

EMPOWERED SAFETY

FOR

INDIGENOUS YOUTH

WAHINE LGBTQ+ MAHU
AND ANYONE ELSE WHO NEEDS IT

'Ike 'Ōpio

PILOT EDITION
this is a work in progress
to be released May 5 2022
**DAY OF REMEMBRANCE OF
MISSING AND MURDERED
INDIGENOUS PEOPLES**

Trigger/Content Warning

discusses sexual aduse, suicide,
violence against LGBTQ+
and other difficult topics

Cover Art: Kamali Makua
'Ike 'Ōpio staff:
Lilinoe Field-Perkins
Kuahea Kūkahiko
Noa Helelā
'Ike 'Ōpio Youth Team
(art, mana'o, writing etc.):
Kamali Makua
Talissa Gali
Kuahea Kūkahiko
Hiro Kato-Teale
Lilinoe Field-Perkins
Waiea Helelā
Ella Malarkey
Tanoë Sumic-Liu
Tala Socco
and everyone else who was part of this.

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The views represented here were drawn from collective mana 'o
through a collective process. No organization or individual
is specifically represented by anything expressed. But a lot
of it needs to be a lot more obvious to everybody.

consent

^{noun:} permission for something to happen or agreement to do something.



intimacy cannot be performed without consent

Consent can be given verbally

or

communicated non verbally



and can be revoked at any time!

If someone is..

- high or drunk
- asleep
- too scared to say "no"

... you haven't gained consent

If you're ever uncertain if your partners comfortable

Do you feel okay with what's happening



feel free to ask

Indigenous Rights Concept: FREE, PRIOR, INFORMED CONSENT (FPIC)
What it means: Consent must be given **FREE**LY (without pressure), **PRIOR** to (before) whatever is being done, and everyone must be fully **INFORMED** about whatever will be done, and really okay with it. This is true whether someone wants to build a giant telescope or touch someone's body!

Remember:

If you are unsure if you gave consent to something, you probably did not.
It is your right to revoke consent at ANY time, even after whatever you agreed to has started.
If someone does not fully respect the need for your consent, then they do not respect you.

Mahū

Mahū is a Hawaiian term used to describe one who is neither male nor female but both. The closest English translation would perhaps be transgender or non-binary. Though in Hawaiian thought mahū represents the embodiment of both Kāne and Wahine energy. A third gender.

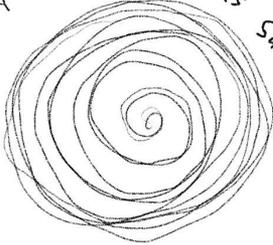
Often these people would have high ranking roles in their communities due to the fact they possessed both male and female mana. In Hawaii mahū people are sometimes said to have healing powers and would kōkua people in that way.

Gender queer people have always existed. And we're often very recognized in ingenious cultures! For example on turtle island certain tribes have the word Two-Spirit to describe people embodying both male and female energy.

So if you ever feel that your gender identity doesn't fit within your community, just remember, queerness has always existed as a prominent part of native culture, and therefore your culture!

BODY SOVEREIGNTY

every Body is as Sacred as the earth.



How we choose to...



... nourish them.



... decorate them.



... partake in intimacy.

It's our choice. We make educated decisions on our health and well-beings to exercise agency and sovereignty over our Bodies.

-|- COLONIZATION IS SO DESENSITIZING. WHAT WE DON'T PROCESS WE PROJECT

Difficult emotions in our body? Sadness, anger, fear, worry in decision, stuckness

ASK SELF: IS THIS MY STUFF OR NOT MY STUFF TO CARRY

MIGHT BE ANCESTRAL TRAUMA...

No, NOT MY STUFF...

Yes, my STUFF

COLONIAL PATRIARCHAL ENTITLEMENT

- RAPE
- GENOCIDE
- ERASURE OF TRUE HISTORY
- CULTURAL PRACTICES
- MEDICINES • DISPLACEMENT

PAUSE LISTEN TO MY BODY

-|- Trauma, Trauma, Trauma... DEATH! DEATH! DEATH! -|-

What happened is not our fault but to heal from it is our responsibility.

DEMILITARIZE
DOWN TO THE
LAST BASE,
SOLDIER, AND
BULLET!



GROOMING

What is GROOMING?

Grooming is very common in arts, acting, writing, and other places where the groomer (who is often very popular) has strong influence on the "scene."

Victims often get lured by hopes of a career or other opportunity. The groomer often plays "confidant" to the victim and learns a lot of personal secrets that can be used against the targeted person.

