



制止家庭暴力

WE ARE NEW YORK

雜誌



ENGLISH
中文

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成功



社區



希望

愛情



家庭

友情

WE ARE NEW YORK

全新電視節目

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目錄

本集故事：制止家庭暴力 第2 – 7頁

人物介紹 第8 – 9頁

我們的做法 第10 – 11頁

你能做甚麼 第12 - 13頁

你能說甚麼 第14頁

實用詞彙 第15頁

本集故事

制止家庭暴力

一群演員正在社區劇院排戲。這些演員來自不同的國家。他們彩排的是很重要的一場戲。這場戲有一個很嚴重的主題 — 家庭暴力。

家庭暴力是指某人受到家人、男朋友或女朋友的傷害或虐待。





當天晚上...



我很擔心。今天比利說「爸爸打媽媽」。我該跟艾莉卡談談嗎？

噢，爸爸，他可能只是在電視上看到的。你知道男孩子都是這樣的。這不關我們的事。

第二天...



艾莉卡，我要問你一個問題，希望你誠實地回答我。



請告訴我到底怎麼了。
我想知道。



我很害怕。我不知道該去哪裡
求助，也不知道要怎麼做。



而且…我沒有證件。誰會幫我？



打311吧。那兒有人會幫助你，
和關心你的事。你並不孤單。

在警察局



14



15

是這樣的... 我們有個「朋友」，
我們認為她丈夫在虐待她。



16

但是她沒有證件。她不知道該怎
麼辦，她很害怕。



17

在紐約市，任何人都能得到幫助。
讓你的「朋友」來見我吧，幫助她
是我的工作。

人物介紹



艾莉卡 (比利的母親)

我不敢告訴任何人我的丈夫虐待我。我沒有「證件」，所以我覺得我沒有任何出路。但是公公和朱莉傾聽了我的訴說，並讓我知道我並不孤單。他們幫我找到專業人員跟我談話。現在我感覺更加堅強和安全。我認識到，家庭暴力影響著每個國籍、每個社區的人。現在，我想幫助和我有同樣遭遇的其他女性。

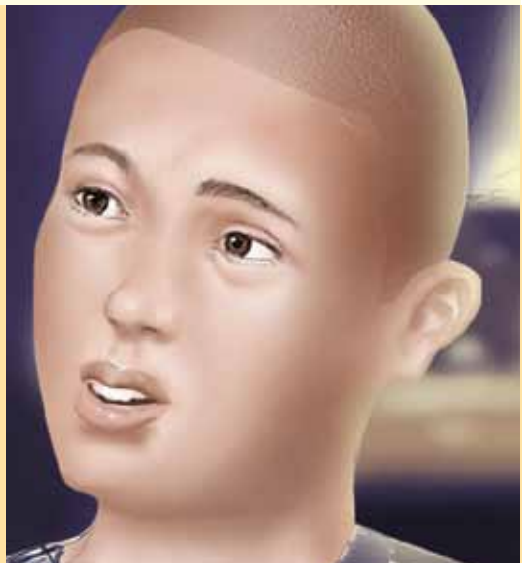


公公 (比利的爺爺)

我關心我的家人。我兒子跟艾莉卡結婚讓我非常高興。在我認為艾莉卡受到虐待時，我必須做出一個艱難的決定。有人說我應該保持沉默，但我不想看到我的家人受苦。承認自己的兒子有問題而且需要幫助決不輕鬆。但是首先，艾莉卡需要一個能保證她安全的計劃。我向我的女兒朱莉尋求了幫助。然後，我跟我兒子談話了。

比利(艾莉卡的兒子)

我看到爸爸打了媽媽並對她大吼大叫。我又害怕又傷心，但我甚麼也做不了。在爺爺家時，我假裝我是爸爸並且打了我的玩具熊！爺爺知道聆聽我說的話是非常重要的，而且告訴他之後我感覺好多了。我再也不想害怕了。我需要長輩們幫我。



朱莉(爺爺的女兒)

