

# Hidden Gems: Educational Tools for Combating Anti-Asian Racism

As Ams = Asian Americans. Last Updated 04-30-21



Welcome to finding your “hidden gems” for stopping AAPI hate and combating anti-Asian racism! It will take more than one sitting to discover and appreciate them. One “fresh start” method is to choose just one of the **five sections**, and even one category or **subsection** at a time, to explore.

This list was designed to boost racial justice efforts with Asian Americans. See what various categories can offer you, such as “Lesson Plans” beyond classroom settings, and “Solidarity with Black Lives” even if you’re not Black. Note: some legal, legislative, deterrence and theological resources are shown, but other lists will address these aspects more fully.

**Rose-colored** highlights are simply some “quick look” choices. Please share what stands out to you: for example, quotes, links, excerpts to enhance your speaking out, or when organizing programs of support with Asian Americans. Safety, well-being, and lives are at stake.

With thanks to friends who shared links,  
and to allies spreading the word,  
Lily R. Wu  
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## Get the Big Picture

### Overviews

04-29-21 PBS

“Violence Against Asian Americans” [Compilation of 12 videos](#) preceded by a brief heartfelt essay from an As Am PBS staffer.

03-20-21 CNN

“Asian Americans are treated as perpetual foreigners. That has to change.” As Am attacks [in context of White supremacy](#). By Presbyterian minister Laura Cheifetz, with video interview of Lisa Ling (6:10 min.).

03-10-21 NBC News

“Anti-racism resources [to support AAPI community](#)” Valuable brief overview.

03-07-21 Trevor Noah Daily Social Distancing Show

“[Why We Should've Seen the Atlanta Shootings Coming](#)” (4:50 min.)

Incisive and ardent analysis that points toward solutions also.

02-17-21 Marie Claire

“Anti-Asian Hate Crimes: Influencers, Activists [Taking a Stand](#)”

02-16-21 Eater

“COVID Doesn’t Discriminate. But People Do.” [Why it’s not enough](#) to just save Chinatowns.

12-10-20 Religion News Service

“[Buddhist temple attacks rise...](#)”

05-12-20 Human Rights Watch

“[Covid-19 Fueling Anti-Asian Racism Worldwide](#). U.S., U.K., Russia, Australia, India, Sri Lanka. Link to United Nations [Practical Guide](#) to develop national action plans against racial discrimination.

## Local Coverage

04-23-21 ABC7 San Francisco

["Family of 18 records video of attempted robbery along Fisherman's Wharf"](#)

Article with video (2:10 min.) and links to many more incidents in CA.

04-19-21 Daily Kos

["Police searching for suspect and motives in acid attack that left NYC woman blind"](#)

04-03-21 New York Times

["Swelling Anti-Asian Violence: \*\*Who Is Being Attacked Where\*\*"](#) March 2020-April 2021. Physical assaults, verbal attacks, and vandalism. Click on each story entry for full coverage. Valuable tool revealing extent of anti-Asian hate.

## Asian American History

### Overviews

Change Lab

["A Different Asian American Timeline"](#) is a tool for in-depth critical thinking in the broad context of race and capitalism. Shows how our stories are woven in with those of others. Significant, because "true democracy will depend on our ability to imagine new ways of being."

Vox on Twitter

["1/. America's history with anti-Asian discrimination.. \*\*thread of resources.\*\*"](#)

04-22-21 The New Yorker

["Forgotten History of the Campaign to Purge Chinese from America"](#)

04-02-21 Asian Americans United

["Teach In: Organizing Against Anti-Asian Violence"](#) History of Lao, Cambodian, and Vietnamese refugees settling in Philadelphia, PA after the Vietnam War.

[Video.](#) (1:59:18 min.)

03-29-21 Time magazine

“Atlanta Shootings Fit Into Long Legacy of Anti-Asian Violence in America”

03-28-21 San Francisco Chronicle

“Anti-Asian Violence Has Long History and Must Be Addressed. Here’s Why”  
Video (3:14 min.) From a Univ of CA Berkeley As Am Studies professor.

