



Asian Students Association (ASA)

Anti-AAPI Hate Resources

Knowing the Fact..... 1

Educational Resources 2

Community Resources 3

Trainings Resources..... 4

Mental Health Resources 5

Reference for Further Study..... 6

Knowing the Fact

Center for the Study of Hate & Extremism found [Anti-Asian Hate Crimes Surge 149%](#), while overall hate crime Drops 7% in 2020.

Stop AAPI Hate reporting center concluded [incidents from March 19, 2020 to February 28, 2021](#).

[Many Black and Asian Americans Say They Have Experienced Discrimination Amid the COVID-19 Outbreak](#) (Pew Research Center)

Know your rights: Legal right to be treated fairly and without discrimination: [Federal and State laws and government sites to file a complaint \(organized by states\)](#)

Your rights if you are stopped by police, immigration agents, or the FBI: [What to do if you are an immigrant stopped by law enforcement agents](#) (14 languages)



THE UNIVERSITY OF CHICAGO

CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE

Advancing a More Just and Humane Society

Asian Students Association (ASA)

Educational Resources

The House Judiciary Committee of the U.S. House of Representatives held a hearing about [Discrimination and Violence Against Asian Americans](#) on March 18, 2021. You can review the recording of the hearing and written testimonies.

The Asian American Psychological Association submitted [Written Testimony](#) before the hearing.

[Acknowledge, Validate, Reframe: How Asian Americans Can Respond to Covid-19 Discrimination](#)
(YouTube Clip by APA Div. 45)

[Use Your WITS: How Asian Americans Can Respond to Covid-19 Discrimination](#) (YouTube Clip
by APA Div. 45)

Interviews with Dr. D.W. Sue: [PBS Interview with Dr. D. Sue on Race Matters](#); [Interviews on Racial Dialogues](#)

[Asian Americans](#) is a five-hour film series that delivers a bold, fresh perspective on a history that matters today, more than ever. As America becomes more diverse, and more divided while facing unimaginable challenges, how do we move forward together? Told through intimate personal stories, the series will cast a new lens on U.S. history and the ongoing role that Asian Americans have played.



THE UNIVERSITY OF CHICAGO

**CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE**

Advancing a More Just and Humane Society

Asian Students Association (ASA)

Community Resources

[Coronavirus/COVID-19 Resources to Stand Against Racism](#) (Asian Americans Advancing Justice)

[Donating, Volunteering, Reporting Hate Incidents: Here's How to Help Combat Anti-Asian Violence](#) (Time)

[Stopping AAPI Hate: Resources](#) (The Wechat Project)

[Policies impacting communities and active campaigns you can participate in.](#) (Movement Hub)

[Anti-Asian Violence Resources](#)

[HOLLA HOW-TO GUIDES](#): Need help planning an event or coming up with creative advocacy ideas? Hollaback! is all about using a diversity of tactics to keep our movement moving.

Report Hate Crimes against Asian Americans: [Stop AAPI Hate](#) (12 languages); [AAAJ](#) (5 languages); [Directory for local and other reporting sites](#)

Assistance with legal and social services through the Stop Hate hotline: Asian Americans Advancing Justice partnered with Lawyers Committee for Civil Rights Under Law and their Stop Hate project: 1-844-9-NO-HATE

Fundraising: [Support the AAPI Community Fund](#)

Sign the petition: [Actions to Protect Asian Americans from Hate Crime & Bias Attacks!](#)

Join local events: [Stop Asian Hate](#)



THE UNIVERSITY OF CHICAGO

**CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE**

Advancing a More Just and Humane Society

Asian Students Association (ASA)

Trainings Resources

[How to Talk About Race](#), a free self-paced online module designed to provide staff with the language, structures, and resources to be able to talk about race and racism.

[Bystander Intervention Virtual Trainings](#): The one-hour, interactive training will teach you Hollaback!'s 5 D's of bystander intervention methodology.

[Bystander Intervention Training To Stop Anti-Asian/American And Xenophobic Harassment](#) (Hollaback!)

[How to Respond to Harassment for People Experiencing Anti-Asian/American Harassment Training Workshop](#): an one-hour workshop about Hollaback!'s methodology for responding to harassment: 1) Trust your Instincts, 2) Reclaim Your Space, and 3) Practice Resilience.

[Self-defense and Personal safety training](#) (IMPACT Bay Area)



THE UNIVERSITY OF CHICAGO

**CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE**
Advancing a More Just and Humane Society

Asian Students Association (ASA)

Mental Health Resources

[Discrimination: What it is, and how to cope](#) (American Psychological Association)

[Responding to the Health Needs of Asian Americans](#) (Asian American Health Initiative)

[Proactively Coping With Racism](#) (Psychology Today)

[Self-Care resources](#) (National Museum of African American History & Culture)

[Filling our Cups: 4 Ways People of Color can Foster Mental Health and Practice Restorative Healing](#)

[Grief is a direct impact of racism: Eight ways to support yourself](#) (The Conversation)

[@asianmentalhealthproject](#) (Instagram)

[@asiansformentalhealth](#) (Instagram)

Referrals & Other Supports:

[Asians Do Therapy](#)

[Asian Mental Health Collective](#)

[Asian American Psychological Association \(AAPA\)](#)

[National Asian American Pacific Islander Mental Health Association \(NAAPIMHA\)](#)

[South Asian Therapist](#)

[Asian Pacific Islander South Asian Americans in NYC](#)

[National Queer And Trans Therapists Of Color Network](#)

Crisis Text Line for Young POC: Text STEVE to 741741

National Suicide Prevention Lifeline: 1-800-273-8255

Asian Lifenet Hotline: 1-877-990-8585



THE UNIVERSITY OF CHICAGO

CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE

Advancing a More Just and Humane Society

Asian Students Association (ASA)

Reference for Further Study

[**Ambitious and Anxious: How Chinese College Students Succeed and Struggle in American Higher Education**](#) by Yingyi Ma

The sociologist Yingyi Ma offers a multifaceted analysis of this new wave of Chinese students based on research in both Chinese high schools and American higher-education institutions.