在我父親最初告訴我比利說的話時，我根本不願意相信。我更不願意承認哥哥會傷害他的妻子。但是我知道虐待是非常嚴重的事情，而且我想要幫助艾莉卡。艾莉卡需要求助於對處理家庭暴力有經驗的人，而不只是跟我父親或我談。我找到了尋求專業人員建議的地方，現在艾莉卡知道該怎麼做了。看到她健康快樂的樣子，我感覺好極了。



我們的做法

下面是我們家在尋求幫助解決家庭暴力時使用的方法。
可能這些建議也能幫到你。

- 1 如果你需要立即幫助，請撥911。
- 2 在採取任何措施之前，我們瞭解了一些資訊並獲得了建議。我們打了311進行諮詢。
- 3 我認識到，紐約市會幫助你，即使你沒有「證件」。如果你受到傷害或看到有人受到傷害，警察不可以詢問你的移民身份。
- 4 我的家人和朋友給我予以支持。他們沒有對我或比利置之不理。
- 5 我為自己和我的孩子找到了援助。請不要害怕求助。
- 6 我們互相傾聽並討論我們的問題——儘管這些問題難以啟齒。
- 7 家庭暴力可能發生在任何人身上。不要覺得羞恥。這不是你的錯。
- 8 男人可以幫助制止其他男人虐待女人。



我們的做法

孩子們在玩的時候經常會透露一些很重要的事情。要仔細聽，並且認真對待。不會只是因為你是家庭暴力的受害者就讓你的孩子離開你。



在你撥打311時，他們會告訴你如何獲得幫助。每個人都能獲得幫助，包括沒有移民「證件」的人。跟專業人員談話很重要。

在紐約市，家庭暴力屬於犯罪行為，是不合法的。警察會幫助家庭暴力的受害者。這是我們的工作。



在公公跟我談話之前，我不敢把我的問題告訴任何人。我覺得非常羞恥。但我認識到了，虐待可能在任何社區的任何人身上發生。有許多像我一樣的女性。也許你就認識一個？



你能做甚麼

下面是尋求家庭暴力援助的一些建議。

與你的家人和朋友分享這本雜誌中的資訊。你可以改變他們的生活。

目標

你需要獲得幫助，
但目前是安全的。

1. 撥打311進行諮詢。詢問有關紐約市**家庭司法中心**的情況。

目標

你想幫助朋友或家人。

1. 跟你的朋友/家人談談。表示你願意傾聽。讓她/他知道你會提供幫助。讓受害者作出決定。不要對她或他妄加評判。
2. 不要跟施虐者談話。這會讓事情變得更糟糕。請協助受害者獲得專業援助。