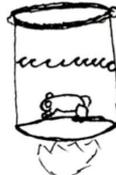
Grooming is when an adult targets a minor and prepares them for sexual abuse

1. Targeting a victim: someone they find vulnerable
2. Gaining trust:
3. Filling a need
4. Isolating the victim
5. Sexual contact
6. Maintaining control

If you realize you are being groomed, you may feel bad that you did not see it earlier.
IT IS NOT YOUR FAULT.
YOU ARE NOT STUPID.
AND YOU ARE NOT ALONE.

The Frog in the Pot*

If the frog is dropped in boiling water, it jumps out to save its life.



When the frog is put in room temperature water, and the heat is slowly cranked up, it boils to death, unaware of the danger.

A Groomer:
- wins their victims trust
- acclimates them to intimacy
- makes their victim feel responsible for the assault

* Not accurate to frog biology

Some helpful details

A trustworthy adult..

- keeps clear boundaries & respects your personal boundaries
- is concerned for your safety
- will not "cover for themselves" won't use blame or guilt to control you
- does not exploit your vulnerability
- respects your choices, while also being there to provide guidance

A groomer

- plants the idea of a further relationship in your head
- embarrasses or ~~embarrasses~~ makes you feel responsible for behaviour they find inappropriate
- claims you are mature for your age
- makes you keep "secrets" esp. regarding sex
- blackmails you
- conditional affection & favoritism

Nobody understands you like me.

You are so mature for your age.

So what do you and your boyfriend do? (explicit)

I can make you a success!

Grooming HURTS. A trusted older person in whom a lot of hope and personal dreams was invested has betrayed you. Grooming is a "confidence art" (as in the term "con man") People around you have been manipulated and might be excluding or dissing you, as they themselves have been groomed to support the groomer. This is NOT OKAY. You deserve to be taken seriously and treated with real respect.

Surviving Abuse

- you are not responsible for your abuse. you did not deserve or ask to be hurt.
- you will find a community that will love and support you. there are communities who will surround you with kindness.
- if you reach out, others will help you. you can escape your abuser.
- you are not dirty or ruined or defiled. you are worthy of love and it is possible to heal.



Victim Blaming

When we hear...

why didn't you fight him?

She would never do that!

what did you expect?

Everybody has been abused. Get over it.

what were you wearing?

Hopefully you have learned not to drink next time.



Sometimes we wonder

Did I deserve this?



You didn't

the victim of abuse is never at fault for their abuse. the responsibility is on your abuser

Breathe ART

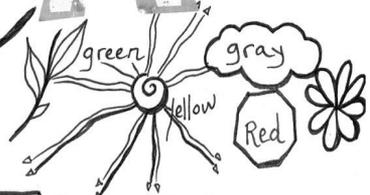
Look around you
Notice the colors



what you like



what feels good



Notice any shapes



Trace them with your eyes

Breathe in a color that feels good

Place Your Hands on Your Body

on an area of tension
imagine your colorful breath filling up that area
imagine it loosening

«Release as much as you can right now»

REPEAT

BREATHE IN
Colors + shapes
BREATHE OUT
Loosen + release

BREATHE IN
Colors + shapes
BREATHE OUT
Loosen + release

BREATHE IN
Colors + shapes
BREATHE OUT
Loosen + Release



SOVEREIGN SELF-DEFENSE

AN INTERVIEW WITH AUNTIE BEKI

Auntie Beki Light is a champion boxer, martial artist, teacher and activist. She has lots of formal training as well as real-world self defense experience. Usually she teaches us nonviolent self-defense strategies and techniques, but in this MMIP awareness zine, the priority is for Indigenous youth not to be missing and murdered in the first place. So here is some blunt, real self-defense mana'o she has to share.

If you feel uncomfortable/unsafe, but can't leave easily, what are some things you can do?

You need to be brutally honest with yourself about what you are capable of doing, and stick to it. Know what your options are, and be prepared to use them. This includes physical self defense tactics, safe spaces you can go to, and support systems. Be aware of strategic positioning. This can include physical positioning -- being close to doors in rooms and cars, having a clear view wherever you are, keeping distance between yourself and the person you feel unsafe with, as well as being ready to move or defend yourself. Don't let something escalate until it's too late to do something about it. Think about possible weapons: bottles, keys, dirt, pen, a hairpin - anything that will stop them long enough to get away.

If you are grabbed or trapped, what are some things you can do to get away?

