

# Support for AAPI Communities

Conversations about racism and other discriminatory acts  
against AAPI (Asian American & Pacific Islanders)  
communities

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Racism against Asian Americans & Pacific Islanders (AAPI) has increased significantly in the last year. Asian Americans are the third most racially targeted group following Black Americans and Jewish Americans. Asian Americans are also the racial group least likely to reach out for help. This, coupled with an already existing belief that AAPIs don't struggle (the model minority myth), has only worsened the pandemic-related problems in the community. Allowing space to have conversations about these important issues will help raise awareness, build community, and foster understanding.

[Asian Pacific Policy and Planning Council](#) Data on discriminatory acts among AAPI communities

[ABC News: Dr. Sherry Wang](#) Dr. Sherry Wang, professor of psychology at Santa Clara University, talks about the growing virus of racism

[I Will Not Stand Silent](#) Time magazine article - 10 Asian Americans reflect on racism during the pandemic and equality

[Safety Tips STOPAAPIHATE](#) Safety tips for those experiencing or witnessing hate

# Mental Health Resources:

These resources/organizations offer culturally sensitive services, and some offer services in various languages.

## [Understanding barriers and stigma related to Asian Americans and counseling supports:](#)

An in-depth article and study by Harvard Medical School examining this important issue. This resource includes an informative webinar recording from Dr. Geoffrey Liu, entitled “What’s Preventing Asian Americans from Seeking Mental Health Care.”

## **Mental health resources for the AAPI community in the Bay Area:** [AACI Behavioral Health](#)

Offers linguistically and culturally sensitive counseling services

## **HealthRight 360 with Asian American Recovery Services (AARS):** [Health Right 360](#)

Offers culturally sensitive support for substance abuse and recovery services

## **Asian Health Services:** [Asian Health Services](#)

Offers specialized health and social programs for teens and young adults

*All the counselors on each campus are always available to help you and your family find the right support.*

# Resources for Parents:

Talking to your kids about racism and hate can be difficult for all parents, particularly Asian-American parents. Here are some resources to help start the conversation.

## [They Are Not Too Young to Talk About Race:](#)

An informative graphic explaining the developmental understanding of race

## **Resources for supporting Asian/Asian-American youth:** [www.srcd.org](http://www.srcd.org)

Here you can find links about how to talk to kids about race and COVID-19 and resources about Asian-American child development, among other related topics.

## **Webinar on supporting asian youth during COVID-19 from June 2020:**

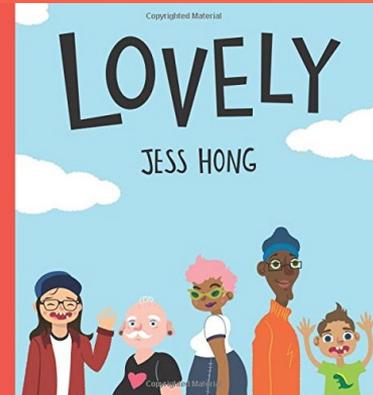
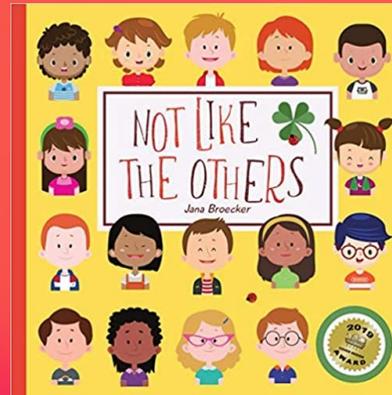
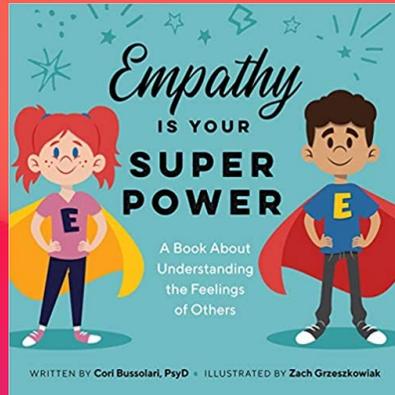
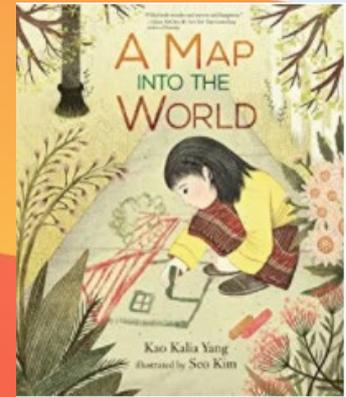
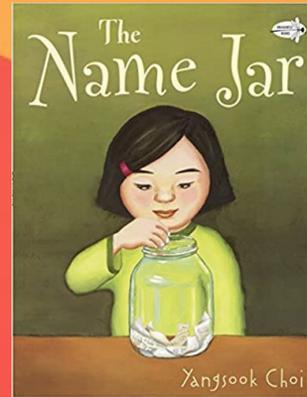
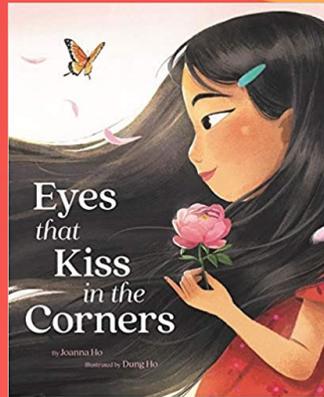
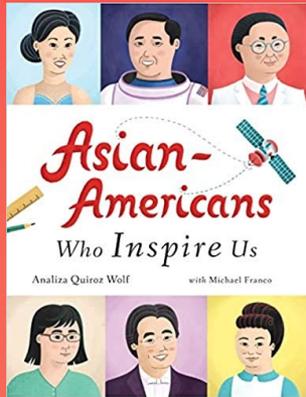
### [Youtube video talking about supporting Asian American kids during COVID](#)

