to someone who doesn't believe that South Asians commit domestic violence ?

- In a study on Asians living in the Houston area, **20% of Indian respondents (154 male and female) reported experiencing at least one form of intimate partner violence** ranging from “thrown objects at the respondent” to “used a knife or gun on the respondent” during the previous year. (Leung P, Cheung M. *International Social Work*. 2008)
- A study assessed experiences of domestic violence among 56 Indian and Pakistani abused women aged 18-60 in the San Francisco Bay Area found that:
 - **96%** of victims reported having experienced **physical violence by an intimate partner**.
 - **50%** of victims reported having experienced **stalking by an intimate partner**.
 - **64%** of victims reported having experienced **sexual violence by an intimate partner**.
 - Indian and Pakistani victims **born in the U.S. or who had immigrated to the U.S. pre-adolescence (1.5+ generations) were more likely to experience all three forms of IPV** - physical violence, sexual assault, and stalking, compared to those born outside the U.S. and those who immigrated post-adolescence.
 - **Younger Indian and Pakistani victims were more likely to experience stalking** by intimate partners compared to their older counterparts.

(Yoshihama M, Bybee D, Dabby C, Blazeovski J. Lifecourse experiences of intimate partner violence and helpseeking among Filipina, Indian, and Pakistani women: Implications for justice system responses. Washington, DC: National Institute of Justice; 2010)

What can I say to someone who doesn't believe that South Asians commit domestic violence ?

- A study of 160 South Asian women (who were married or in a heterosexual relationship), in Greater Boston found that:
 - **42%** reported that they **had been physically and/or sexually abused in some way by their current male partners** in their lifetime;
 - **36.9%** reported having been **victimized in the past year.**
 - **30%** reported having experienced **partners' physical abuse**, and
 - **18.8%** report having experienced **partners' sexual abuse.**
 - **16%** reported injury or the **need for medical services as a result of a partner's violence.**
 - No significant difference was found in the prevalence of domestic violence between arranged marriages and non-arranged marriages.

[Raj A, Silverman J. Intimate partner violence against South-Asian women in Greater Boston. *Journal of American Medical Women's Association.* 2002; 57(2)]

What can I say to someone who doesn't believe that South Asians commit domestic violence ?

“ Sri Lanka is currently treading on rather dangerous grounds in terms of finding mechanisms to tackle the rising rate of domestic violence, as we can see that there are very few mechanisms being implemented to relieve this situation. Analysing the root causes and devising an action plan to mitigate these factors lies at the heart of finding solutions.” (March 2021 article from *Colombo Telegraph* on the rising rate of domestic violence in Sri Lanka) <https://www.colombotelegraph.com/index.php/a-study-on-the-rise-of-domestic-violence-against-women-in-sri-lanka-during-the-lockdown/>

What are some of the cultural differences for South Asian DV cases?

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What are some of the cultural differences for South Asian DV cases?

- Higher rates of harassment and abuse from in-laws than in most domestic violence cases in the US



- Vulnerable immigration status: **Indians are the second-largest population of undocumented immigrants in Illinois (usually expired visa)**



- Many South Asian survivors are less likely to seek help: **not fluent in English** and **less aware of their rights and available resources**



What are some of the cultural differences for South Asian DV cases?

- Here without support system



- Gossip & ostracization from small but important community



What are the rights and resources South Asian domestic violence survivors can access?

- 24-Hour Hotline
- Emergency Shelter
- Police Response
- Legal Advocacy for Order of Protection, Divorce, Custody, Immigration
- Housing Assistance
- Job Placement Assistance
- Filing for a Domestic Violence Order of Protection

Citizenship status does not matter – ALL people are eligible for free and confidential domestic violence advocacy and counseling

How can I help someone experiencing abuse?

