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Oral Histories of Pacific Islanders in Utah: Rape Culture and Sexual Violence

Narrator: **Sione (pseudonym)

Hello my name is Moala and I am an undergraduate researcher and scholar at the University of Utah. Thank you for willing to be a part of my project. My project is about sexual and gender based violence within the Pacific Island community. I would like to understand how this type of violence affects the people and the culture in Pacific Island communities and vice versa. I would like to understand how it is handled and why it is handled that way through oral histories. Do you have any questions?

A: No, no I'm good.

Q: Alright so I know we already know each other but for the audience, can you just tell us your name, prouns or anything you feel sharing for an introduction.

A: My name is Sione. I like he, them. I was born and raised in Hawai'i, came here to Utah for what eight years now, around eight years? Yeah it's been awhile.

Q: Tell us about your family. Where do they live? Do they live here? Where in the Pacific Islands are they from? Things like that.

A: So my dad was born in Vava'u, Falevai. Waterhouse [english translation of Falevai]! Waterhouse ki ai [toast to the waterhouse]! He moved, him and his family moved, there were five of them, he was like the second youngest. They moved to Hawai'i when he was like five? Or was that your dad? They were young. Pretty much he was raised in Hawai'i, I wanna say Kaimuki side, that area. I remember they were telling me all kine stories over

there, but I was raised in Kalihi for like pretty much sixteen - seventeen years. Cause the last year, no sixteen years cause the last two years was in Waipahu and then I moved here to Utah. My family didn't move here till I was nineteen, so a year after I moved here to Utah. We've been living here for like a while now. We've been in West Valley the whole time pretty much, there's like three of us. I'm the oldest. I don't know what you want me to say bro ... I'm not an open person so.

Q: The first little section is Taboo. So what is a taboo topic or subject in Tongan, Pacific Island families?

Narrator: Which one you wanna talk about?

Interviewer: Anyone you feel you wanna talk about.

A: It's a lot about, the most taboo thing I can think of as a broad generalization is like shame. Anything that will bring shame to ... even just yourself, you're not supposed to talk about just because I've noticed a lot of Poly [polynesian] cultures, not even just Tongan, a lot of Poly cultures it's about face, about respect. So if you bring any form of shame, you're not supposed to talk about it, be it abuse sexual or physical or like... just you doing something supposedly bad in the eyes of society you're not supposed to talk about it even if it's the smallest thing, you're not supposed to talk about it. And my problem with that is if you don't talk about it how the fuck are you supposed to learn. That's a broad generalization of taboo would be like shame.

Q: You kind of explained this, why are these issue taboo is shame. Because it brings shame ...

Narrator: Yeah it brings shame to the family. It makes you like what they would call pride or respect. It's just so stupid.

Interviewer: You kind of answered this too..

Narrator: Well maybe I can expand on it

Q: Yeah, but what makes them difficult to talk about?

A: Just because the moment you try to bring our anything, "shameful" is the moment that everybody condemns you for it. Instead of learning what was wrong from your mistake, you instead internalize it and that shit fucks you up right there. It's not even like you, you're not able to learn, everyone around you, your friends, your family, what have you, they're not able to learn from your mistake. And that right there is how we repeat the cycle of trauma, abuse, all this bullshit, to put it like bluntly.

Q: What are some of the responses you have experienced or witnessed when a taboo topic is brought up?

A: Right off the bat it's either, you're told to shut up or they change the subject as quick as possible. No one wants to talk about it. It is like... everyone tries to shut you up about it and that's what I mean when like no one is able to learn, because no one talks about. Like you're not allowed to at all. The only time I've been able to talk about it was with the younger generation because we're more open about it. Because we've all started to notice like "hey this shit is common as fuck." But the old folk, the moment you bring it around the old folk is the moment that they're just like "no don't talk about it." Even if it's just between us young folk, nowhere near them and we're just tryna like not even to learn and heal with each other I guess you could say commiserate together. But again the

old folks are just like, “no, no.” That’s why I feel like a lot of our generation is starting to follow their footsteps because we’re continually told over and over again, repetitively, “stop talking about it.” I hope some of these answers are actually making sense.

Q: Yeah they are, thank you.