03-25-21 Al Jazeera

“The Roots Of Anti-Asian Racism” Video (6:13 min.)

03-25-21 The Skimm

“History of Anti-Asian Racism in U.S.” Covering 150+ years.

03-24-21 Eugene Lee Yang “**We Need To Talk About Anti-Asian Hate**”

What a race conversation and discussion starter! Deep heart-to-heart from a Gen-X activist. What we need to do now, and why. Sets issues in context with Black and Muslim people also. (1:10:08 min.)

03-17-21 Berkeley News

“Berkeley expert: In times of crisis, anti-Asian violence is an American tradition”

03-08-21 The New Yorker

“Muddled History of Anti-Asian Violence”

03-05-21 Vox

“The long history of anti-Asian hate in America, explained”

03-01-21 Elle

“Ignoring the History of Anti-Asian Racism Is Another Form of Violence”

### ***Lesson Plans + Readings***

New York Historical Society

“Chinese American Exclusion/Inclusion: **Classroom Materials** for the Exhibition” (2014) Substantial curriculum, amply illustrated with life stories, photos, documents, and more.

Smithsonian APA Center

“#Stop Asian Hate – [Standing Together](#)“ and “ [Learning Together](#) ” take time to scroll through, but are well worth it. Treasure chests for K-12 teachers as well as educators or students of all ages. In late April 2021, the Learning Together lead article focused on Sikh Americans. With Sikhtoons by cartoonist Vishjavit Singh, and much more. There’s also a fascinating “[We are Not a Stereotype](#)” video series.

Sutori, Anti-Defamation League

“Coronavirus and Infectious Racism” [lesson plan](#) for middle and high school.

Zinn Education Project

“[As Ams in People's History of the U.S.](#)”

**20 As Ams and events of note** as a starting point for learning.

03-23-21 Rethinking Schools

“**[Dear Educators, It Is Time to Fight for Asian America.](#)**” To As Am students, teachers, family; and to Black, Brown, Indigenous and White educator family.

03-18-21 Vox

“A [reading list](#) to understand anti-Asian racism in America” Eight titles suggested, starting with Erika Lee’s foundational *The Making of Asian America: A History*.

### ***Issues in Education***

04-02-21 Facing Today

“**[Combating the Erasure](#)** of API Experiences and Anti-API Violence” An excellent [bloppost](#) highlighting PBS and Smithsonian videos; Pew Research Center’s “Fact Sheets”+ “Fact Tank” blogs; an interview for centering API students; and books by Erika Lee and Frank Wu.

03-30-21 Time.com

“[Why As-Am Story Is Missing From U.S. Classrooms](#)”

02-18-21 NBC News (NYC)

“Amid attacks, [school principals concerned](#) over As Ams’ return to class”

08-21-19 Higher Education Today  
“An Uneven Playing Field: Complex Educational Experiences of As Ams”

### *Middle/High School Students*

Act to Change

**Educational Resources.** “Anti-Bullying Workshop” download. And “Racism is a Virus” toolkit of strategies. History of AANHPI racism. Coping with covid-related racism. Talking with parents. Digital+ in-person activism.

AAOP Action for YOUth

“**Race Issues** in the Asian Community” Normalization of racism, cultural appropriation, representation in media, model minority myth, anti-Blackness.

04-03-21 NPR

NYC “Asian High School Students Speak Out Against Discrimination, Harassment” Transcript or 7-minute listen.

03-23-21 Chalkbeat NY

“They were targets of racist remarks. Now, these NYC students want to talk about As Am history — and hate”

### **Women**

04-22-21 Aperture

“**How Do Photographs Reveal** a History of As Am Erasure?” Daguerreotype of Chinese woman from 1850s in Peabody Essex Museum, Salem MA. And Corky Lee’s recreation of transcontinental RR photo at Promontory Point UT.

03-25-21 National APA Women’s Forum (NAPAWF) #AAPI

“Women Strong, Nat’l Conversation on Race + Gender” Video (1:00:56 min.)

