



The Pilipinx-Americans in Science & Engineering (PASE)

The Asian-American & Pacific Islander (AAPI) Experience - Healing Circle Resources

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Description:

The Pilipinx-Americans in Science & Engineering (PASE) has prepared this document to highlight and inform folx on the increase of Asian-American & Pacific Islander (AAPI) Anti-Sentiment and the recent violent events that have occurred in the United States towards our communities. This will serve as an opportunity for self-reflection, critical and difficult dialogues to emerge, and motivation to mobilize towards creating a safer environment for AAPI individuals. We welcome additional information, thoughts, and comments regarding this document to ensure we are inclusive of all stories that are in relation to this topic.

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The Asian-American & Pacific Islander Experience

- [The Radicalized Experiences of Asian American and Pacific Islander Students](#)
 - This report follows the racial climate at the UCLA campus. The AAPI community, more specifically the student population, are often underserved in higher education. A main component of AAPI advocacy is better representation through collection and reporting of accurate and up to date data. The authors closely examine the experiences and outcomes of the many AAPI ethnic subgroups at UCLA
- [Asian American and Pacific Islander Heritage](#)
 - Visit this resource if you'd like an introduction to Asian American and Pacific Islander heritage! Learn how the unprecedented waves of immigration from Asian countries to the United States contributed significantly to America's expansion!
- [Psychology professor discusses layers of racial trauma experienced by Asian Americans and Pacific Islander community](#)
 - Dr. Sherry Wang, a psychology professor at SCU, discusses how important it is to have sensitive mental health services and that it is okay to express the full range of emotions caused by racial trauma. We need to do more than just talk about race, we need to dig deeper when discussing solutions to these racial attacks.
- [The Working Lives and Struggles of Asian Americans and Pacific Islanders in California](#)
 - The AAPI community has been the fastest growing racial group in California since 2000 with immigration being the main fuel of growth. AAPIs contribute to the majority of California's workforce, yet still struggle with poverty. The author mentions that AAPIs are living in "two California's" - one where part of the population is financially stable and the other part is financially insecure. This report focuses on the experiences of the part of the AAPI population that works full or part time jobs and still struggles with poverty in California.
- [Stereotypes of Asian American Students. ERIC Digest.](#)
 - As the number of Asian American school age children and youth increase in our nation's public school systems, so do the stereotypes that come with it. The AAPI population is often characterized as the "model minority" group, leaving many with psychological and emotional trauma. Read this digest to understand how stereotyping limits AAPI students' opportunities and access to resources, how it causes emotional distress and how our school educators - consciously or unconsciously - may be reinforcing them.

The History of Anti-Asian & Pacific Islander Sentiment

- [The long history of racism against Asian Americans in the U.S.](#)
 - An article listing various instances where anti-Asian racism occurred in the United States such as the Chinese Exclusion Act, prejudices against the Filipino community, and Executive Order 9066.
 - It also highlights some Asian activists and policies that have helped advance the civil rights movement.
- [America's long history of scapegoating its Asian citizens](#)
 - A piece that follows a 33-year-old Japanese physician assistant, Danny Satow's, experience with racism and bigotry.
 - It also discusses the negative effects on the perception of Asian communities in the US due to the Covid-19 pandemic.
 - Reveals the story of a 16-year-old high school student being accused by a classmate that they brought the virus from China into their school. This student replied that he was not Chinese, but he was punched in the head 20 times and sent to the emergency room by that same classmate.
 - It explains the history and effects of Asian exclusion in the US including the Chinese Exclusion Act, the Asiatic Barred Zone Act, the Japanese internment camps and discrimination during World War II, and the discrimination and hate crimes against Hindu, Muslim, and Sikh communities after 9/11.
- [Chinese Immigration and the Chinese Exclusion Acts](#)
 - This gives background on the Chinese Exclusion Act. It came to be after Chinese laborers were growing more successful in the US during the 1850s. The Chinese Exclusion Act aimed to limit Chinese immigration to the US and worked to prevent naturalization of Chinese immigrants.
- ['We have been through this before.' Why anti-Asian hate crimes are rising amid coronavirus](#)
 - About 40 years ago, Asian American man, mistaken as a Japanese person, Vincent Chin was attacked and killed because a Japanese auto industry in Detroit, MI was doing really well and that led to major job loss to the city's auto sector.
 - With the Covid-19 pandemic, Asian communities are receiving more racial attacks.
- [A Spike in Anti-Asian Crime Serves As A Painful Reminder of America's History](#)
 - An article that describes a few incidences of crimes committed against East Asians because of the Covid-19 pandemic. Such incidences include:
 - A 91-year-old man being pushed to the ground
 - An 84-year-old man being attacked in San Francisco