- Let them know that 1 in 3 women and girls and 1 in 4 men and boys experience some form of domestic violence or sexual abuse – it happens to a lot of people
- Assure them that they have the right to be safe and get support
- Inform them of their right to free and confidential information, advocacy, and counseling
- Tell them about the agencies offering assistance
- Offer to be with them when they call or go to a domestic violence agency

Tell people about Apna Ghar's Free & Confidential Services



Crisis Line

**Counseling and
Case
Management**



Emergency Shelter



**Apna Ghar
Transitional
Housing**



**Training and
Community
Education**

**Legal
Advocacy**



**Policy and
Systems
Advocacy**



Community/Individual Action

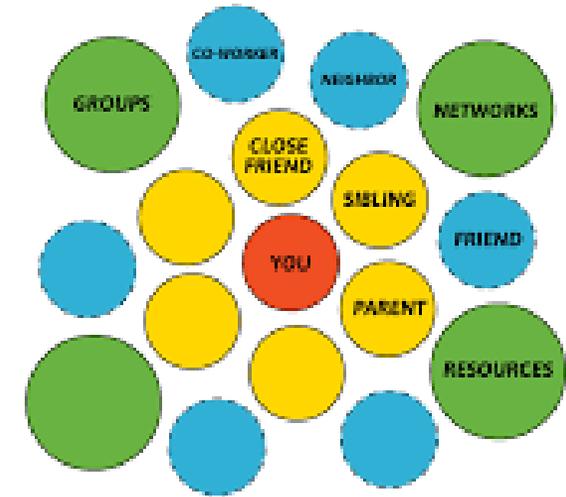
- Support survivors sheltering with a person who is harming them. Suggest the idea of safety "pods" or safety networks – identifying the people they would call if they were to need immediate help. This isn't necessarily close friends and family. These could be neighbors and coworkers or other parents from school, congregation, etc.

HOW TO BUILD A POD MAP

These individuals make up your "pod." They are usually the people who are closest to you and who you would first turn to when you need help.

These are people who could possibly be "recruited" into your pod, but with whom you need to build more relationship or trust.

These are community resources and networks. Examples might include local organizations, non-profits, churches, social groups you are a part of, crisis support hotlines, etc.



- Donate Halal and vegetarian and South Asian foods to local food banks



- Ensure that all your contacts know about the rights and resources available to all survivors of gender-based violence regardless of immigration/citizenship status

The Violence Against Women Act *what is it? why does it matter?*

The Violence Against Women Act (VAWA) was passed in 1994. The goal of VAWA is to improve criminal justice and community-based responses to domestic violence, dating violence, sexual assault, and stalking in the United States.

VAWA has changed the landscape for victims and survivors who once suffered in silence.

The Impact of VAWA

- Nationwide recognition and support for domestic violence shelters, rape crisis centers, and other community organizations
- Protections for immigrant victims and survivors