03-19-21 NYT

“In her words: I’m really tired” Three As Am women talk about intersectionality.

03-03-17 Reproductive Health Access Project “1875 Page Act” (why Asian women were prohibited to enter the U.S.)

02-05-21 China Channel

Book review of biography about Afong Moy, First Chinese Lady in America.

The Library Company of Philadelphia

“Remembering Afong Moy” 1st Chinese woman in America. Detailed story, with illustrations from 19th century.

### **Health Issues + Identity**

04-22-21 Gothamist

“White Coats Don’t Protect Us:” Asian Health Care Workers Speak Out Against Rise In Hate Crimes

04-02-21 Sports Illustrated

“Amid Rising Racism, As Am Runners Fight to Reclaim a Refuge”

04-02-21 Today

“As a 'white-passing!' As Am, I feel grief, shame and confusion right now”

03-02-21 US News (TX, CA, NYC)

“As Virus-Era Attacks on Asians Rise, Past Victims Look Back”

02-23-21 Oprah Daily

“What Is the #StopAsianHate Movement And How to Support It” Including mental health and cultural barrier issues.

02-18-21 Huffington Post

“What No One Tells You About Being Asian In America In 2021” “...minimizing our own pain...don’t want to rock the boat.”

Crosscut “Hidden Barriers: Model Minority Myth Hurts Asian Americans Seeking Health Care” Video on healthcare disparities (6:55 min.)

### **Legislation + Advocacy**

Asian American Advancing Justice and four organizing partners

Four-part webinar series:

04-28-21 “Legal Resources and Policy Advocacy: How to Combat Racial Profiling Under the ‘China Initiative’” To counter the U.S. Department of



Justice racial profiling of scientists and researchers of Asian and Chinese descent. (Soon to be posted on YouTube)

02-24-21 “Building Coalition Against ‘China Initiative’ Discrimination”  
Fighting racial targeting of As Ams and communities of color, past and present. [Video](#) (1:16:13 min.)

12-02-20 “Policy Needs for U.S. Science and Scientists”  
Targeting Asian and As Am scientists is driving scientific talent away from U.S. [Video](#) (1:13:35 min.)

09-30-20 “The Human and Scientific Costs of the ‘China Initiative’”  
[Video](#) (1:00:15 min.)

## Report Incidents

### Tracking Centers

**Asian Americans Advancing Justice.** “[Tell your story.](#) Help us Track Hate.”  
English, Chinese, Korean, Vietnamese.

**HeartMob** to [end online harassment.](#)

**Hollaback** “[Share Your Story.](#) You are not alone. We believe you.”

**South Asian Americans Leading Together (SAALT)** Tracking hate crimes against South Asian, Sikh, Muslim, and Arab communities since 2015, and against As Ams and those perceived as As Am since March 2020. [Live document](#) “Acts of Hate” database updated daily.

**Stop AAPI Hate.** Report incidents in English or any of 10 Asian Languages. For witnesses too. Tracking hate, violence, harassment, discrimination, shunning, and child bullying.

### Hate Crime Issues

03-19-21 ABC7 San Francisco  
“Advocates for As Am community [vehemently object new bill](#) which could reduce attackers jail time.” If SB82 passes, certain robberies would be

classified as misdemeanors, not felonies. [More](#) about the bill and consequences.

04-22-21 Reuters

[“U.S. Senate passes bill to fight anti-Asian hate crimes”](#) 94-1!

04-15-21 Harvard Univ Dept of East Asian Languages+Civilizations  
[Statement and Resources](#) on Asian and AAPI Covid-19 Related Harassment. How to respond. Hate crimes vs incidents. Legal and mental health-sense of community resources. Ally resources. National Covid-19 [Resource List for Undocumented Communities](#). Updated from 3-24-20.