- It also describes historical incidences of xenophobia against East Asians. Such incidences include the Chinese Exclusion Act, the 1907 Gentlemen's Agreement which refused Japanese laborers from entering the US, and the Japanese internment camps.
- Also discussed the issue of the model minority myth which describes Asians to be the successful minority that other minority groups should strive to be like. Because of this myth, crimes and xenophobia against Asians are not addressed as publicly as other crimes against other minorities.

Impacts of Covid-19 on Asian-American & Pacific Islanders Communities

[Covid-19 Fueling Anti-Asian Racism and Xenophobia Worldwide](#)

- Because authority figures encourage hate speech, the public believe it's okay to follow that behavior
 - a. Ex. Donald Trump calling COVID-19 the "Chinese virus"/"Wuhan virus"
 - b. Ex. governor from Italy said they would be better than China in handling the virus because Italians' "culturally strong attention to hygiene, washing hands, taking showers, whereas we have all seen the Chinese eating mice alive"
- Anti-Asian sentiments include racism, hate speech, discrimination, physical attacks -- found in the US, UK, Russia, Australia, India, Sri Lanka
- Solution?
 - a. Int'l Convention on the Elimination of All Forms of Racial Discrimination obligates countries to "condemn racial discrimination" + undertake measures aimed at "eliminating racial discrimination in all its forms and promoting understanding among all races" while undertaking "not to sponsor, defend or support racial discrimination by any persons or organizations"
 - b. Countries need to "prohibit and bring to an end, by all appropriate means...racial discrimination by any persons, group or organization" and "discourage anything which tends to strengthen racial division"
 - c. Committee on the Elimination of Racial Discrimination (CERD) recommends that "formal rejection of hate speech by high-level public officials and condemnation of the hateful ideas expressed play an important role in promoting a culture of tolerance and respect" + governments undertake "information campaigns and educational policies calling attention to the harms produced by racist hate speech" + training for police and legal systems is "essential to foster familiarization with international norms protecting freedom of opinion and expression and norms protecting against racist hate speech"

[\[WEBCAST\] Understanding the Impact of COVID-19 on Asian Americans](#)

- Asian american workers disproportionately hold high-contact essential jobs that place them at greater risk
 - 4% of US nurses are Filipino → 30% of RNs that died from COVID are Fil-Am
- Higher risk of exposure → Asian Americans more likely to live in multigenerational homes

- Unemployment among Asian Americans has more than quadrupled to 10.7%
- Asian-owned businesses are overrepresented in sectors that have been hardest hit during the pandemic
- Pandemic exacerbated anti-Asian xenophobia and racism
- Solutions/Conclusion
 - Asian American population is projected to become the largest immigrant group (38%) in US by 2055 → raising awareness of the community and addressing inequities within the group are increasingly urgent

[Column: Being Asian American during COVID-19 - HS Insider](#)

- Written by an Asian student (high school?)
- Racism against Asians is dismissed and otherwise accepted as humor → disguised prejudice
 - An asian boy and asian girl talking, “That’s basically incest”
 - In line at a fair, a group of people were in front of 2 men speaking Mandarin, “I bet they’re talking about eating dogs. Don’t you guys like that stuff?”
 - “Sure, she’s pretty. For an Asian.”
- At the start of COVID, a white woman turned down a hug from an asian woman (before social distancing enforced)
 - Other cases of discrimination and racism towards Asians mentioned :/
- Asian Americans shouldn’t be “your scapegoat, your punchline, or your subject for which to spew slurs”

[Biden has condemned racism toward Asian Americans. It’s a start.](#)