如果你馬上需要幫助，立即撥打911。

你不需要移民證件就能獲得幫助。

你將獲得幫助以保證自己和孩子安全。不會只是因為你是家庭暴力的受害者就讓你的孩子離開你。

2. 也可以撥打家庭暴力熱線 1-800-621-4673，尋求幫助準備一個「安全計劃」。

3. 你可以造訪以下的網站以瞭解更多資訊。

www.nyc.gov/domesticviolence

www.safehorizon.org

www.sanctuaryforfamilies.org

3. 撥打311進行諮詢。
311全天24小時開通，
完全免費。

311提供中文服務。

4. 分享你從本雜誌瞭解的資訊。

你能說甚麼

如果朋友或家人需要你的幫助，你可以說：

- 你隨時都可以找我談話。
- 你並不孤單。
- 這不是你的錯。
- 你可以相信我。
- 我知道你可以去哪裡尋求幫助。我們一起打311吧。

如果你受到虐待，你可以說：

- 我需要幫助。
- 有人傷害我。

你並非孤立無援。你可以尋求幫助。撥打311或家庭暴力熱線(1-800-621-4673)。

如果你撥打311或家庭暴力熱線(1-800-621-4673)，你可以說：

- 你們能為家庭暴力受害者提供哪些服務？
- 我需要一個翻譯。我的母語是中文。

在下面寫下你要問的問題：

虐待

在身體、情感、性，或財務方面傷害某人。

她的男友**虐待**她。她獲得了幫助。

家庭暴力

某人受到家人、男友或女友的傷害或虐待。

家庭暴力屬於犯罪行為。

家庭暴力熱線

一個全天24小時開通的電話號碼，以便你獲得有關家庭暴力的資訊和幫助。

撥打**家庭暴力熱線**1-800-621-4673。

家庭司法中心

為家庭暴力受害者提供許多不同的服務和幫助的地方。

在紐約市，布碌崙區和皇后區均設有**家庭司法中心**。

安全計劃

保護你免受施虐者之害的一套指示。

你需要一個**安全計劃**—去哪裡、帶上甚麼、怎麼做。

服務

紐約市為你提供的幫助。

紐約市可以幫助你。有我們有許多有用的**服務**：

- 住處和庇護所
- 醫療服務
- 法律幫助
- 為你和你孩子提供的諮詢服務

受害者

受到傷害的人。

紐約市有為家庭暴力**受害者**提供的幫助。

311

你可以撥打這個免費電話號碼瞭解紐約市的各種服務。

撥打**311**時你可以說中文。

WE ARE NEW YORK

收看我們的故事學英語

在電視上收看所有九個故事
閱讀學習指南
加入團體練習英語



獲取自己的免費學習指南以及加入團體，請造訪

www.nyc.gov/LearnEnglish



Stop Domestic Violence

WE ARE NEW YORK **Magazine**



ENGLISH

Learn English on TV with our stories



WE ARE NEW YORK A NEW TV SHOW

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What's Inside

The Story: Stop Domestic Violence

Pages 2 - 7

Who We Are

Pages 8 - 9

How We Did It

Pages 10 - 11

What You Can Do

Pages 12 - 13

What You Can Say

Page 14

Helpful Words

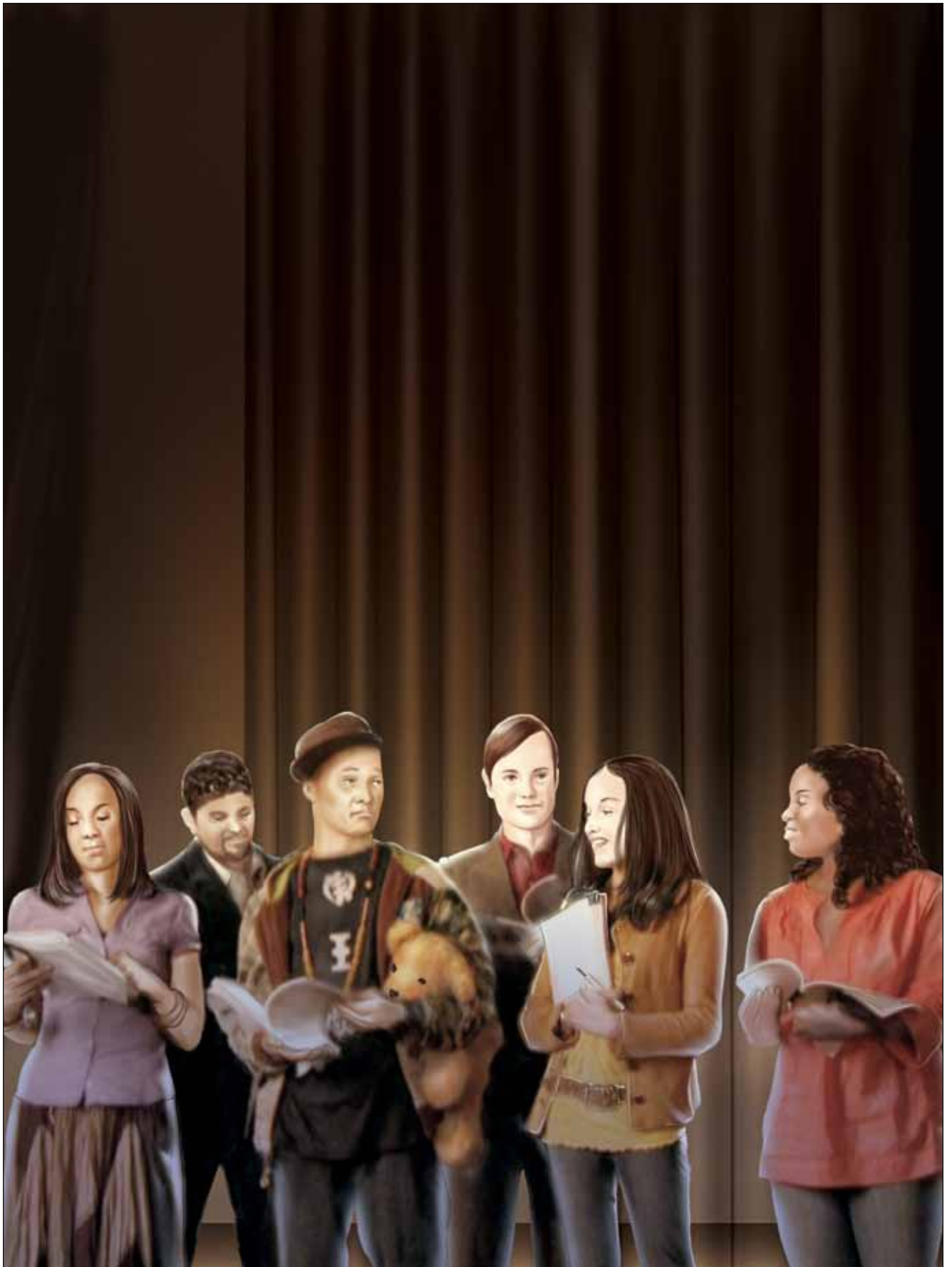
Page 15

THE STORY

Stop Domestic Violence

A group of actors are putting on a play in a community theater. The actors are from different countries. They are practicing a very important play. The play is about a difficult subject – domestic violence.

Domestic Violence is when someone is being hurt or abused by a family member, boyfriend, or girlfriend.





Later That Night

I am worried. Today Billy said, "Daddy hits Mommy." Should I say something to Erica?

Oh, Dad. He probably saw it on TV. You know how boys are. It's none of our business.

5

Oh, Dad. He probably saw it on TV. You know how boys are. It's none of our business.

The Next Day

Erica, I need to ask you a question and I want you to be honest.

