



Angry Asian Womxn

NYC SUBWAY SAFETY GUIDE

Hi!

We are **Angry Asian Womxn**, a collective of Asian Pacific Islander (API) women and API femmes that organize around safety and healing justice. We want to share our knowledge with you since New York City Subway Safety affects us all. In a nationwide study conducted by The Asian American Foundation, 1 in 2 Asian Americans feel unsafe in the U.S., especially on public transportation. We know that this is the case with many New Yorkers and we hope that this booklet will help you feel safer.

Be safe out there, straphangers!

Keep in touch with us!

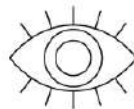
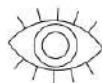
@angryasianwomxn on Instagram or
<https://linktr.ee/Angryasianwomxn>



Situational Awareness

deepening our understanding of how our surroundings affect us and how our instincts protect us.

- If accessible, keep your eyes and ears open and alert.
- Refrain from using headphones and refrain from being glued to your phone while in transit.
- Wait for the train away from the yellow line on the platform.
- Try to wait with your back against a wall or pillar. If that's not possible, stand in a safety stance, with one foot in front of the other.
- Notice and monitor people's behaviors around you.
- Don't play into stereotypes. We aim to build bridges across all communities while keeping safe.
- Trust your gut. If something feels fishy, that's your body's way of warning you.



SURVIVING BEING PUSHED ONTO THE TRACKS

As a bystander, if you witness this, call 911 immediately and alert an MTA employee. Here are some subway safety tips for your awareness.



1. AVOID THE THIRD RAIL AT ALL COSTS

The third rail is the one furthest away from the platform and is covered. Touching it is lethal.



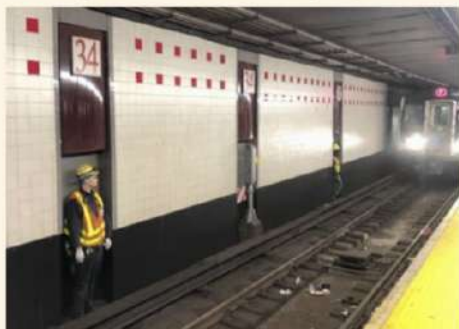
2. PLATFORMS CAN BE AS TALL AS 5 FEET AT SOME STATIONS

Getting pulled up by people on the platform might be your fastest way up.



3. LOOK AT THE END OF THE PLATFORM FOR STEP LADDER THAT GOES TO THE TRACKS

They are usually behind a "Do not enter or cross tracks" sign.



4. SOME STATION WALLS HAVE CUTOUTS WHERE MTA WORKERS CAN STAND TO AVOID THE TRAIN

***WAIT FOR THE TRAIN BY THESE BLACK AND WHITE STRIPED "ZEBRA BOARDS" WHICH IS WHERE THE CONDUCTOR WILL BE, ABOUT HALFWAY ON THE PLATFORM**





5. NO CLEARANCE

Red and white stripes on the wall of the subway station means that there is no clearance for standing in that area when a train passes.

6. BLUE LIGHTS IN THE TUNNEL

Blue lights are signals to emergency workers of a power off switch and a phone that calls directly to MTA dispatch.

Open the switch cover and engage a timer switch to take power off the tracks.



Keep engaging the switch to ensure power is off. Call the dispatcher by continuously pressing the receiver to both hear and speak.

That was heavy! Breathe deep through your nose and out your mouth. And let's do a...



Loving Kindness Meditation

*Send loving kindness to yourself:
May I be happy. May I be healthy.
May I be safe.*

*Send loving kindness to someone else:
May they be happy. May they be healthy.
May they be safe.*

*Send loving kindness to all beings everywhere:
May all beings everywhere be happy. May all beings
everywhere be healthy. May all beings everywhere be safe.*



Setting Strong Verbal Boundaries

Those who target women, trans folks, seniors and other marginalized groups are hoping we can be easily intimidated into silence. Many are opportunists looking for an easy target and don't want to get caught.



What can we say when we are facing imminent physical danger?



Make eye to face contact while standing your ground. Look at their nose, chin, cheek or other part of their face.



Use your diaphragm to project your voice loudly and to attract attention.

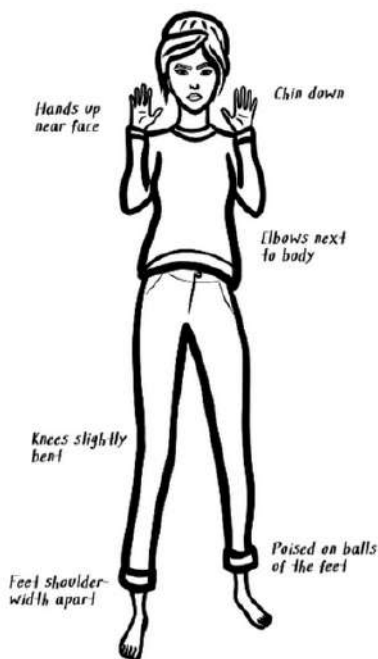
Do not smile.



Stand in a safety stance, with one foot in front of the other, shoulder width apart, head facing forward.

Self Defense Strategies

The following are excerpts from "Your Body is Your Weapon: The Little Self-Defense Handbook," by www.ibuenaventura.com



Resources

Situational Awareness Training

www.righttobe.org

Report a Hate Crime

www.stopaapihate.org

Safety Workshops and Victim Services

www.aafederation.org/hope-against-hate-2

Asian Mental Health Collective

www.asianmhc.org

If you have faced harassment or discrimination in housing, at work, or in any public place, contact the **NYC Commission on Human Rights** by calling 212-416-0197. If you are a victim of or witness a hate crime, call 911. There is language support if you need interpretation services.



Candles and Photo by www.colorcandlemagic.com

In Loving Memory

of those we lost due to violent hate crimes.

Pictured above are Zinat Hossain, Michelle Go, Than Htwe, GuiYing Ma and Christina Yuna Lee. Zinat and Michelle were lost due to being pushed off subway platforms.



Front and back cover
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**Amanda
Phingbodhipakkiya**
www.alonglastname.com

This program is made
possible by a
Community Project
Grant awarded by the
NYC Office for the
Prevention of Hate
Crimes and the New
York City Commission
Human Rights.