[**America for Americans: A History of Xenophobia in the United States**](#) by Erika Lee

The United States is known as a nation of immigrants. But it is also a nation of xenophobia. In *America for Americans*, Erika Lee shows that an irrational fear, hatred, and hostility toward immigrants has been a defining feature of our nation from the colonial era to the Trump era.

[**Asian American Dreams**](#) by Helen Zia

This groundbreaking book is about the transformation of Asian Americans from a few small, disconnected, and largely invisible ethnic groups into a self-identified racial group that is influencing every aspect of American society.

[**Chinese Must Go: Violence, Exclusion, and the Making of the Alien in America**](#) by Beth Lew-Williams

The American West erupted in anti-Chinese violence in 1885. Following the massacre of Chinese miners in Wyoming Territory, communities throughout California and the Pacific Northwest harassed, assaulted, and expelled thousands of Chinese immigrants.

[**Driven Out: The Forgotten War Against Chinese Americans**](#) by Jean Pfaelzer

Driven Out exposes a shocking story of ethnic cleansing in California and the Pacific Northwest when the first Chinese Americans were rounded up and purged from more than three hundred communities by lawless citizens and duplicitous politicians.

[**Eat a Peach: A Memoir**](#) by David Chung and Gabe Ulla

From the chef behind Momofuku and star of Netflix's *Ugly Delicious*—an intimate account of the making of a chef, the story of the modern restaurant world that he helped shape, and how he discovered that success can be much harder to understand than failure.

[**Ghosts of Gold Mountain: The Epic Story of the Chinese Who Built the Transcontinental Railroad**](#) by Gordon H. Chang

A history of the Chinese workers who built the Transcontinental Railroad, helping to forge modern America only to disappear into the shadows of history until now.

[**Interior Chinatown**](#) by Charles Yu



THE UNIVERSITY OF CHICAGO

CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE

Advancing a More Just and Humane Society

Asian Students Association (ASA)

Interior Chinatown is an adventurous novel that shows the otherness of the Asian experience through a literal screenplay. It won the 2020 National Book Award for Fiction.

[Minor Feelings: An Asian American Reckoning](#) by Cathy Park Hong

As the daughter of Korean immigrants, Cathy Park Hong grew up steeped in shame, suspicion, and melancholy. She would later understand that these “minor feelings” occur when American optimism contradicts your own reality—when you believe the lies you’re told about your own racial identity.

[Strangers from a Different Shore: The History of Asian Americans](#) by Ronald Takaki

A powerful and moving history of Asian Americans that spans centuries, from the acclaimed author of *A Different Mirror*. In an extraordinary blend of narrative history, personal recollection, and oral testimony, the author presents a sweeping history of Asian Americans.

[The Asian American Achievement Paradox](#) by Jennifer Lee and Min Zhou

The sociologists offer a compelling account of the academic achievement of the children of Asian immigrants. Drawing on in-depth interviews with the adult children of Chinese immigrants and Vietnamese refugees and survey data, Lee and Zhou bridge sociology and social psychology to explain how immigration laws, institutions, and culture interact to foster high achievement among certain Asian American groups.

[The Chinese in America: A Narrative History](#) by Iris Chang

In an epic story that spans 150 years and continues to the present day, Iris Chang tells of a people’s search for a better life—the determination of the Chinese to forge an identity and a destiny in a strange land and, often against great obstacles, to find success.

[The Color of Success: Asian Americans and the Origins of the Model Minority](#) by Ellen D. Wu

It tells of the astonishing transformation of Asians in the United States from the yellow peril to model minorities—peoples distinct from the white majority but lauded as well-assimilated, upwardly mobile, and exemplars of traditional family values—in the middle decades of the twentieth century.

[The Fortune Cookie Chronicles](#) by Jennifer 8. Lee

It traces the history of Chinese-American experience through the lens of the food. In a compelling blend of sociology and history, Jenny Lee exposes the indentured servitude Chinese restaurants expect from illegal immigrant chefs, investigates the relationship between Jews and Chinese food, and weaves a personal narrative about her own relationship with Chinese food.

[The Making of Asian America: A History](#) by Erika Lee

It tells the little-known history of Asian Americans and their role in American life, from the arrival of the first Asians in the Americas to the present-day.



THE UNIVERSITY OF CHICAGO

**CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE**

Advancing a More Just and Humane Society

Asian Students Association (ASA)

[The Souls of Yellow Folk: Essays](#) by Wesley Yang

The National Magazine Award–winning writer’s debut collection of incisive, stylish essays on race and gender. One of the most acclaimed essayists of his generation, Wesley Yang writes about race and sex without the jargon, formulas, and polite lies that bore us all.

[They Called Us Enemy](#) by George Takei, Justin Eisinger, and Steven Scott

A graphic memoir recounting actor/author/activist George Takei’s childhood imprisoned within American concentration camps during World War II.

[Third Culture Kids: Growing Up Among Worlds](#) by David C. Pollock and Ruth E. Van Reken

Third culture kids (TCKs) - children who grow up or spend a significant part of their childhood living abroad. The book is rich with real-life anecdotes and examines the nature of the TCK kid experience and its effects on maturing, developing a sense of identity, and adjusting to one’s passport country upon return.