6

7

8

9

This comic strip is divided into four panels. Panel 6 shows a woman with dark hair and a blue top, looking surprised or concerned. Panel 7 shows a man with grey hair, a goatee, and black-rimmed glasses, looking serious. Panel 8 is a close-up of a woman's face, looking down with a sad expression. Panel 9 shows the same woman from panel 8, covering her face with her hands in a gesture of despair or crying.

Erica, I need to ask you a question
and I want you to be honest.



At The Police Station



WHO WE ARE



ERICA (Billy's Mother)

I was afraid to tell anyone that my husband was abusing me. I don't have my "papers", and I thought there was nothing I could do. But Grandpa and Julie listened to me and let me know that I wasn't alone. They helped me find professionals to speak to. Now I feel stronger and safer. I found out that domestic violence affects people of every nationality, in every community. Now, I want to help other women who are like me.



GRANDPA (Billy's Grandfather)

I care about my family. I was happy when my son married Erica. When I thought that Erica was being abused, I had a hard decision to make. People said I should be quiet, but I didn't want to see my family in pain. It was difficult to admit that my son had a problem, and that he needed help. But first, Erica needed a plan for her safety. I asked my daughter, Julie, to help. Then, I talked to my son.

BILLY (Erica's Son)

I saw my father hit my mother and yell at her. It made me scared and sad, but I couldn't do anything. When I was at my grandpa's house, I pretended to be my father and I hit my bear! My grandpa knew it was important to listen to me, and I felt better talking to him. I don't want to be scared anymore. I need grownups to help me.



JULIE (Grandpa's Daughter)

When my father first told me what Billy said, I didn't want to believe him. I didn't want to admit that my brother would hurt his wife. But I know that abuse is serious, and I wanted to help Erica. Erica needed to talk to people who have experience with domestic violence, not only my father or me. I found out where to get professional advice, and now Erica has good information. It feels good to see her healthy and happy.



