

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_15e83a656c5b6a1bb764f0e45
- Liberate Meditation (meditation app by and for BIPOC): <https://liberatemeditation.com/>
- Psychology Today blog post: Radical healing in times of fear and uncertainty: <https://www.psychologytoday.com/us/blog/healing-through-social-justice/202003/radical-healing-in-times-fear-and-uncertainty>
- Understanding Racism and Its Related Stress Can Help People of Color Cope with Negative Effects by past AAPA President Dr. Karen Suyemoto and colleagues <https://www.anxiety.org/understanding-racism-anxiety-and-related-stress-can-help-people-of-color-cope-with-negative-effects>
- Surviving Racism Amidst COVID-19 - by Yin J. Li: <https://medium.com/@yintheralane/surviving-racism-amidst-covid-19-8b18473c3675>
- Guide to responding to microaggressions - by Dr. Kevin Nadal: https://advancingjustice-la.org/sites/default/files/ELAMICRO%20A_Guide_to_Responding_to_Microaggressions.pdf
- 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](#)
- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (Chinese and Spanish versions available: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>)
- Tips on helping children cope with COVID-related stigma and racism from school psychologists: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-\(coronavirus\)-stigma-and-racism-tips-for-parents-and-caregivers](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers)
- 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/asian-america/racism-sexism-must-be-considered-atlanta-case-involving-killing-six-n1261347?fbclid=IwAR2UUdLpUQ6PUDQN7abqTI3ArcUXq2vEPhKS4cwrZsWHk6BxLW_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://drmgallardo.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=8f926b39d94fb111ed2f7e98c618b32&source=email-over-1680-of-you-showed-up&email_referrer=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/1dpMzMzsA83jbVEXS8m7QK0tK4nj6glUk1U1t6P4wShY/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/>
- Here's how you can help sex workers during the COVID-19 outbreak: <https://rewirenewsgroup.com/article/2020/03/26/heres-how-you-can-help-sex-workers-during-the-covid-19-outbreak/>
- Red Canary Song: <https://linktr.ee/redcanarysong>
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d. Additional Resources

- More resources can be found on the [Resistance Lab](#) website.