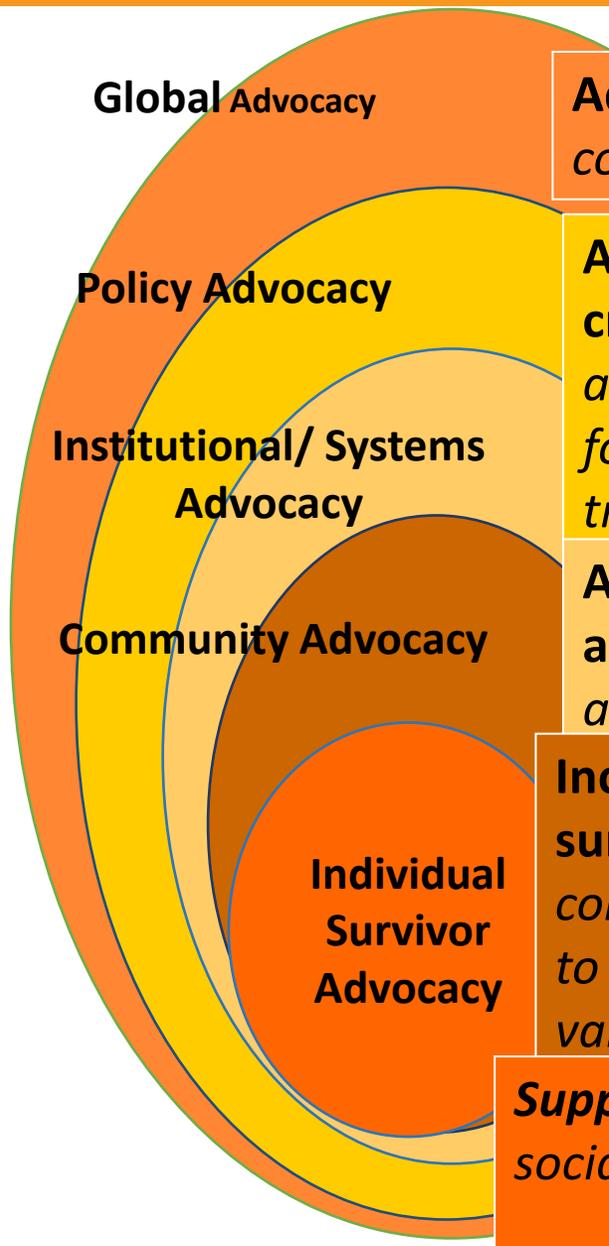
Community/Individual Action

- Make sure all local agencies, courts, law enforcement, and government offices have a language access plan and that they are equipped to identify the language that needs to be interpreted. Contact Apna Ghar rsharma@apnaghar.org to get a Language Identification and DV Agencies and Languages Spoken info sheet

Student, Faculty, and Staff Action

- Schedule workshops and discussions facilitated by [Apna Ghar](#), [Arab American Family Services](#), [KAN-WIN](#), [Mujeres Latinas](#) and [Sanjeevani](#)
- Organize fundraisers and supply drives for these organizations
- Access websites that provide essential information in English and other languages on immigrant domestic violence [API-GBV](#), [Futures Without Violence](#) [Casa Esperanza](#) [Hot Peach Pages](#)
- Link with researchers such as [Bushra Sabri](#), [Abha Rai](#), [Anita Raj](#), [Jhumka Gupta](#),

What are the levels at which I can advocate for English Language Learner Survivors?



Advocacy on a global scale, transnational work. Examples: *Educating embassies and consulates about the rights of foreign nationals in the US including language access*

Advocating for Improvements in laws and funding allocation to remove barriers for crime survivors who are English Language Learners Example: *Working with state agencies and lawmakers to fund language interpretation and language access training for all agencies and nonprofits receiving federal funds. Developing policies to mandate trauma-informed interpreter training for professional interpreters*

Advocacy and Training with systems and organizations to improve service quality and accessibility for ELL survivors. Example: *Advocating for all systems to: develop language access plans; train staff in language access; be accountable for following language access*

Increasing community awareness of language access laws and resources for ELL crime survivors. Example: *Educating ESL students, immigrant and refugee service providers, and community institutions about Title VI and the right to ask for reasonable accommodations to English Language Learners. Distributing gender-based violence brochures and videos in various languages.*

Supporting survivors in receiving quality services to which they are entitled from legal, social service, health, and employment agencies. Providing survivors with “I Speak _____” cards to present to service providers.

Which resources can help me to advocate for language justice and find translated materials for survivors?

- API-GBV: <https://www.api-gbv.org/culturally-specific-advocacy/language-access/>
- Casa Esperanza/National Latin@ Network Language Access Plan Template for DV Agencies [Language Access Plan Template for DV Agencies](#)
- Hot Peach Pages <https://www.hotpeachpages.net/lang/index.html>
- Vera Institute for Justice “Translating Justice” <https://www.vera.org/projects/translating-justice>

Apna Ghar Language Identification Sheet

To help identify the language that a person speaks, please use the chart below. The name of each language is written in both English and in the language script. Please show this chart to anybody you encounter who does not speak English. **This might help them to indicate the language(s) they speak so the appropriate interpretation services can be requested.** **If they are experiencing abuse, the IL DV Hotline ([877-863-6338](tel:877-863-6338))** has interpretation services. Call a local agency with bilingual staff (see other side for info)