04-02-21 Next Shark

[“Fatal Shooting of Christian Hall ‘Justified,’ Says Pennsylvania DA”](#)

03-31-21 NBC News

[“As Ams are least likely to report hate incidents...”](#)

03-18-21 CNN

[“Why hate crime data can’t capture the true scope of anti-Asian violence”](#)

## Get Connected

### Voices

Ad Council “Love has no labels [Fight the virus, Fight the Bias campaign.](#)”  
As Ams speak in a 1:04 minute [video](#) posted by George Takei on Facebook.  
Quickest video gem to see. Well done.

[Self Evident](#): Asian America’s Stories Podcast series by and about As Ams.  
In-depth audio documentary or radically open conversations

04-11-21 The New Yorker

"Sunday Reading: The Asian-American Experience" [Five essays](#) about how deeply anti-Asian biases are ingrained in U.S. culture.

04-04-21 LA Times Op-Ed

"How African Americans and Chinese immigrants [forged a community](#) in the Delta generations ago"

04-01-21 CNN Opinion

“First Korean American first lady in the U.S.: We will not stand silent any more.”  
Yumi Hogan, first-generation Korean American, accomplished artist, and adjunct professor at Maryland Institute College of Art speaks.

### **Virtual Events**

May 4-June 2, 2021

AARP

**Various events** to celebrate AAPI Heritage Month! NYC, Los Angeles, DC. Chinese, Japanese, Arab.

May 6, 2021

As Ams Advancing Justice, Los Angeles

“**Standing Against Racism** in the Time of COVID: A Conversation on Activism” CNN Reporter, Georgia State Rep, Stop AAPH Hat Co-Founder, Compassion in Oakland Co-Founder. Register [here](#).

May 4, 6, 11, 13, 20, 27, 2021 Womankind + Partners

“**Quiet Before: Unearthing Anti-Asian Violence.**” Six-part series of virtual programs. Over 50 speakers. Curated conversations with live panels on History, Today, the Future, Policy, Culture, and Education. Click on “Schedule” in upper left of their home page to see days/times and to register.

### **Gateways, Toolkits, Lists**

#### **Act to Change**

COVID-19 [Resources](#) to Fight Bullying and Hate. Videos, lists (at bottom of page) What We’re Seeing, What We’re Doing, and Resources to Help.

**Anti-Racism As Am Resources** (also repeated in Black Solidarity section below). Extensive bibliography on AAPI history, black solidarity, and anti-black racism. 16 pages. Plus section with translations into Asian languages.

#### **Asian Americans Advancing Justice**

[Resources](#). Including Hollaback training.

### As Am Racial Justice Toolkit

From “15 grassroots organizations with As Am bases...in most precarious margins of power: low-income tenants, youth, undocumented immigrants, low-wage workers, refugees, women and girls, queer and trans people.”

HA-API (Healthcare Alliance of As Am + PIs) ERG.

Anti-Asian violence resources. Education, Allyship, Mental Health, more.

03-10-21 NBC News 03-10-21

“Anti-racism resources...” Resources, guidance, tools, more.

### ***Tips + Training***

#### ***Conversation***

“**Letters for Black Lives**: An Open-Letter Project on Anti-Blackness”

To discuss racial justice and police violence with immigrant parents. Translated into 50 languages. Many questions answered in “Follow Up Conversations Guide.” Video of inaugural letter (5:39 min.) (See more, including Asian language videos, in “Solidarity with Black Lives” section.)

National Day of Racial Healing 2021. #HowWeHeal. **Conversation guides and action kits** for students, teachers, philanthropy, libraries, faith and spiritual ambassadors, business leaders.

06-11-20 NBC News

“How to talk to your Asian immigrant parents about racism while considering their lived experiences.” A thoughtful guide.

03-20-20 Learning for Justice (Formerly Teaching Tolerance)

“How to Respond to Coronavirus Racism” Four strategies for speaking up.

#### ***Bystander-Upstander***

Act to Change

“Stop AAPI Hate: Towards Prevention and Solidarity” Asian panelists, Asian and Black leader dialogue (NY+CA) + full hour of Hollaback training.