This webinar talks about how to address children's questions or fears, about the understandable desire to protect/shield kids by not bringing up topics, and about why being proactive can actually be more beneficial instead.

## **Workshop for parents about talking to children about racial identity, bullying, and anti-Asian racism from January 2021:** [Immigrant History](#)

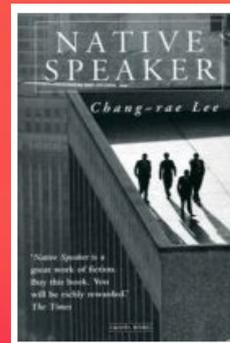
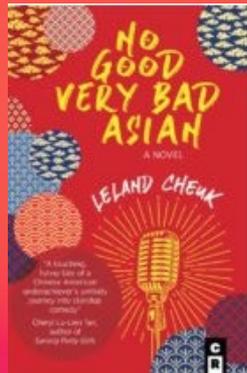
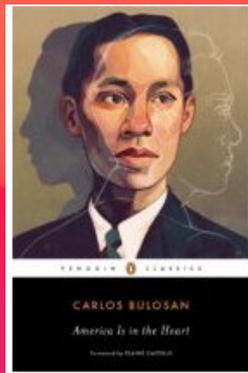
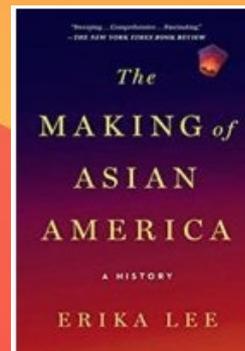
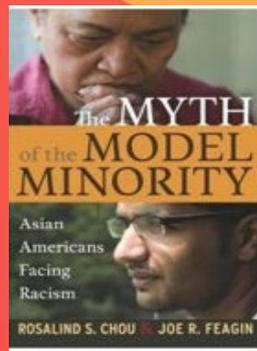
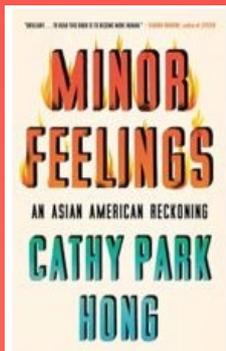
This workshop goes over the history of Asian Americans in the US, as well as how to approach discussing Asian-American identity and racism with children. A significant (and heartbreaking) statistic stated in this workshop: 1 in 4 Asian students have reported identity-based bullying since the start of COVID-19.

# Lower School Books: Diversity & Asian/Asian-American Identity



# Suggested Reading

[Recommended reading about racism against Asian Americans](#): a full list of books with summaries



# What you can do to help:

- **Volunteer to help escort seniors in Oakland's Chinatown**

Organizing being done by @APEN4EJ

- **Report (if you see something, say something)**

@STOPAAPIHATE, [STOPAAPIHATE.ORG](https://stopaapihate.org)

- **Amplify & share these stories**

- **Check-in on your AAPI friends and family**

- **Support your local Asian businesses, supermarkets, & restaurants**

Racially motivated crimes targeting small businesses is on the rise.

- **DO NOT BE SILENT**

# Organizations to explore:

## [Asian Pacific Environmental Network](#)

Building power and resilience in working-class Asian immigrant and refugee communities

## [Bay Area Filipino Community Center](#)

Dedicated to providing a safe space for support, resources, and building community

## [APIENC](#)

Building transgender, non-binary, and queer API power

## [Chinese Progressive Association](#)

Organizes and empowers the low-income and working-class immigrant Chinese community in SF

## [Asian Americans Advancing Justice - Asian Law Caucus](#)

Promoting, advancing, and representing legal and civil rights of AAPI communities

## [AAPI Women Lead](#)

Aims to strengthen the progressive political and social platforms of AAPI communities through leadership of AAPI women

## [Stopaaphate.org](#)

## [Hate is a Virus](#)

A nonprofit organization started in April 2020 in response to the rise in hate crimes against AAPI due to the pandemic

# Harker Counseling Services

Harker counselors are available to assist you and your family with any needs you may have.

Please contact any one of us for support. [Visit our Counseling tile in the parent portal for more resources and visit our virtual offices](#)

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# Additional resources provided by the upper school Student Diversity Committee

Background: <https://www.nytimes.com/2021/02/12/us/asian-american-racism.html>

Background: <https://www.npr.org/2021/02/10/966498602/unpacking-the-surge-in-violence-against-asian-americans>

How to support: <https://www.cnbc.com/2021/02/19/how-to-support-asian-american-colleagues-amid-anti-asian-violence.html>