العربية		Shqip	বাংলা	Bosanski		中文	Hrvatski
Arabic	Amharic	Albanian	Bengali*	Bosnian	Burmese	Chinese	Croatian
<u>Eesti</u>	Tagalog	فارسی	Deutsch	Ελληνικά	ગુજરાતી	हिंदी	Hmoob
Estonian	Filipino/ Tagalog	Farsi (Persian/ Iranian)	German	Greek	Gujarati*	Hindi*	Hmong
Magyar	Igbo Igbo (Nigeria)	Italiano	日本語	ಕನ್ನಡ	ភាសាខ្មែរ		한국어
Hungarian		Italian	Japanese	Kannada*	Khmer (Cambodian)	Karen	Korean
ພາສາລາວ	മലയാളം	मराठी	Монгол	Polski	ਪੰਜਾਬੀ	Русский	српски
Lao	Malayalam*	Marathi*	Mongolian	Polish	Punjabi*	Russian	Serbian
slovenčina	Español	Swahili	Tagalog	ትግርኛ	தமிழ்	తెలుగు	ภาษาไทย
Slovak	Spanish		Tagalog	Tigrinya	Tamil*	Telugu*	Thai
Українська	اردو	tiếng việt	Yorùbá				
Ukrainian	Urdu*	Vietnamese	Yoruba				

Example of Hot Peach Pages

Dari

دري Domestic Violence Info



What is domestic violence? *aus* خشونت در خانه چیست؟

Domestic violence is more than just physical abuse *aus* خشو ندر خانواده منحربه
آسیرساندن جسمی نیست

Is someone you know being abused? *aus* آیا کسی را می شناسید که در یک رابطه فامیلی مورد
بدرفتاری باشد

Domestic Violence Agencies for South Asians

Alabama

ASHAKIRAN PO Box 1021, Huntsville, AL 35807, 24 hour Hopeline: [\(256\)-509-1882](tel:(256)509-1882) and Toll free Crisis line: [\(800\)-793-3010](tel:(800)793-3010), Email: ashakiran@ashakiran.com, Phone: [\(256\) 698 – 4446](tel:(256)698-4446), <http://www.ashakiranonline.org/>

Arizona

ASAFSF, ARIZONA SOUTH ASIANS FOR SAFE FAMILIES PO Box 2748, Scottsdale, AZ 85252-2748 1-877-SAFE-711 (1-877-723-3711) info@asafsf.org, asafsf@gmail.com, <http://www.asafsf.org>

California

MAITRI PO Box 697 Santa Clara, CA 95052 (888) 8 MAITRI (800.862.4874) (408) 436 8398 maitri@maitri.org <http://www.maitri.org>

NARIKA P.O. Box 14014 Berkeley, CA 94714 (800) 215 7308 (510) 540 0754 narika@narika.org <http://www.narika.org>

ORPHANS & BATTERED WOMEN FOUNDATION 2680 N. Vista Glen Road Orange, CA 92867-1739 (714) 637 1613

SAHARA 17918 South Pioneer Blvd. Suite 206 Artesia, CA 90701 (888) 724 2722 (562) 402 4132

saharaorg@yahoo.com www.charityfocus.org/sahara

MY SAHANA P.O. Box 361301 Milpitas, CA 95036-1301 (408) 657 9569 www.mysahana.org

SOUTH ASIAN NETWORK 18173 South Pioneer Blvd. Suite 1 Artesia, CA 90701 (800) 281 8111 (562) 403-0488 saninfo@southasiannetwork.org
www.southasiannetwork.org

TRIKONE P. O. Box 14161 San Francisco, CA 94414 (415) 487 8778 trikone@trikone.org <http://www.trikone.org>
Serving Lesbian, Gay, Bisexual and Transgender South Asians.

Connecticut

- **SNEHA** P.O. BOX 271650 West Hartford, CT 06127-1650

Domestic Violence Agencies for South Asians

Georgia

RAKSHA, INC. P.O. Box 12337 Atlanta, Georgia – 30355 (404) 876 0670 (866) 725 7423 (877) 672 5742 Helpline (404) 842 0725

raksha@mindspring.com <http://www.raksha.org>

Illinois

APNA GHAR 4350 N Broadway, 2nd Floor Chicago IL 60613 (773) 334 4663 (773) 334 0173 info@apnaghar.org
<http://www.apnaghar.org>

Sanjeevani

Maryland

ASHA ASIAN (WOMEN'S) SELF- HELP ASSOCIATION P.O. Box 34303 West Bethesda, MD 20827 (800) 799.7233 (202) 207 1248

asha@ashaforwomen.org <http://www.ashaforwomen.org>

COUNSELORS HELPING ASIAN INDIANS (CHAI, INC.) 4517 Redleaf Court Ellicott City, MD 21043 (410) 461 1634 Ext 2
raziachai@hotmail.com