03-13-21 event recorded (1:47:54 min.)

American Friends Service Committee  
Compact page on how to intervene if someone is harassed.

### **Hollaback** Bystander Intervention

Three levels of training. Upcoming events and resources list.  
“Show Up” brochure.

### Self Defense

### **Asian American Federation**

Anti-hate safety flyers in English, Chinese, Japanese, Korean, Tagalog, Vietnamese.

- 5 “D’s” of Being an Upstander.
- Verbal De-Escalation Strategies.
- Non-Violent Communication Strategies.
- Physical Self-Defense Strategies.

“Stay Safe from Hate: How to Protect Yourself in Threatening Situations” booklet. Provide email to receive it in your inbox.

Prepare, Inc.

Comprehensive violence prevention. Their “**About**” page is an empowering education in itself. “Facing AAPI Race-Based Harassment” class.

## **Solidarity with Black Lives**

May-June 2021      Hollaback

“Bystander Intervention to stop police-sponsored violence and Anti-Black Racist Harassment.” Upcoming training dates, Resources and Organizations to support. All here.

06-08-20              Act to Change

Black Lives **Resources + Solidarity Convo** (1:09:59 min.) + Resource List  
<https://acttochange.org/solidarity-resources/>

### **Anti-Racism As Am Resources**

Extensive living document-bibliography on AAPI history, black solidarity, and anti-black racism. 16 pages. Includes resource section with translations into Asian languages.

As Ams Advancing Justice (AAJC) [Resources on Anti-Blackness](#) for As Am community

As Am Christian Collaborative “As Am Guide to [Dismantling Anti-Blackness](#)” and “Interconnected: Confronting Racial Prejudices b/t As Am & Black Communities” (All in May 2020)

Part 1: [Brief History](#) (1:15:19 min.)

Part 2: [Racial Prejudices from Biblical Perspective](#) (1:24:28 min.)

Part 3: [Pursuing Healing and Solidarity](#) (56:38 min.)

Black Women Radicals

Black and Asian-American Feminist Solidarities: [A Reading List](#). With “Sisters and Siblings in the Struggle” video (59:03 min.)

“[Letters for Black Lives](#): An Open-Letter Project on Anti-Blackness”

An expression of love started by As Ams and Canadians: “Black lives matter to us too.” Now in 50 languages. Follow Up [Conversation Guide](#) and [comic book](#) edition. Videos in [Cantonese](#), [English](#), [Hmong White](#), [Indonesian](#), [Japanese](#), [Khmer](#), [Korean](#), [Mandarin](#), [Tagalog](#), [Thai](#), [Vietnamese](#).

NBA on TNT. Four basketball commentators speak up to stop the hate. [Video](#) (5:13 min.)

## Spread the Faith

ELCA + Episcopalian

### Statements

03-19-21 ELCA

Presiding Bishop Eaton [statement](#)

03-18-21 MNYS-ELCA

Bishop’s Desk [statement](#)

03-04-21 Association of Asians and Pacific Islanders-ELCA [Statement](#)

### Worship Resources

03-18-21 AAPI-ELCA

“Speaking from the Heart: [Embodied Blessing](#) and Healing Day of Lament” (6:54 min.)

03-11-21 ELCA  
Worship Resources for Day of Lament  
(Google underscored words for link)

### *Reflections + Study*

04-27-21 Lutheran Peace Fellowship  
“Being a White Ally with a Heart for God and the ‘Other’”

03-30-21 Lutheran Peace Fellowship  
“Stopping Anti-Asian Violence and Hate: What Can We Do?”

02-24-21 SE PA Synod ELCA  
“MinistryLink from Anti-Racism Team: Waiting”

Dec 2020 AAPI-ELCA  
*Behold the Stream: A History of Lutheran Witness* is the first pictorial book by and about the ELCA AAPI community. 256 pp. Essays including stories of struggle with institutional racism. Leader bios and local church profiles. Appendixes on reading the Bible and migration as metaphor. Order form forthcoming.