Narrator: Yeah because I know my ADD ass is just like “eerrr.”

A: Yeah, just answer the questions to the best of your ability so you’re good. Next one is, do you think that your upbringing and your cultural identity affected your own reaction and how so?

A: Yes absolutely. Absolutely because again we’re not allowed to talk about it, the thing is it’s not even only shame that we’re not supposed to talk about we’re not supposed to talk about a lot of things. Not even just trauma and abuse and shit, but like sometimes even our emotions we’re not allowed to talk about or like ... yeah just our emotions. We are not able to process it in a healthy way and that is why a lot of us go towards substance abuse or just abuse in general and toxic relationships. Because we are not really able to process our emotions in a healthy way. Like I, myself, can say that I have done that because I didn’t know how to process that and it wasn’t until I got out of the culture and actually was able to broaden my horizon and see forms of other cultures and traditions and actually learn and educate myself. Stop being ignorant I guess you could say to put in bluntly again. Yeah cause I remember at one point I was going through a very hard, as young as this may sound at the time I was like sixteen or seventeen all the way until I was twenty - three. That is how long I was going through a very bad substance abuse. I was doing so much drugs. I was an alcoholic for sure. I was a pothead. I did all types of shit and I was doing stupid shit, because again I didn’t know how to process my trauma in a

healthy way, because again we weren't taught that we weren't allowed to be able to teach each other that. But again that's just more of a personal point of view. We all have our own shit.

Interviewer: Yeah just from your perspective.

Narrator: Yeah just my perspective because that's what I've been able to see.

Q: How does not talking about these taboo topics of shame, abuse, and what not impact Tongan families or even your own immediate family?

A: As a broad generalization I would say that it impacted us because a lot of us now see, like it has been so normalized that we see it as an everyday thing. That we now look at trauma and all that shit and be like, "oh that's fine. It happened to me, it happened to my aunt, it happened to x,y, and z." That is why it's still able to go, that's what I mean when I say we continue this cycle of trauma because we don't talk about it, because we allow it. That's why a lot of us are in these toxic relationships and toxic situations in general because that's what we were taught, well that's not what we were taught that's what we see as a normal thing

Q: And then this is kind of the last question of this taboo section moving towards rape culture. What are some cultural beliefs or practices that you know of that are prevalent in the community that affect reactions to sexual violence? I hope that makes sense

Narrator: No I get that, I get that.

Q: Within the home, sexual violence within the home

A: Again I would just say us not talking about anything cause we're not able to be like, "yo this person hurt me. This person did something to me. It's because of that that we have to keep ourselves quiet, that it's so prevalent because we are, again we're not able to talk about it. We are shamed into not talking about it, or condemned about it. More often than not, there is so much victim blaming in the Poly [Polynesian] community, that is why we don't say anything. That is another I guess you could say "tradition" of us Polys is that we victim blame so hard and that is why many of us will not say anything. That is why it is continually practiced because we don't say anything, we're not allowed to say anything because again we are either codemned or victim - blamed.

Q: Next section, we're basically already in there, but it is rape culture and sexual vioolence. Are you familiar with the term rape culture?

A: Yes, unfortunately.

Q: Ok so do you think rape culture has affected Tongan, Samoan, Pacific Islander cultural practices and beliefs?

A: Absolutely, absolutely.

Q: And then how so?

A: The reason why I say absolutely is that's the reason why boy cousins aren't even able to hang out with their girl cousins alone.... Why they cannot even be in the same room just by themselves.... Why even if there is one dude with a group of girl cousins, they are not allowed to be there. That is how prevalent it is. That has been a thing in our culture, like I don;t know how Samoan culture but for Tongan culture that is so set for so long

that it has happened forever now. I don't even think our uncles and grandparents hung around our female aunts and shit. That would be a tradition right there is

Interviewer: yeah, that was affected

Narrator: Yeah that was affected by it. Honestly right off the bat that comes to the head, cause I remember hanging out with my family in Waipahu, we called it Tongan ville, and I was just hanging out with one of my cousins and we went down to hang out with our other cousins and the girls stood on one side of the house, like all the way on the other side of the house. They were drinking beer and drinking and shit and I was tryna hang out with them and our boy cousins were calling me the whole night to hang out with them. And at that time I didn't understand until like later or the next day whI was like, "what the fuck?" To my other cousin, the one that I went there with and they were like, "yeah you're not supposed to do that that's why. Tongan tradition says you're not supposed to hang out with the girls." So that would be the one thing that I could see like a Tongan tradition was affected by rape culture.

