



CENTER FOR
ANTI-VIOLENCE
EDUCATION

ANNUAL REPORT

2018-2019



A MESSAGE FROM
EXECUTIVE DIRECTOR

Dear Community,

As we finish this report and reflect on the last year, I am consumed by the persistent rise in hate violence in New York City, as well as across the country and internationally. The waves of fear, polarizations and trauma have been powerful. But the Center for Anti-Violence Education (CAE) has been unwavering, doubling down to connect across our shared humanity. For this I am deeply grateful.

Over the last year, CAE has been working to interrupt patterns and behaviors that normalize hate violence. We have worked with 3,326 New Yorkers looking for ways to prevent and heal from violence in their own lives and in our communities. Through empowerment self-defense workshops, women, girls, people who are Transgender, gender non-conforming, LGBTQ and those at increased risk from racism, xenophobia and the challenges of disabilities, built tools to stay safer. A diverse group of New Yorkers learned active bystander intervention skills, building confidence and techniques to move from being bystanders to the bias, discrimination and harassment that fuel violence, to more confident, intentional Upstanders against it. And a group of 44 teens and young adults built community alliances against violence as Peer Educators and Pride Protectors, training other young people, and speaking out at rallies marches, and other actions.

The dehumanization of others diminishes us all. So as we move forward into the coming year, join with CAE to strengthen the bonds that connect us, uphold each other's human rights, and build communities that keep each other safe, particularly the most vulnerable among us. #NYCAgainstHate

In solidarity,



The Center for Anti-Violence Education (CAE) works to prevent hate violence. We do this by developing and teaching empowerment self-defense programs so that the most marginalized New Yorkers build tools to stay safer and begin to heal from the trauma of violence. CAE also teaches active bystander interventions so that more New Yorkers move from being bystanders to violence, to Upstanders against it. We do this to actively create the peaceful, just, equitable and inclusive world we seek to live in.



ANTI-VIOLENCE EDUCATION IN ACTION

“The biggest thing I learned from CAE is that I matter... and that I deserve to be safe.”

WHO

Programs center the needs of women, girls, people who are Trans, Gender-Non Conforming and LGBTQ, as well as those at increased risk from racism, xenophobia and disabilities. Because a significant number of participants are survivors of violence, we use trauma-informed practice to center the needs of those most impacted. At least 26% of participants in CAE programs report having experienced some form of violence. Twenty-five percent of participants identify as LGBTQI+ .

HOW

All programming combines education, physical empowerment, leadership development and activism. To provide programs that meet those who need them where they are, CAE offers one-time classes, training and workshops, year-round comprehensive programs, and thought-leadership at conferences, on panels and speak outs. Programs are tailored to the range of communities who seek them out and provided in a variety of settings through partnerships across all five boroughs. CAE methods use peer-to-peer learning - we train representatives from communities seeking support, so they strengthen tools for themselves and then learn ways to share them and teach others. CAE approaches all of this work with an intersectional feminist lens.

“Hearing peoples’ stories and strength made me trust more fully in the communities of the city. I’m surrounded by people who are ready to help and protect each other.”

WHERE

CAE is based in Brooklyn and works throughout the five boroughs through partnerships with more than 70 schools, shelters, community organizations, neighborhood groups, tenant associations and workplaces.

“I learned how to say no and how to insist that my body belongs to me. It’s one thing to believe it, but another to say it aloud.”

“I feel very strong and capable with inner strength I didn’t recognize I had already.”





PROGRAMS

CAE worked with **3,326** New Yorkers to build tools to stay safer and to move from being bystanders to violence, to Upstanders against it.

EMPOWERMENT SELF-DEFENSE

2,081 New Yorkers who are survivors or at high risk of violence gained physical, social, emotional and verbal tools to stay safer.

- **RIISING STRONG**

119 middle school girls and youth who are transgender and gender nonconforming in school-based primary prevention programs. Youth learned tools that included boundary setting, healthy relationship building, red flags and risk factors and how to ask for help.

- **LGBTQI+ SELF DEFENSE**

207 LGBTQ+ and TGNC young people ages 16-24 in prevention and healing programs at Pride Centers and homeless service organizations. Youth created safety plans, built confidence expressing needs, learned to identify emotional triggers and that healing from trauma is possible. They also learned that they deserved to live safely and free from violence.

- **SHORT-TERM SELF-DEFENSE**

1755 adults and youth: women, girls, anyone who is trans, gender nonconforming, LGBTQI, Black, of color, Muslim, Jewish, Immigrant and/or grappling with disabilities in one-time workshops to five-week trainings. Workshops were tailored to each community and taught in schools, community organizations, tenant associations, and CAE's Brooklyn Dojo,



UPSTANDER TRAINING

1,201 adults and youth practiced active bystander intervention tools that included de-escalating and interrupting the bias, discrimination and harassment that fuel violence towards those in one's own community or in others'.


