Resource Document

1. Actions to take:
   - Read and distribute the Stop AAPI Hate National Report which was released on 3/16/21.
   - Widely distribute the Stop AAPI Hate online reporting tool.
   - Watch the video of the US Congress Hearing on discrimination and violence against Asian Americans held on 3/18/21

2. Resources available:
   a. Healing Resources for AAPI folks (adapted from the Asian American Psychological Association):
      - Asian American Feminist Antibodies (care in the time of coronavirus): https://static1.squarespace.com/static/59f87d66914e6b2a2c51b657/t/5e7bbeef7811c16d3a8768eb/1585168132614/AAFCZine3_CareintheTimeofCoronavirus.pdf
      - Report AAPI Hate and access resources: https://stopaapihate.org/
      - Blog post on self-care tips for Asian Americans during COVID pandemic: https://www.huffpost.com/entry/self-care-advice-asian-americans_l_5e83a656c5b6a1bb764f0e45
      - Liberate Meditation (meditation app by and for BIPOC): https://liberatemeditation.com/
      - Dr. Sherry Wang featured on May Lee Show to explain how Asians can protect themselves during the coronavirus crisis: https://www.youtube.com/watch?v=G57kihf4N_Q&feature=youtu.be
      - Dr. Alicia del Prado’s blog post: Stay Proud: Being Asian American Is a Good Thing
      - Card game to promote intergenerational communication and story-telling (great for shelter in place!): https://parentsarehuman.com/

   b. Consciousness Raising Resources:
      - Asian American Feminist Collective Resources: https://www.asianamfeminism.org/resources
• Racism and Sexism must be considered in the Atlanta killing of 6 Asian women: https://www.nbcnews.com/news/asia/america/racism-sexism-must-be-considered-atlanta-case-involving-killing-six-n1261347?fbclid=IwAR2UdLPuUQ6PUDQN7abqTI3ArcUXq2vEPhKS4cwrZsWHkB6BxLW_LidWZRI

• New Yorker article, Confronting Anti-Asian Discrimination During the Coronavirus Crisis: https://www.newyorker.com/culture/culture-desk/confronting-anti-asian-discrimination-during-the-coronavirus-crisis

• NPR Code Switch Podcast: When Xenophobia Spreads Like A Virus: https://www.npr.org/2020/03/02/811363404/when-xenophobia-spreads-like-a-virus

• Dr. Miguel Gallardo’s Cultural Humility Podcast with Dr. Doris Chang “COVID-19 and Asian Communities: Where Racism and Bigotry Are Also a Health Hazard” https://drgallardo.com/uncategorized/covid-19-and-asian-communities-where-racism-and-bigotry-are-also-a-health-hazard/

• Take a 1-hour bystander intervention training to stop Anti-Asian/American and xenophobic harassment, offered by Hollaback and Asian Americans Advancing Justice (AAAJ): https://www.ihollaback.org/bystanderintervention/?link_id=2&can_id=8f926b39d94fb1111ed2f7e98c618b32&source=email-over-1680-of-you-showed-up&email_referer=email_773894&email_subject=over-1680-of-you-showed-up

• A personal reflection on the spiritual impact of COVID from an Indian anthropologist and public health researcher; https://www.internationalhealthpolicies.org/blogs/a-personal-reflection-on-covid-19s-spiritual-impact/

• The History Of White People In America, Episode One: How America Invented Race: https://www.wgbh.org/programs/2020/07/06/the-history-of-white-people-in-america-episode-one-how-america-invented-race

c. Resources for Resistance:
• COVID-19 Mutual Aid & Advocacy Resources: https://docs.google.com/document/d/1dpMzMzsA83jbVEXS8m7QKotK4ni6gLJUk1U1t6P4wShY/edit

• How to help combat Anti-Asian American hate: https://www.thecut.com/2021/03/atlanta-spa-shooting-how-to-help-where-to-donate.html

• Sakhi for South Asian Women, addressing gender-based violence within the South Asian diaspora: https://www.sakhi.org/donate/


• Red Canary Song: https://linktr.ee/redcanarysong

d. Additional Resources
• More resources can be found on the Resistance Lab website.