In general I would say to go for quick easy targets that will inflict pain and make them loosen their grab so you can get away. Go for the targets that are easy to reach and will immobilize them for a couple seconds: poke/gouge eyes (be prepared to go deep into the eye), punch the throat on Adam's apple area, stomp on feet, head butt upwards with the top of your head (bone) to their face, kick or knee strike their groin, elbow their face, stomp hard on front of their knee. I recommend a combination of these, not just one. For example, stomp hard on the foot and head butt upwards to their face, then run. If you are grabbed from behind, thrust your hips backwards to their body. This will loosen their grip and create space so you can break free. You can also elbow strike backwards to their chest or stomp on their feet. Scream. Once you can break free, **run**.

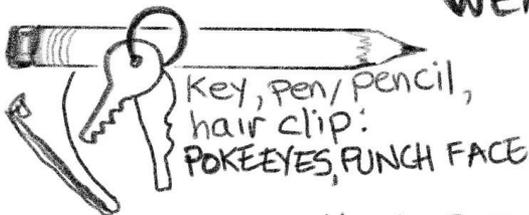
What are your top recommendations for safety preparedness before there is a dangerous situation?

Number one is defining your own healthy boundaries, and sticking to them. Do not accept anything less, and learn to recognize the red flags ahead of time. If you will not accept anything less than respect, you will be able to see signs of possible disrespect ahead of time. Know who your true friends are, people who will help you if you need it. This might not be many people; maybe you will have to look to an organization or group outside of your circle of friends and family. Investigate your options and have that information ready if you need it. Practice placing your emotions aside (temporarily) when you need to protect yourself. Strong, conflicted feelings can cloud our ability to act fast in a dangerous situation. Set your mind to doing what you need to do to stay safe, no matter how hurt, confused or betrayed you feel. Once you are safe, you can take time to process your feelings.

You are telling people how to injure another person if that person is attacking them. Isn't that violence?

To be clear, we are talking about situations where your life is threatened or you are in actual serious physical danger. It is the last resort to hurt someone in order to protect yourself. Understanding through self-determination where your own pono boundaries are will help you decide what is truly necessary. Putting emotions aside, deescalating, and getting away is the priority. There are also non-violent self-defense methods, but these require training and practice. Defending yourself from violence is not violence, it is stopping violence against yourself. Safety is a human right.

POSSIBLE EMERGENCY SELF-DEFENSE WEAPONS



COINS, dirt,
gravel:
THROW IN
EYES/FACE



Bottle, HYDROFLASK*
cell phone or battery:
HIT HEAD, FACE
(or other area in reach)

*A full hydroflask is especially good and may help deter some kinds of attack.



it is common for people to freeze when they are attacked. It is one of the basic human responses to danger: fight, flight, or freeze. Freezing makes sense in some situations, but if someone wants to hurt you, it is probably better to get away. Freezing could keep you from stopping someone from violating your space or body, especially if the attack is unexpected. Sometimes abusers try to portray a person's freeze response as consent, which it is NOT. Even if you did freeze when attacked, you are NOT the person who caused the abuse.

Here is a tutorial by martial arts expert Auntie Beki Light:

Auntie Beki's tutorial: How to

BREAK^{the} FREEZE!



The Freeze Response

We Can Freeze When We are Overwhelmed

You may shut down in a dangerous situation and freeze. This is a normal physical response from our nervous system when we feel extremely threatened, and it does *not* mean you are weak or incapable of doing something. You just have to understand why it happens, and how to get out of freeze mode and protect yourself.

Break through the freeze!

*Have a simple plan of what you will do.

*Breathe in 3 times through your nose then exhale forcefully twice through your mouth.

These help you focus, be present, and ready to defend yourself.

Why We Freeze

Mental/Emotional

Physical/Emotional

<p>You don't know what to do and it feels overwhelming, or impossible to do anything to change it.</p>	<p>Have a simple plan in your head about what you can do if you need to: "I'm going to kick their knee if they step forward, then run to the left"</p>	<p>Breath work: Breathe in 3 times through your nose then exhale forcefully twice through your mouth. This helps you ground, focus and prepare to act.</p>
<p>You are in emotional conflict about the person or situation that feels confusing and overwhelming.</p>	<p>Working on your healthy personal identity (our images of ourselves internally, and how we see ourselves in relation to the larger community) will give you more clarity in a dangerous situation. This will help you act instead of freezing up.</p>	<p>Psycho-physio tool: Combine a small physical movement with a mental image of something that makes you feel safe. This can be used to instantly flip into a state of mind where you can defend yourself.</p>
<p>Unresolved trauma and emotional wounds from your past can be triggered, causing you to shutdown in some way.</p> <p><i>Notice:</i> this might be an opportunity to resolve your old wounded patterns by creating a different, more positive outcome.</p>	<p>Healthy self identity is connected to healing old wounds and trauma, and creating positive relationships in your life.</p>	<p>This tool must be developed and practiced ahead of time, so that your body and mind are conditioned to go into the zone (focused, adaptable, and responsive) every time you use it.</p>

Genocide & Suicide

Indigenous self-destruction is deliberately grown by colonial forces. When people feel terrible about themselves, it is easier to displace them, steal their land, and make them do what the colonizers want. With enough money and power, it is pretty easy to cause (sometimes on purpose, sometimes as a side effect) guilt, shame, bullying, drug abuse, extreme stress, trauma, anxiety and feelings of not being good enough. All of these things can make people want to hurt themselves, or to feel they should not exist.