Q: And going off of that question specifically, how has that changed the treatment of women in the culture?

A: Honestly I feel...

Q: Or do you feel like there is no difference between treatment?

A: Oh no absolutely there is a huge ass difference. The reason I think that is because again, it goes back to the tradition of boys and girls have to be separated. I feel like because of that it has created an objectification of women from the men's side. Because of that objectification, it has continueally made rape culture prevelent. That's just my

perspective. I could be terribly wrong, but that's just something that I've noticed because of the ostracization between the genders, it has created this chasm between them and it has caused the men to look at the women like "oh!" Type of shit.

Q: This next question is kinda misplaced in the guide, but what are your thoughts and feelings on the treatment of Pacific Island women and their bodies?

A: I think it's horrible just because a lot of our culture, especially towards the more feminine side of our culture has been sexualized. Not even by our own men, but just as men in general, globally I guess you could say. Women have been so sexualized because it and because of that I think there's a lot of, again there the objectification which has made rape culture very prevalent in our culture.

Q: And again going back to that question and kind of bouncing off that question, what are your thoughts and feelings on Pacific Islander women and their sexuality as well as Pacific Islanders in general?

A: Can you repeat that just so I can like... I guess gather my thoughts well.

Q: Yeah we just can answer the Pacific Islander women and sexuality first and then we can talk about the broader..

A: I feel like colonization has a lot of impact on that sexualization of Polynesian women just because it brought over purity culture. And I'm not saying that purity culture wasn't already a thing in the Poly community I just think it made it more prevalent I guess you could say. And I feel like that in it of itself was very damning just because a lot of women aren't able to talk about their own sexuality or just their bodily anatomy in of itself. I

know for a fact that for men or for us guy cousins we're not able to really talk to our girl cousins and stuff about their periods and stuff and that's just the most simple thing. But there's like sexual proclivities and shit, they're not able to be like, "hey, I fucked around I think I might have caught something." Or like the moment, I hate to say this but the moment they are SA'd or sexual assaulted, they're not able to talk about it because of this purity culture... because again it circles right back to the codemnation or victim blaming. Because instead of them getting help they're now blamed for their so-called loss of purity. I hope that makes sense.

Q: Yeah , yeah. And then can you talk about your thoughts and your feelings on just the issue of sexuality for all Pacific Islanders that's probably a taboo topic as well.

A: I feel like we should talk about it more, just because... I guess you could say that the cure to ignorance is education. And by being able to talk about this we're able to actually be educated on it we're not ignorant, cause I've known so many Poly dudes, not even just Poly dudes just Polys in general, who know nothing about sexuality or STI/STDs they know little to nothing about these things. All they know is the bare goddamn minimum. "Oh I put it in and see- sawed that bitch," like that's all they fucking know and I'm just like, "No, there's a bit more." And I feel like if we're able to talk about it, it could help them not only in their own safety and health, but also in their own pleasures. You know what I mean?... Because they know what to actualkly do when they fuck, idiots. I'm just saying, how many of these mothafuckas go into fucking and they're just like, "oh wrong hole," no shit sherlock. And that's what I mean. They can't tell the clitoris between their own ass like what the fuck? I'm gay and I fucking know this like what?

Q: Thank you, thank you for your answers. Do think the silence around rape culture and sexual violence impacts Pacific Islanders, Tongan, and their mental health and well - being?

Narrator: Abso - fucking - lutely!

Q: And how so?

A: Abso - fucking - lutely. What a lot of people who, or mostly men who don't know how it is so be SA'd [sexual assault] or rape, is that that type of shit, to have that happen to you, is absolutely traumatizing. Is it so damaging to the mental. Like... there are reasons why so many people who've been SA'd or raped have to go fucking therapy because they have PTSD, depression, anxiety, all these types of shit because there is so much... it's such an impactful thing. I feel like... wait what was the start of the question?