- **POWER ACTION CHANGE FOR TEENS**
45 middle and high school girls and trans and gender non-conforming youth in a year-round after-school program at CAE's Dojo. Teens studied root causes of violence and practiced translating their own empowerment into power in numbers and becoming embodied activists.
- **UPSTANDER TRAINING**
1,031 New Yorkers from teenagers through senior citizens at workshops in schools, workplaces, community centers and public institutions.
- **CAE'S FIRST ANTI-VIOLENCE YOUTH SUMMIT**
125 adolescents and teens gathered for a full day of youth led trainings and plenaries on topics ranging from Healthy Masculinity to Consent to Upstander Tools, and Self-Defense. CAE's Peer Educators spearheaded this Brooklyn-based Summit, calling it, an "Ode to Self-Liberation."

COMMUNITY ALLIANCES AGAINST VIOLENCE

44 Young people progressed through CAE's self-defense and Upstander programs to become leaders who showed up and spoke out against violence in our communities. They were trained to build community with each other and to go out into their communities as educators, activists and violence interrupters.

- **PEER EDUCATORS**
14 girls and gender non-conforming High School teens who graduated from CAE's Power, Action, Change for Teens went on to facilitate workshops for over 500 youth, run an anti-violence youth summit, and bring their voices to speak-outs, rallies, and political actions.
- **PRIDE PROTECTORS**
30 young people ages 16-24 who are LGBTQI and/or TGNC trained in empowerment self-defense and social action tools at four different Pride Centers and homeless service centers. They mobilized for marches and speak outs, launched educational projects in their Centers and social service agencies, emphasizing ways to be more effective cis-gender allies, and promoted information about mental wellness and turning trauma into power.





BEA
TRAINED
IN CAE'S
SELF-DEFENSE
AND
UPSTANDER
CLASSES.

THIS
IS HER
UPSTANDER
STORY

I was on the train in the morning when a young white couple in their 20s stepped on. The guy was yelling at the woman, really berating her and calling her names, saying "You are so stupid." I sat quietly and watched, **but my red flags were up.**

All the while, the young woman kept asking him over and over to give her ID back and let her sit alone. Listening to her repeat herself, I decided to get up and stand near where they were sitting. I stayed calm but finally I said, "Hey, she asked to sit alone."

"This isn't your business," the guy told me.

"You're members of my community and this is my business," I said. "Let's just take it easy and let her sit alone."

The guy finally gave her the ID. But he **kept screaming and belittling her.** The young woman moved away from him, nearer to where I was and sat down. She kept repeating, "I want to sit alone."

Then the guy stood up. Suddenly another train passenger, a woman younger than me, got up beside me to block him. Then an older woman got up, too, saying, "This is our community." Then an older man stood and joined us.

It was a community response!!

The young guy got off the train, but the situation escalated because the older guy pushed the young guy and the young guy threw a punch.

The older woman passenger and I sat down with the young woman, who kept apologizing for what had just happened. We told her it wasn't her fault and she didn't need to apologize. "But he says all of these terrible things about me," the young woman

Air Conditioned Car
Please close windows

Seating
for people with disabilities

said. "I start to believe them." The young woman explained that they lived together. He had hit her and broken her tooth, so she was on her way to the dentist to get it fixed. They were going together because he had her credit cards and her medications.

We kept affirming to her that this wasn't her fault and she had the right to be safe.

I also wrote down two resources for her - Safe Horizons Domestic Violence hotline and CAE's contact info.

My stop was coming up so the other passenger said she'd help the woman figure out how to safely get to her appointment. After I got off, I started texting and emailing friends and family, and CAE. This was my way of processing it.

I couldn't believe how many techniques I used from my trainings with CAE. I don't know what's going to happen with this woman. **I hope our support gave her some confidence to pursue help.**



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CAE'S UPSTANDER APPROACH

In taking initiative to speak up, Bea offered direction to others on the subway car. CAE workshops help participants role play and gain confidence to disrupt violence even if they seem to be the only one. Participants learn tactics for assessing whether intervention is desired by the targeted person and ways to use their particular blends of power, privilege and risk to be safe. The goal is always de-escalation and community-building that keeps those at risk safe without demonizing perpetrators.

“I COULDN'T BELIEVE HOW
MANY TECHNIQUES
I USED FROM MY
TRAININGS WITH CAE”



CENTER FOR
ANTI-VIOLENCE
EDUCATION

PROGRAM FOOTPRINT

BRONX

MANHATTAN

STATEN ISLAND

QUEENS

BROOKLYN

● COMMUNITY ORGANIZATIONS

AHRC NYC
Alliance of Resident Theatres/
New York
Arab-American Family
Support Center
Atlas DIY
Audre Lorde Project
Bangladeshi American Community
Development and Youth Services
Bay Ridge Senior Center
Big Brothers Big Sisters
Brooklyn Community Bail Fund
Brooklyn Museum
Brooklyn RAPP
CAMBA
Community Access
Community Healthcare Network
Teens PACT
Conscious Girls
Day One Summer Peer Leadership
Institute
Exhalt
Gibney Dance/Body Politic
Gil Hodges Community Garden
GMHC
Happy Lucky
Help ROADS
Housing Works
Incite Action
Kennedy Children's Center
Kehillat Tikvah
Korean American Family Service
Center (KAFSC)
La Sala Collective
LGBT Center
Little Chairs Big Differences
Muslim Community Network
N.E.W.
National Domestic Workers Alliance
New York Presbyterian Hospital
Northern Manhattan Improvement
Corporation
OCA-NY
Part of the Solution
Pono
PSOL (Grand Street Settlement)
Queens Community House
Queens Museum
Queer Anga
Red Hook Initiative