05-13-20 Living Lutheran “Zooming Toward God’s Love”

05-01-20 Metro NY Synod ELCA “Learning how to love one another”

04-08-20 ELCA Racial Justice blog “Everyday Racism of Covid-19”

04-04-20 Women of the ELCA “We are not the virus”

03-25-20 Lutheran Peace Fellowship “Allies Needed for As Ams”

03-09-20 ELCA Advocacy  
“Virus fears and viral fears: Standing with, not targeting, people”

03-29-21 Episcopal News Service  
[Article](#). [Video](#) (2:01:43 min.) Empowering **sermon** by Bishop Michael Curry (at 7:01 mark). Testimonies (at 47:04). Litany of Lament and Call to Action (at 1:47:04).

Episcopal Church

[“Sacred Ground.”](#) A 10-part series especially for White people to discuss race and faith through films and readings. Delves into the intersection of people of color and European American histories. With section on how to organize a dialogue circle.

Evangelical Lutheran Church in America

[“One Body Many Members: A journey for Christians across race, culture and class”](#) (3 part study series, 2009)

Part 1: One Body, Similar Members, Leadership Readiness

Part 2: Meeting our Neighbors Again for the First Time

Part 3: One Body, Many Members, Challenges of Diversity

## Interfaith

### *Sign-ons*

Spring 2021 As Am Christian Collaborative (AACC)

AACC [“Statement on Atlanta Massacre and Ongoing Anti-Asian Hate”](#)

Invitation to sign one of two lists: (1) Asian Americans, or (2) Friends of Asian American Communities.

AACC [Statement on Anti-Asian Racism in Time of Covid](#)

### *Events + Reflections*

04-21-21 Trinity UCC “Black-Asian Christian Solidarity”

**Moving speeches**, Rev. Dr. Otis Moss III & Dr. Gregory Lee. [Video](#) (30:22 min.)



04-15-21 Riverside Church  
Use access passcode: +W+0vq@x to unlock "[Race to Action Anti-Racism Lab: Addressing Racism and Violence against AAPI](#)" (2:05:47 min.) With historical quiz; speakers Rev Laura Mariko Cheifetz and Jo-Ann Yoo.

03-25-21 American Voices, American Values "[Letter 65: Grace Song.](#)"  
Buddhist insights from 100 Days, 100 Letters (religious leaders bringing wisdom to U.S. government attention).

03-26-21 Church Anew  
"[Perspectives on Violence Against Asian Americans](#)," Ecumenical network.  
Biblical reflections, calls to action, and laments for leaders to proclaim.

03-19-21 Central Synagogue  
"[Anti-Asian Hate: We Too Were the Stranger](#)" (13:00 min.) Rabbi Angela Buchdahl's eloquent sermon, with stories from her Korean background.

03-26-20 Sojourners  
"[Don't Overlook Virulence of Racism Toward As Ams](#)"

## Be Inspired

### *Parents + Kids*

08-20-20 "[Young, Proud, and Sung-jee](#): A Children's Book on Fighting Anti-Asian Racism During COVID-19" An empowering tool and conversation starter for parents and caregivers of young children. Free download. English, Chinese, Korean, Thai, Japanese, Italian, Spanish.

05-21-20 NBC News  
"Blues Clues & You! [Joshua Dela Cruz on talking to kids about coronavirus racism](#)"

08-30-18 MomsRising  
"Ten Tips for Teaching and [Talking to Kids About Race](#)" Not Asian-specific but an easy-to-read illustrated overview.

## ***People Taking Action***

Asian American Federation

“[Hope Against Hate](#): Immediate Safety for Asian New Yorkers” campaign.  
Reporting tool. Ambassador programs. Safe zones. Victim support.  
Upstander, verbal de-escalation, self defense in multiple languages.

04-25-21 Los Angeles Times

“She couldn’t eradicate hate crimes. So [she made a handbook](#) on how to fight them.” Multilingual. Locally specific versions for LA and Orange counties, Bay Area and New York.