Interviewer: how does the silence around?

Narrator: yeah like us not talking about it makes, again it goes right back to the silence thing. We don't talk about it and that's what makes it more prevalent because it's so ... it's not so much that it's normalized, like it's normalized to a degree that it's felt that they are able to do it continually without being condemned for their actions and that right there is why we need to talk about it. I hope I answered that well.

Q: Yeah you're good, you're doing fine. And do you believe that this is connected to generational trauma?

Narrator: Abso - fucking - lutely!

Q: and family dynamics?

Narrator: Abso - fucking - lutely! Are you shitting me?

Q: And then just go ahead and explain your feelings and thoughts on these connections.

A: The reason why, like are we talking about how rape culture and how us keeping silent about these things ...

Q: Yeah how does silence of rape culture connect to unhealthy family dynamic and generational trauma? Sorry.

A: No it's good, my ADD brain takes a second to process shit. But like so us keeping silent about this, it totally helps like perpetuates an unhealthy like family situation and totally perpetuates generational trauma just because again if we don't talk about it, how the fuck are we going to learn? Again, just be like... if someone in your family was SA'd or raped they will never tell you. Well it's not so much that they will never tell you, but it's more like this silence of ours. They won't feel comfortable enough to tell you and that right there is also something that's pretty fucking damaging to someone's mental, to their psyche and shit... and that right there just because of how much that hurts them mentally, that could affect the family dynamics because if they don't get any help or they don't have a shoulder to lean on, they will lash out in one way shape or form, be it towards the family themselves or to themselves; because they have no outlet or a healthy outlet because again we are not taught a healthy way of coping with these types of things. That right there is just family dynamics generational wise, again because we are silenced it'll keep happening over and over again and no one will stop it because we are silent about it. And that is what perpetuates this generational trauma and even if it doesn't happen to the next generation, the generation that it did happen to will end up passing on a form of their trauma. The generation after may not have been sexually assaulted, but the generation that did will pass a form of trauma to the newer generation to supposedly protect them. But

unfortunately a lot of times by them doing that it's very unhealthy and it does perpetuate another cycle of trauma. I hate how I'm continually saying trauma but whatever.

Q: So the next one is... are you familiar with the Eleni 'Iongi story?

A: No

Q: So back in 2020 when Covid was rampant, in the Decemeber Eleni 'Iongi posted a live video on Instagram and she talked about her own rape story. She also mentioned other who with her and were also raped and then she called out a bunch of the rapists. She called out all of the rapists actually.

Narrator: Good for her! As she deserves!

Q: So open a door for a lot of Tongan to share their own experience with rape culture and sexual assault, however there was a lot of other people.

Narrator: Backlash.

Q: Yeah there was a lot of backlash that came with. A lot of people were doubting her and her story, and coming to the defense of the rapists, and there was this big whole thing about it.

Narrator: First off props to her, props to fucking her to having the balls to against the fucking grain, to go against tradition and being like, "Yo this fucking happened." Props to fucking her, hell yeah! Okay okay sorry keep going.

Q: No you're good because the question is what are your thoughts or feelings about that?

A: Mad fucking respect bro. That is some good shit, but that's what I mean though us keeping quiet about all this shit. But her opening up about this and how opened a door. It has been able to shine light on a problem, a very deep and horrible problem in our culture. And how she backlash against that, that is exactly what I mean when I say our

culture has a problem of condemning and victim - blaming. So for her to ... and like that's the thing like I know for a fact that she knew she was gonna get that backlash and for her to go out and tell her story, fucking mad respect bro. Oh my God! Cheers to that! Fuck yeah, hell yeah! And like again it helped so many Polys, especially our Poly women, our Poly queens to actually be like, "yo this is a problem!" And to actually talk about that and get these predators away from us and our kids. I think that's fucking great because that's something that need to be done. All these fucking horrible fucking people, all these assaulters and shit are now having to face to consequences for their actions, they are now having to take responsibility for their actions and I fucking love that. I love that so fucking much and those people who were tryna give them backlash, fuck them! They are the exact reason why for so long no one has said shit and why this has continued on for litteral generations. Litteral fucking generations. They are the problem and I don;t give a fuck if they get mad at me they can go kiss my ass. You can keep that in there.