Massachussets

ASIAN TASK FORCE AGAINST DOMESTIC VIOLENCE [\(617\)338-2355](tel:(617)338-2355) info@atask.org www.atask.org

SAHELI P O Box 1345 Burlington, MA 01803 (866) 4SAHELI www.saheliboston.org

Michigan

MAI FAMILY SERVICES (MAIFS) 32401 W. Eight Mile Rd Livonia, MI 48152 (888) 664 8624 (248) 477 4985 info@maifs.org
<http://www.maifs.org/>

Domestic Violence Agencies for South Asians

New Jersey

MANAVI P.O. Box 3103 New Brunswick , NJ 08901 (732) 435 1414 (732) 435 1411 Manavi@manavi.org <http://www.manavi.org>

New York

ISLAMIC CENTER OF LONG ISLAND, DOMESTIC VIOLENCE COMMITTEE 835 Brush Hollow Road Westbury, NY 11590 (516) 333-3495
icli.icli@verizon.net

PRAGATI 11-45 Union Turnpike, Lower Level Forest Hills, NY 11375 (516) 487 0929 pragatiinc@aol.com

SAATHI OF ROCHESTER P.O. Box 92 East Rochester, NY 14445 (585) 234 1050 saathi_rochester@yahoo.com www.saathiofrochester.org

SAKHI FOR SOUTH ASIAN WOMEN PO Box 20208 Greeley Square Station New York, NY, 10001 (212) 868 6741 (212) 714 9153
contactus@sakhi.org www.sakhi.org

North Carolina

KIRAN 1012 Oberlin Rd, Raleigh NC, 27605 [919-831-4203](tel:919-831-4203) -877-NC-KIRAN kiran@kiraninc.org Website: www.kiraninc.org

Ohio

ASHA- RAY OF HOPE 4900 Reed Road, Suite 300, Columbus Ohio -43220 asharayofhope@sbcglobal.net [614-326-2121](tel:614-326-2121)
[614-565-2918](tel:614-565-2918) (24/7) <http://asharayofhope.org/>

Oregon

SOUTH ASIAN WOMEN'S EMPOWERMENT AND RESOURCES ALLIANCE (SAWERA) P.O. Box 91242 Portland, OR 97291 0242 (503) 778 7386
(503) 641 2425 sawera@sawera.org <http://www.sawera.org>

Domestic Violence Agencies for South Asians

Pennsylvania

SERVICE AND EDUCATION FOR WOMEN AGAINST ABUSE (SEWAA) P.O. Box 1591 Havertown, PA 19083 (215) 62 – SEWAA
sewaa@sewaa.net Website: <http://www.sewaa1.net/>

Texas

ASIANS AGAINST DOMESTIC ABUSE (AADA) PO Box. 420776 Houston TX 77242Office (713) 339 8300 info@addainc.org
Website: www.aadainc.org

AN-NISA' HOPE CENTER P. O. Box 1086, Spring, TX 77383-1086 (713) 339-0803 info@annisahopecenter.org
<https://www.annisahopecenter.org/>

CHETNA P.O. Box 832802 Richardson, TX 75083 chetna_dsw@yahoo.com

DAYA P.O. Box 571774 Houston, TX 77257 (713) 981 7645 info@dayahouston.org <http://www.dayahouston.org>

ASIAN AMERICAN FAMILY SERVICES OF AUSTIN (AAFS) P. O. Box 3665 South 5th Street Austin, TX 78764 (512) 703 8745
saheli@saheli-austin.org <http://www.saheli-austin.org>

Washington

CHAYA P. O. Box 22291 Seattle, WA 98122-0291 (877) 922 4292 (206) 325 0325 (206) 568 7576 chaya@chayaseattle.org
<https://www.apichaya.org/>

Washington D.C.

KHUSHDC <http://www.khushdc.org>

DV organization – Provides a safe and supportive environment, promotes awareness and acceptance, and fosters positive cultural and sexual identity for Lesbian, Gay, Bisexual, Transgender, Questioning(LGBTQ) and additional gender or sexual minority South Asians in the Washington D.C. Metropolitan Area.

Break