03-25-21 Dragon Eagle TV

“Cherish Your Asian Brothers and Sisters, No More Hate, Stop Asian Hate” (3:02 min.) A [song](#) performed by the Seven Seas choir.

03-24-21 CBS News

“[Xiao Zhen Xie](#), elderly Asian woman who fought off attack in SF, to donate nearly \$1 million in donations”

03-10-21 USA Today

Attacks unite 700 people for [Compassion in Oakland](#)

03-02-21 Los Angeles Times

“[Neighbors protect O.C. family](#) from anti-Asian hate crimes” (Bittersweet. Not resolved yet.)

03-01-21 CNBC

[Amanda Nguyen's viral video](#) sparks national coverage of anti-Asian racism.

12-22-20 AsAm News

“Exclusive: [Chef Patrick Mock chats it up with actor Will Smith](#)” Black megastar presents and donates funds to Chinatown NY baker’s charity drive.

Coalition for Asian American Children and Families’ [Social Justice Leadership Institute](#) (3:02 min. video)

## ***How to Help***

May 2021 **Give in May**

National collective campaign to boost giving to AAPI-serving nonprofits.

03-29-21 Prepare Inc.

“We need to **love and support each other in between assassinations**”

**Five ways** for allies to move from empathy to action.

03-23-21 New York Magazine – The Strategist

“68 Ways to Donate in Support of Asian Communities”

03-19-21 MSNBC

“Anti-Asian Hate Crimes Are On The Rise. Here’s How You Can Help” with Daniel Dae Kim, Daniel Wu, and Amanda Nguyen. Video (8:55 min) with article.

03-18-21 Vox

How to help As Ams Short list of national, community-based (Atlanta, San Fran, NYC) and women’s advocacy organizations to contribute to or amplify.

03-17-21 Playbill

“AAPI Hate: A Resource Guide to Support the As-Am Community” With a section on theater groups.

03-18-21 PBS Newshour

“What you can do to fight violence and racism against Asian Americans”  
Eight avenues to take.

03-03-21 Washington Post Live

“Race in America: Rise in Anti-Asian Violence” with Actors Daniel Kim and Daniel Wu” (32:15 min.) Empower and fund community activist organizations. Educate about As Am history in U.S. Deter crime.

04-26-21 Mic.com

“**How to support Black and Asian American friends without exhausting them even more**” Excellent, thoughtful advice.

02-20-21 Mic.com

“Anti-Asian racism is on the rise. Here’s [how to fight](#) it effectively” Seven ways to stand up with and for As Am communities.

### ***Healing***

Asian Mental Health Project

“AAPI Racial Trauma and Mental Health” [posts](#) on Instagram. Quick reads for affirmation and support.

Heartmob

“[Self Care](#) for People Experiencing Harassment” (Online) Advice and resources from Hollaback.

04-09-21 Yellow Glitter

“[Stop Asian Hate...](#)” From the podcast series, mindfulness through the eyes and soul of a gay Asian man.

03-18-21 AAPI-ELCA

[Embodied Blessing and Healing](#), Day of Lament Against anti-Asian Racism (6:54 min.) Six Asian Lutheran leaders show how to this embodied prayer by the Interfaith Movement for Human Integrity.

03-18-21 Jeff Chu

“[Make Yourself Useful](#): Notes of a Make-Believe Farmer” Thoughtful reflection on Atlanta killings, human flourishing, birdsong, and songs of solace.

02-2021 Univ of Connecticut, #IAMNOTA-VIRUS + As Am Lit Review

“[Mental Wellness Activity Workbook for Asian Americans](#)” (and for allies!) Journals, poetry, and literature with wellness prompts; mental health practices; coloring book. Plenty to use for growth and wellness.

12-21-20 Asian American Organizing Project (AAOP)

“[Caring for Self and Community](#) in the Time of COVID-19” Good advice and links to more info. Needed more than ever in 2021!

04-02-20 HuffPost Life

“Self-Care Tips For As Ams Dealing With Racism Amid Coronavirus”

# # #