Q: So we're just going to come of Eleni and her story. What are your feelings about Eleni and the conversations that she sparked within the Tongan community? A lot of people argue that she challenged Tongan culture.

Narrator: Exactly

Q: On the other side she challenged just rape culture within the culture.

A: I feel that either way her challenging Tongan culture or rape cultures was the fucking move, was the fucking move; because what a lot of people don't fucking understand is rape culture is Tongan culture at this fucking point in our generation by now. Tongan culture is rape culture because of the shit we had pepetuated for litteral generations. We

have let if fucking take root and grow and turn into this horrible fucking thing that we now as the younger generation have to fucking deal because our parents didn't want to. So for her to fucking shine light on this shit is fucking great and her challenging that shit is exactly what's fucking needed; because we need to kills now so that later generations don't have to deal with this. So that they can stand up an be like, "hey something happened to me, I need help" and they are actually able to get that fucking help. So for her... again mad fucking respect for her to challenge these so - called traditions and that's what people don't understand is, traditions need to be challenged, they need to be challenged because if not we perpetuate all this bullshit and we don't need to. This is a different generation. We don't need to keep the traditions of our ancestors. Yes, memorize them. Yes, keep them dear in our heart, but if they do not serve us and all they do is hurt us... destroy it. So again her challenging these so - called traditions, I fucking love it and I have nothing but respect for that. That is great!

Q: Do you think more videos like hers should be shared?

A: Absolutely, absolutely. The reason why I think this is because not only to shine light on the situation or this rape culture in our community and in our traditions and shit... it gives other people, like again how people, women in our community who stepped up and were like, "yo this is what happened." Can you repeat the last part of this question please?

Interviewer: Yeah, do you think more videos like hers should be shared?

Narrator: Absolutely yeah.... That's what I mean though it just gives people the courage to actually speak their truth and being like, "yo this is happening, we need to put a stop to

it,” but also a reason why this needs to be done, is because a lot of fucking times... if we’re talking like legally wise rapists aren’t held accountable to the degree that they should. As a society if we’re able to put pressure on not only our legal system, but the culture itself it could very well make this so - called tradition, these so - called fucking traditions that shouldn’t be there disappear if not at least like alleviate a lot of the fucking issues.

Q: Videos like hers coming out with stories of sexual assault and rape, should we continue to use instagram live as a form of communicating these intimate stories? What are your thoughts on using social media?

A: I think that is more of a personal thing, that should be a case by case thing because if the victim themselves wants to use social media as a platform fucking do it. I encourage that shit because it sends their message on a bigger fucking scale than them just talking to their friends and family that in itself is very fucking healthy. I know this only like for the like Poly community, but rape culture is very prevalent globally. If a small little community, like our Poly community is able to be like, “yo this is happening,” it could very well help other communities talk about this shit and I think that is great. We need to have this conversation. This is a very important conversation that we as a species need to have. Again I hope these are making sense because my mind is fucking fogging right now.

Q: No you’re good. I’m actually skipping some questions because you’re already answering them.

Narrator: Oh oops.

Q: But no, that's fine you're good. What are some of the reactions you have seen from Pacific Islanders when not necessarily her story, but any rape story comes out?

A: I'm a be straight up, I fucking hate it. I fucking hate it. I hate their reactions. There are a few times when I see a group of Poly dudes, I've only seen one actually. There was this one podcast when a group of Poly dudes were talking about and they were giving it the light it needed and they were talking about it respectfully and they weren't victim - blaming. I fucking love that, but the problem is more often than not every reaction that I've seen other than that one podcast, has done nothing but condemn and fucking victim - blame and that needs to fucking change. I think we need to have a conversation on that as well because victims should never fucking be blamed; but unfortunately that is what is considered normal and the right thing to do in our culture and it's fucked up because the should not be happening. That is what I mean, no I don't like the reactions. The reactions can go fuck themselves, the people who make these reactions can go fuck themselves.... To put it nicely.