YOU ARE GOOD ENOUGH - AND MORE!

As an Indigenous youth, your roots are powerful. Over time, they will make you strong. Things get better!

How to handle suicidal folks—

[SUICIDE]

Suicide is very high among indigenous folks, largely due to colonial shame culture that has been ingrained in modern indigenous cultures, particularly in Polynesian culture

Suicide rates are ultimately a form of cultural genocide

Native people are societally taught and retaught self-loathing, and are taught to pass these teachings down generations and frame it as tough love

Don't shame anyone for being suicidal

Ex: "you're stupid for thinking about that" "suicide is selfish" "coward's way out" "you're being manipulative"

These types of statements can be very damaging, especially from family members, as we hold family opinions very high, especially in indigenous families

Shaming suicidal people actually just feeds suicidal ideation

Thoughts like "I'm selfish for being suicidal" can lead to thoughts like "well I really should die then"

What can you do instead for suicidal folks?

Consistently checking in

Reminding people they are loved and cared for

For some people, comforting physical touch is helpful (obviously only consensual touch)

Socializing with good safe people can be very helpful (but not over socializing)

Use your intuition to check in on someone who might seem extra sad, avoid reclusiveness

~~avoid~~ . . .

If someone has experienced a lot of abuse & trauma, major life change, depression



K

Domestic Violence

HAND SIGNALS

Aka "I am in danger and cannot say anything."

This gesture was originally developed by the Canadian Women's Foundation as a way for people in isolation during COVID to express that they were being abused. The gesture was popularized on TikTok and led to some successful rescues.

There is potential to use this signal in other situations, such as trafficking or dating danger. However, be aware that in order for it to work,

people need to know what it means. It is important to share with friends and others who might recognize it, if it is used.

Here is how it works:

1. Open hand,
with thumb
across palm.



2. Trap thumb
with fist.



3. Repeat.

Again, it is not clear how effective this would be if you actually had to rely on it in a dangerous situation. Do not rely on it as the only thing to do. However, it is a tool that is good to know, and spread.

Surviving Abuse

- It wasn't your fault.

• It's very common to feel responsibility for your abuse. That you did something to deserve, or you didn't try hard enough to prevent it.

You did nothing wrong.
You did not ask for it or deserve it.
No matter what.

- Escape.

• It will be scary, you will need to reach out and ask others for help. Cease contact, find a place that you can stay if they live with you. Report them if you feel safe enough to do so.

- Ask others for help.

• When you are abused, it messes with your ability to trust. Build up a community away from your abuser. People who love and respect you the way you are.

- Heal

• Healing is a long process. ^{often} It takes a long time to come to terms with Abuse.



Resources

Some of these resources may be better than others.
Some are great.

Tap808 Dating Violence (advocacy, counseling, info & more)

<https://www.tap808.org> 808-927-2434

Lavender Clinic (LGBTQ+friendly medical clinic, counseling)

<https://www.lavenderclinic.org> 808-744-2543

Planned Parenthood (medical clinic for women, men, LGBTQ+)

<https://www.plannedparenthood.org> 1-800-230-7526

Sex Abuse Treatment Center (SATC)

<http://satchawaii.com> (808) 524-7273

Domestic Violence Action Center (DVAC)

<https://domesticviolenceactioncenter.org>

‘Ōpio Protectors Network

<https://www.wisdomcircles.org/programs>

‘Ike ‘Ōpio/Ho’opae Pono Peace Project

<https://www.eapono.org/>

StrongHearts Native Helpline (DV hotline, offers text chat)

<https://strongheartshelpline.org/get-help> 1-844-7NATIVE
(762-8483)

WeRnative (health info, Q & A) <https://www.wernative.org>

The Trevor Line (international LGBTQ+ mental health/text counseling/suicide prevention)

<https://www.thetrevorproject.org/get-help/> 1-866-488-7386

Hawaii Cares (Hawaii mental health/substance abuse/DV helpline) <https://hicares.hawaii.gov> 1-800-753-6879

Hawaii Poison Center (confidential poison/OD help)

<https://www.hipoisoncenter.org> 1-800-222-1222

Other Numbers:

(your space)