- Biden signs an executive action that condemns xenophobic language related to the pandemic + Justice Department to collect data on hate crimes and harassment directed at AAPI
- Trump played a role in fueling hostility toward AAPI people by referring COVID-19 as the “China virus” or “Kung flu”
- WHO urged people to refrain from tying viruses to specific locations because it could stigmatize those places and people who are associated to them
- Disparities within AAPI community → Ex: Filipino American nurses have made a disproportionate number of deaths due to COVID
- Executive memo
 - Urges federal agencies to ensure that their documents aren’t promoting racism
 - Department of Health and Human Services to issue guidance about federal gov’t’s COVID-19 response to make sure its accessible and not discriminatory
 - Department of Justice to work on combating anti-Asian harassment and to collect data

- Advocates want to see data disaggregation to help highlight challenges that various groups are navigating

News Articles & Current Events

- [Study Shows Rise of Hate Crimes, Violence Against Asian Americans During the Pandemic](#): 2,500+ Anti-Asian American hate incidents were reported between March and October 2020
- [Violent attacks on elderly Asian Americans in Bay Area leaves community members 'traumatized'](#): In recent weeks, over 20 assaults have occurred in Oakland, California's Chinatown alone (ABC)
- [Who is Christian Hall?](#): December 30 - Christian Hall was shot and killed by Pennsylvania State Police
- [Asian man stabbed in back in Chinatown, suspect charged with attempted murder](#): This article talks specifically about an attack that occurred in Manhattan in which a 23 year old man stabbed a 36 year old man in the back in Chinatown, the article also states there has been a 1,900% increase in Anti-Asian hate crimes over this past year.
- [Unpacking The Surge In Violence Against Asian Americans](#): Here we see Ari Shapiro talking with VICE staff writer Bettina Makalintal in depth about the Asian American attacks occurring in the Bay Area as well as New York, also explaining what city leaders, organizations, and activists are doing in response.
- NPR: [Anger And Fear As Asian American Seniors Targeted In Bay Area Attacks](#)
- San Francisco CBS Local: [Surveillance Video Shows Brutal San Francisco Assault That Fatally Injured 84-Year-Old Man](#)
- USA Today: [Hate crimes against Asian Americans are on the rise. Here's what activists, lawmakers and police are doing to stop the violence](#)

Ways to Support

Donations

- [Stop AAPI Hate: Donations](#)
- [Asian Pacific Fund: Donations](#)
- [Welcome to Chinatown: Donations](#)
- [Send Chinatown Love: Donations](#)
- [#EnoughisEnough: Donations](#)
- [Think Chinatown: Donations](#)
- [Heart of Dinner: Donations](#)
- [Asian Pacific Environmental Network: Donations](#)
- [Asian Health Services: Donations](#)
- [APIENC: Donations](#)
- [Filipino Community Center: Donations](#)
- [Vietnamese American Community Center of the East Bay \(VACCEB\): Donations](#)
- [Oakland Vietnamese Chamber of Commerce: Donations](#)
- [Chinese Progressive Association: Donations](#)
- [Asian Law Caucus: Donations](#)
- [Save Our Chinatowns: Donations](#)
- [Little Tokyo Service Center: Donations](#)

Organizations

- [Asian Mental Health Collective](#)
- [Asian American Journalist Association](#)
- [Stop AAPI Hate](#)
- [Heart of Dinner](#)
- [Asian Pacific Environmental Network](#)
- [Oakland Vietnamese Chamber of Commerce](#)
- [Save Our Chinatown](#)
- [Filipino Community Center](#)
- [Asian Giving Circle](#)
- [Asian Pacific American Labor Alliance](#)
- [Tsuru for Solidarity](#)
- [Empowering Pacific Islander](#)
- [Asian America Advocacy Fund](#)