HOW WE DID IT

Here's how our family got help for domestic violence. Maybe these ideas will help you, too.

- 1** Call 911 if you need help right away.
- 2** We found information and got advice before doing anything. We called 311 for information.
- 3** I found out that New York City will help you even if you don't have "papers." The police are not allowed to ask you about your immigration status if you are being hurt or see someone being hurt.
- 4** My family and friends supported me. They didn't leave me or Billy alone.
- 5** I found help and support for myself and my child. Don't be afraid to ask.
- 6** We all listened to each other and talked about our problems – even when the problems were hard to talk about.
- 7** Domestic violence can happen to anyone. Don't be ashamed. It's not your fault.
- 8** Men can help other men stop abusing women.



HOW WE DID IT

When children play, they often tell us important things. Listen to them, and take them seriously. Your children will not be taken away from you just because you are a victim of domestic violence.



When you call 311, they will give you information about how to get help. Everyone can get help - including people without immigration “papers.” It is important to talk to professionals.

In New York City, domestic violence is a crime. It is illegal. The police are here to help domestic violence victims. That’s our job.



Before Grandpa talked to me, I was afraid to tell anyone about my problem. I was so ashamed. But I learned that abuse can happen to anyone, in any community. There are many women like me. Maybe you know one?



WHAT YOU CAN DO

Here are some ideas for helping people with domestic violence.

Share the information in this magazine with your family and friends. You can make a difference in their lives.

Goal

You need to get help, but you are safe right now.

1. Call 311 for information. Ask about the City's **Family Justice Centers**.

Goal

You want to help a friend or family member.

1. Talk to your friend/family member. Offer to listen. Let her/him know you will be there for support. Let the victim make the decisions. Don't judge her/him.
2. Don't talk to the abuser. It can make things worse. Help the victim get professional help.

**If you need help right away, call 911 immediately.
You don't need immigration "papers" to get help.**

You will be offered help to keep you and your children safe.
Your children will not be taken away from you just
because you are a victim of domestic violence.

2. You can also call the
Domestic Violence Hotline
at 1-800-621-4673.
Ask for help to make a
"safety plan."

3. You can visit these websites for more
information:
www.nyc.gov/domesticviolence
www.safehorizon.org
www.sanctuaryforfamilies.org

3. Call 311 for information.

You can call 311 for free,
24 hours a day.

311 speaks your language.

4. Share what you learned
from this magazine.

WHAT YOU CAN SAY

If a friend or family member needs your help, you can say:

- You can talk to me anytime.
- You are not alone.
- It is not your fault.
- You can trust me.
- I know where you can get help. Let's call 311 together.

If you are being abused, you can say:

- I need help.
- Someone is hurting me.

There is help for you. You can ask for it. Call 311 or the Domestic Violence Hotline (1-800-621-4673).

If you call 311 or the Domestic Violence Hotline (1-800-621-4673), you can say:

- What services do you have for victims of domestic violence?
- I need an interpreter. I speak _____.

Write your own questions here:

HELPFUL WORDS

Abuse

To hurt someone – physically, emotionally, sexually, or even financially.

Her boyfriend was **abusing** her. She got help.

Domestic Violence

When someone is being hurt or abused by a family member, boyfriend, or girlfriend.

Domestic violence is a crime.

Domestic Violence Hotline

A phone number you can call, 24 hours a day, to get information and help for domestic violence.

Call 1-800-621-4673 for the **Domestic Violence Hotline**.

Family Justice Center

A place where victims of domestic violence can go to get many different services and help.

In New York City there are **Family Justice Centers** in Brooklyn and Queens.

Safety Plan

A set of instructions to keep you safe from the abuser.

You need a **safety plan** – where to go, what to bring, what to do.

Services

Help for you that the City provides.

The City can help you. There are many **services** available:

- housing and shelter
- medical services
- legal help
- counseling for you and your children

Victim

A person who is injured or hurt.

There is help for **victims** of domestic violence in New York City.

311

The free telephone number you can call for information about City services.

You can speak your own language when you call **311**.

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