Reform Temple of Forest Hills
Relationship Abuse Prevention
Program (RAPP) through Center
Against Domestic Violence
Repair the World NYC
SCO Center for Family Life
Sister Diaspora for Liberation
The Children's Law Center
The Healing Center
The Kensington Stewards
The LGBT Community Center
The Sikh Coalition
The Student Leadership Network -
The Young Women's Leadership
Network Alumni Council
WHEDco
WE RISE: Nanny Training of Trainer
Program at the Worker Institute at
Cornell
Wyckoff Heights Medical Center
Pride Center of Staten Island

● COLLEGES

CUNY City College Generation Action
Kingsborough Community College
Library Association of CUNY
Mandl School: The College of Allied
Health
Marymount Manhattan College
Metropolitan College
Omega Phi Beta Sorority, Inc at
Columbia University
Planned Parenthood Generation
Action CUNY
The Women's History Month
Committee at Brooklyn College

● EVENTS

ARISE NY! Anti-Bullying Interfaith
Summit
CAE's Youth Ant-Violence Summit:
An Ode to Self-Liberation
More Than Just Sex Conference
Women's Block Party
You(th) Already Know Conference
Youth Leadership Council sponsored
by NYCHA

● PUBLIC INSTITUTIONS

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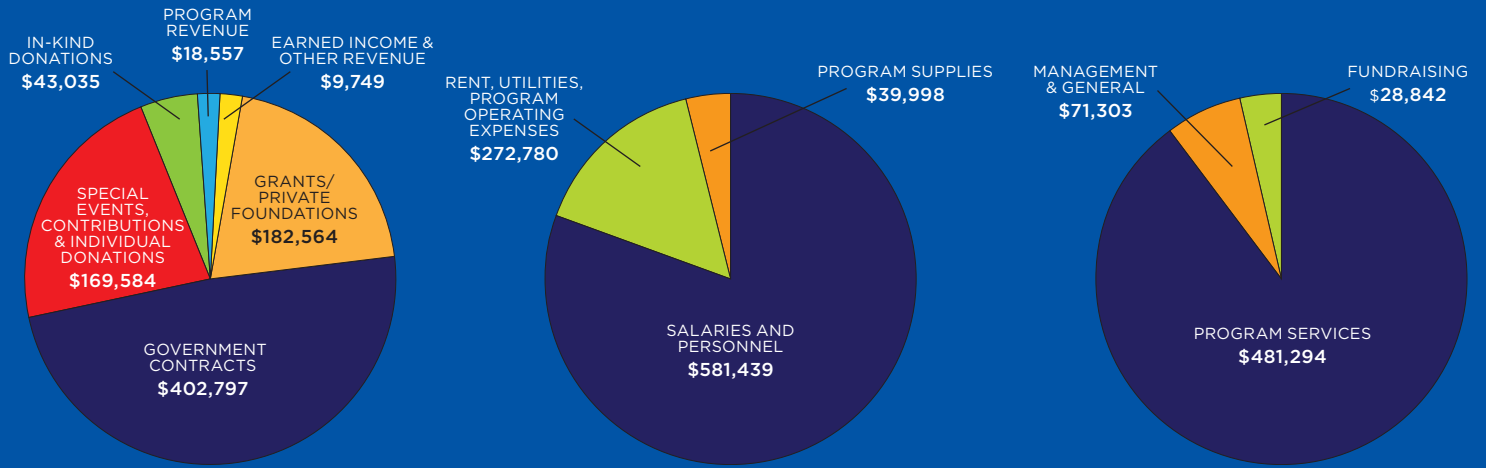
● SCHOOLS

Brooklyn Friends School
Brooklyn School For Music and
Theatre
P.S. 150 Charles James Fox
Community Partnership Charter
Middle School
Gotham Professional Arts Academy
Grover Cleveland High School
High School for Arts & Business
Resource Fair
Leaders High School
M.S. 88
Middle School Girls of District 15
Millennium Brooklyn High School
M.S. 8 in Brooklyn
M.S. 8 in Queens
PS 217
Health Opportunities High School
Richard R. Green High School
of Teaching
St. Saviour High School
Sunset Park High School
Unity Prep
Voyages Preparatory High School
Williamsburg Charter High School
Brownsville Collaborative Middle
School

● SHELTERS AND DOMESTIC VIOLENCE SERVICES

Good Shepherd Services-
Safe Homes Project
Safe Horizon
The Ali Forney Center
Violence Intervention Program
Sylvia's Place

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