Social Media Platforms

Instagram Platforms

- Instagram: [@asianandlgbtq](#)
 - A community organization that talks about Asian Pacific Islander LGBTQIA+ research, histories, religions, and more
 - They have a discord ([campsite.bio/asianandlgbtq](https://discord.com/invite/campsite.bio/asianandlgbtq))
- Instagram: [@nbcasianamerica](#)
 - NBC News that features videos and news that aim to elevate Asian American and Pacific Islander voices across the U.S.
 - linkin.bio/nbcasianamerica
- Instagram: [@asianjournal](#)
 - A newspaper community since 1991.
 - Most posts discuss current events happening within the Filipinx-American community.
 - linkin.bio/asianjournal
- Instagram: [@stopaapihate](#)
 - A national coalition addressing anti-Asian hate amid COVID-19 pandemic.
 - linktr.ee/stopaapihate/
 - A collaboration by @a3pcon @caasanfrancisco @sfsuaas1969
 - <https://stopaapihate.org/>
 - The AAPI Hate organization/coalition allows for people to report incidents of a hate crime on behalf of yourself or another person.
- Instagram: [@unapologeticallyasian](#)
 - This also serves as a clothing (brand) that sells clothing that empowers all generations of Asian + Asian Americans to live with pride in who they are.
 - linktr.ee/UnapologeticallyAsian
- Instagram: [@weareaanow](#)
 - AA NOW has highlighted profiles of Asian Americans who have made a positive contribution to the Asian American community.
 - They share original news and stories
 - Including recommendations of Asian American books, authors, content creators, and journalist
- Instagram: [@racismisavirus](#)
 - A community campaign that empowers Asian Americans to speak up against anti-Asian racism
 - Proceeds from this instagram page go to @aaldef & @naacp_ldf
 - linktr.ee/racismisavirus

- The founder of this page is also part of the instagram @unapologeticallyasian_
- Instagram: [@dearasianyouth](#)
 - A page that strives to empower, educate, and uplift Asian Youth.
 - They have posts informing the recent violence of COVID-19 in 2020
 - Also promotes intersectional elements of Asian and Black Solidarity together
 - They are hosting conferences like the Women of Color conference on March 20th to March 21st.
- Instagram: [@soyouwanttotalkabout](#)
 - A page that dissects progressive politics and social issue in graphic slideshow form
 - Is NOT affiliated with *So You Want To Talk About Race* or its author
 - linktr.ee/sywttta

University of California, Merced: Resources & Services

- [Counseling & Psychological Services | Division of Student Affairs](#) (CAPS)
 - Main website to find different links to a good majority of the help and resources that the university offers
 - Can schedule appointments with CAPS through phone [(209) 228-4266]
 - They are now only virtually available due to COVID
 - Open 8:00 AM - 4:30 PM, Monday - Friday; excluding weekends and holidays
 - Partnered up with ProtoCall Inc. to provide after hour emergency services (can be accessed by dialing the same number)
 - In compliance with HIPAA, clinical and administrative staff of CAPS are trained to maintain confidentiality all their clients
 - With the exception if the client is deemed to be a danger to others or themselves, or if they've shared information regarding abuse (physical, sexual, neglect, etc.)
- [Social Justice Initiatives & Identity Programs: Home](#)
 - Vision Statement: The Office of SJIIP charge is for every UC Merced scholar to thrive in our multicultural global society.
 - Mission Statement: The Office of SJIIP aims to enhance the retention of our historically-underserved scholars and to foster an inclusive campus environment for all by providing opportunities for holistic development, intersectional community building, and student agency.
 - Commitment Statement: In our commitment to serving UC Merced's diverse scholar community, we seek to influence university policies and practices to position our campus as a hub for transformative leadership and social change.
- [Office of the Ombuds | Confidential, Informal, Impartial and Independent](#)
 - The Office of the Ombuds mission is to ensure that members of UC Merced's diverse community receive fair and equitable treatment and address confines that stand in the way of achieving our highest potential as a community of excellence, respect, and justice.
 - The ombuds operate under the principles of confidentiality, neutrality, informality and independence. Our goals are to build a conflict intelligent community, encourage human connection through peaceful dialogue, and bring systemic concerns to the organization's attention for resolution.
 - Specifically, the Office of the Ombuds:
 - Advocates for fairness and works to ensure that all members of the university community receive equitable treatment.

- Serves the campus community by helping to resolve complaints by providing information and referrals and making recommendations for constructive change when university policies or procedures generate conflicts or concerns.
- Adheres to professional standards of practice to create an environment where members of the UC Merced community can obtain information, review options and resolve problems.

[APPS | Counseling & Psychological Services](#)

- Provides FREE applications that students can download on their phones to help improve their quality of life
 - Types of apps range from helping those who download it to: connect with a therapist, understand what a mental health crisis is/connects them to hotline emergency services, improve their emotional balance, help with anxiety/depression, relieve stress, practice meditation, and even to better their study habits.

[Mental Health Handouts | Counseling & Psychological Services](#)

- This website lists many links to PDFs of the university's Mental Health Handouts, where they provide tips/methods and advice on how to deal with/cope with different things such as stress, depression, resources for trauma survivors, as well as how to deal with grief