Q: This question is a little more personal and you can choose to answer it or not, have you ever been in a position where a person has come to you with their story [of rape culture and sexual assault]?

A: Oh fuck. Too many, too fucking many. There is a statistic around where more than 96% I think percent of them women have had these issues. And all I can say is as a gay man, I have many fucking women as friends, many, like most of my friends are women and every single one of them have always come up to me and be like, "yeah I've had this

happen to me,” and they’ve told me their stories and I’m just like, “yeah..” So yeah I’ve had, I’ve had quite a few and don’t enjoy any of the cause everytime it makes me fucking livid. Was there another part of that question that I need to answer?

Interviewer: No I just broke up the question so you answered that part.

Narrator: Oh okay okay

Q: What were your responses? [when people have come to you about their sexual assault experience]

A: Anger. Absolute fucking fury. I fucking hate hearing this. Considering I myself have gone this a situation I have been SA’d it makes me absolutely angry that someone had to go the same fucking situation, if not worse than my own. So it makes me fucking livid to know that men or just people ingeneral have this type of ego or they believe that they have this type of privilege or whatever the fuck you want to call it, to be able to do this another person... and it fucking infuriates the fuck out of me.

Q: Do you think your reactions would change if you were put in a situation where that person that came to you with their own story is accusing somebody that is very closely related to you?

A: No, no I wouldn’t change shit. I would still choose the victim. I would rather choose a liar over a fucking rapist any fucking day, any fucking day. If they’re lieing then that means I fuck up in my judgment, but you know what that’s fine; because at the end of the day if they’re not lieing and that person that person that supposedly was close to was rapist I don’t want fucking nothing to do with them. So no that won’t change shit because again, I would rather choose a liar over a fucking rapist.

Q: Would you change your reaction to any of these interactions that you've had when survivors have come to you? Do you think you'd want to change your reaction?

A: Absolutely not. Absolutely - fucking - lutely not because a lot of, not even a lot of, every single one of them deserves compassion and empathy. My feeling of fury and righteous indignation is my own, but my reaction towards them is always compassion and empathy no matter who it is and what has happened. That is always the reaction and I will never change that because that is exactly what the fuck they deserve.

Q: Alright that question finished that little section in the interview. Okay the last section has to do with culture and healing if they can intertwine. So while this issue is still prevalent, unfortunately, in our Pacific Island families. What are some examples, like you mentioned one already, but if you have any other examples of Tongan and Pacific Islanders addressing sexual violence in the community in a positive way?

A: So the one thing that I really love about our culture is that... I don't know how it is for other Polys but I know for Tongans there's no such thing as cousins or like great aunts and great uncles. It's grandma and grandpa, and brother and sister. That right there shows that we are a tight - nit fucking group and that in it of itself is a very useful and very important healthy tool that we could use against rape culture itself; and being able to heal our victims. Again we are so tight - knit that we are able to do this. Like I go over to my cousins house all the fucking time if I felt like it, if I wasn't so introverted. I could go over like literally, even our so - called distant cousins, I could go over and be like, "hey I'm stopping by," and they wouldn't stop me. I would just go over and kick it. That just

goes to show that we are a very tight - knit fucking group and that right there is again a very usefull tool that we coiuld use and to stop these horrible traditions that our ancestors and our elders have kept. So that is one tool that we could use very heavily. So are we just talking about our own culture?

Interviewer: Yeah mainly about Pacific Island cultures.

Narrator: Yeah than right off the top of my head that would be the best one that I know we could do. I know so many family member who will talk all the fucking time for litteral fucking hours and I don't see why not we can;t talk about these things and help each other.

Q: Yeah yeah. Do you have an experience you share that was a healthy supportive interaction between you and your family about a serious difficult topic like sexual assult or any other difficult topic?

A: So when, I'm not gonna say names but when a cousin of mines; she was the party type, nothing wrong with that you know she was having fun she was young fuck it. She liked to go out and have fun, none of us stopped her because she was grown fuck it. It was fine more often than not she was safe, but one night unfortunately when no one was there she went to a *kava club*, a kalapu. She was raped, to put it nicely. You can't really put that nicely. After that she came out with it to all of us, and we as a unit decided to fight against that. And I feel like that... and that right there shows that we are able to go against this in a healthy way. We didn't just help her try to find justice, but we also connected her with people in our own community who are therapists and shit to help with this. They were able to give her, cause she had problems with sleeping, they gave her

sleep medication, they gave her sleep medication, they helped her with her anxiety, and all this other stuff. It just goes to show that we have the tools to go against rape culture and shit. That would be the best example, because I'm going to be honest with you, that's probably the only one that I could think of that was like... in a healthy way of being able to heal or work through that shit.

Q: So going back to Eleni and her story and the upsurge of Pacific Islands coming out with their own stories of sexual violence. Some Tongan have tried to combat rape culture with cultural values. Have you heard of the Faa'i Kavei Koula?

A: No, dude I don't pay attention to anything.

Q: You're good. So basically its four core values that were created by Queen Salote. It's pillars that create and hold the fale. So the foundation is '*ofa*, love and then the four pillars are faka'apa'apa, *respect*, tauhi vaha'a, *building and nurturing relationships*, anga fakatōkilalo, *humility*, and the last one is mamahi'i me'a, which is loyalty.

Narrator: Those are really good. I feel like they should add communication in there, but I guess that incorporates into most of those I guess.

Q: So the question is how have you seen these values, and you can have me go over them again, combat rape culture and sexual violence within our community?

A: Loyalty because I can see a lot of times... loyalty I feel like is a double edged sword because a lot of times in our own culture the person who... the predator themselves is part of the family so that is a double edged sword in it of itself. But again, just because it's bad it's also good because it means loyalty to the victim themselves. And that in it of

itself can be good because there will be less victim - blaming and that is exactly what we need to let more victims speak up. What were the other three please?

Interviewer: Respect, building and nurturing relationships, and humility.

Narrator: Building and nurturing relationships itself is already like a great, great value to help lessen these [sexual assault occurrences] because respect more often than not is what's lacking in these in rape culture. I feel like personally in my own situation, I feel like respect degraded the most or what was missing the most... not only in my own fucking situation but a lot of people I've been able to talk to about these situations. And to be able to nurture respect is just like in my perspective, you're not gonna disrespect someone, you're not gonna hurt someone who you respect. The other two please?

Q: Humility and... so you talked about loyalty and you kind of talked about respect a little bit too, so then the last one is humility and then the foundation if you wanna touch on that is 'Ofa [love].

A: Humility. I feel like humility would help the cause because again, a lot of times from what I was able to like... from my perspective a lot of times it's because of objectification. When you have humility there is less objectification, again in my own perspective, which is very like miniscule. As for love, you're not gonna hurt someone you love like that's not love, like these are really good core values. Do I agree with all of them? Probably not, but these are.. that itself is a really good building block of counteracting rape culture in my own perspective.

Q: How have you seen your own culture help you in your own journey with mental health?

A: The most I could say is... fuck that's hard. I personally can't say that I've had the greatest fucking help from the community ... for many reasons, but I've also been able to get help to a degree by having someone to lean on. I did not have to talk about anything but I knew that I was able to lean on my own people, my family even without saying something simply because of the love. That's all I got.

Q: That works! What value do you feel might best help the Pacific Island community in trying to raise awareness about rape culture and sexual violence?

A: Communication. I've made this very clear throughout this whole interview. Like the only way we're going to work through this or help each other is by talking, communication and unfortunately our culture is willing to talk about many things just not the important things, from my own perspective from what I've noticed. That is something I feel like we need to work on... immensely.

Q: And the last question, the million dollar question to end us off is how can we as Pacific Islander use our cultural practices or cultural beliefs as a way of healing and moving forward?

A: The thing is I may have talked a bit of shit about our culture throughout this whole interview... or a lot ... but the value that I believe that most Polys have that we hold in high regard is family. And I believe that using that value in itself is again, it's the same thing I was talking about earlier. I can't remember what it was about off the top of my head... oh us being tight - knit. That itself is very very useful for us counteracting rape culture and I feel like we can build on that without any prejudice or biases, we are able to heal and become better people. That's what I got on that and I'm stickin to it.

Interviewer: Thank you so much. That is all I have, we are done! Thank you again.