

Resources to Support the Asian, Asian American, and Pacific Islander Communities

Developed by the Association for Graduate Student Diversity, Diversity Ambassadors and the Inclusion and Equity Council

Over the last year, there has been an increase in hatred and violence towards Asians and Asian Americans and those of Asian identity, descent and appearance. There were more than 3,795 anti-Asian racist incidents in the U.S. in the past year alone. This increase is largely owed to the xenophobia and anti-Asian sentiment surrounding the COVID-19 pandemic. The recent hate crime involving the shooting victims in Atlanta, Georgia shows that solidarity with the Asian community is needed now more than ever. Below is a list of ways to support Asians and AAPI within the BCM community and beyond.

Check in & Speak Out

Checking in with your Asian friends and loved ones can be a great way to show your support during this uncertain time. Silence in the midst of ongoing hate is often deafening. Listen to and uplift Asian voices, acknowledge their stories and speak out on instances of anti-Asian racism-- regardless of your perceived severity of the act. Celebrate Asian culture and support the Asian community. To understand more about racism against the Asian community, learn about the 'Model **Minority** Myth' in these resources from [Learning for Justice](#) and the [USC Pacific Asian Museum](#).

Baylor College of Medicine Resources

- [Our values](#)
- [Office of Institutional Diversity, Equity and Inclusion](#)
- [Position statement on 'Strengthening Our Commitment to Racial Justice to Improve Public Health](#)
- [Association for Graduate Student Diversity](#)
- [Coping with the Challenges of Anti-Asian Discrimination during COVID-19: Pathways Toward Resilience:](#)
Presented at the July 2020 BCM Compassionate Conversation
- Integrity Hotline: A confidential and anonymous mechanism for reporting known or suspected improper activity or wrongdoing
- 822-764-7292
- [Web-based reporting](#)

Mental health resources

- Faculty and staff: Visit the [Human Resources Employee Assistance Program](#) or call (713) 500-3008 or, outside Houston, 1-866-893-3776.
- Students in all of our schools: Visit [WellConnect](#) or call (866) 640-4777, available 24/7.
- Student and House Staff Mental Health Service: Call (713) 798-4881.
- Any member of the BCM Community: Call (866) 342-6892.

Houston Resources

Support the Asian communities by donating, joining or volunteering with the following organizations:

- [OCA Greater Houston](#)
- [Asian American Health Coalition of the Greater Houston Area](#)
- [Chinese Community Center – Houston](#)

National Resources

Asian Americans Advancing Justice-ATL:

[Donate to Georgia's Asian American Community](#). Contributions raised by AAAJ will go directly to the victims and families of the Atlanta shooting.

[Sign the collective statement](#): stand in solidarity by signing on a community-centered response to violence against Asian American communities.

[Share resources](#) as you come across them. Offer victims and their families, impacted individuals, and community organizations resources such as mental health services, immigration legal services, translation services, fundraising, childcare, food assistance, etc.

Stop Asian Hate:

Within the past year, over 100 acts of anti-Asian hate/racism were reported in Texas. [Report](#) incidents of hate, [read](#) the Texas report, [donate](#) to stop Asian hate and [learn more](#) about how Stop Asian Hate is responding to xenophobia and bigotry.

[8 actions you can take to fight anti-Asian violence | PBS NewsHour](#)

[Asian Americans Advancing Justice](#), a national network with a presence in Atlanta, defends those impacted by hate crimes and ensures that they have **proper legal representation**. Their work empowers Asian Americans and creates a more just America for all.

[Association for Asian American Studies](#) conducts **research and education** on the causes and solutions to Asian racism.

National Asian Pacific American Women's Forum:

[Donate](#) to the NAPAWF, whose mission is to build collective power with AAPI women and girls to gain full agency over "our lives, our families, and our communities."

Educational and Cultural Resources

Take the time to learn about Asian American history to combat racism, xenophobia, ignorance, and dismantle the model minority myth that often plagues Asian communities.

Hollaback Training- Bystander Intervention to stop anti-Asian/American and Xenophobic Harassment

www.ihollaback.org

The one-hour, interactive training will teach you Hollaback's 5D's of bystander intervention methodology. We'll start by talking about the types of disrespect that Asian and Asian American folks are facing right now — from microaggressions to violence — using a tool we call the "spectrum of disrespect." You'll learn what to look for and the positive impact that bystander intervention has on individuals and communities. We'll talk through five strategies for intervention: distract, delegate, document, delay, and direct; and how to prioritize your own safety while intervening. We'll have time at the end for practice, and you'll leave feeling more confident intervening the next time you see Anti-Asian/American harassment online or in person.

- **Friday, May 14th 2021.** 11:00AM CT. [Register Here](#)
- **Thursday, May 20th 2021.** 4:00PM CT. [Register Here](#)
- **Monday, May 24th 2021.** 3:00PM CT. [Register Here](#)
- Additional trainings: <https://www.ihollaback.org/harassmenttraining/>

[Hollaback's 5 D's of Bystander Intervention](#)

5 D's of Bystander Intervention.

1. "D" is for Distraction!

Distraction is a subtle, yet creative way to intervene. The **aim** is simply to derail the incident by interrupting it. The **idea** is to ignore the person who is harassing and engage directly with the person who is being harassed. You can try some things like:

- [Talk to them about something random](#) and take attention off of the person who is harassing.
- Get in the way. Continue what you were doing, but get between the person who is harassing and the person who is being harassed.
- Accidentally-on-purpose spill your coffee or make a subtle, but clear commotion.

Of course, read the situation and choose your Distract method accordingly; the goal is for your act or statement to **de-escalate** the situation.

2. **“D” is for Delegation.**

Delegation is when you ask for assistance, for a resource, or for help from a third party. Here are examples of what you can do:

- Find the store supervisor, bus driver, or a transit employee and ask them to intervene.
- Get your friend on board and have them use one of the methods of Distraction to communicate with the person being harassed, while you find someone to delegate to.
- Speak to someone near you who notices what’s happening and might be in a better position to intervene. **Work together.**

To learn more about other ways folks have delegated, take a minute to [read some of the most recent stories](#) we've received on harassment and bystander intervention.

3. **“D” is for documentation.**

It can be really helpful to record an incident as it happens to someone, but there are a number of things to keep in mind to **safely and responsibly document harassment**. Check out this [tip sheet](#) from [WITNESS](#) for more details. But, in a nutshell:

- Assess the situation. Is anyone helping the person being harassed? If not, use one of the other four D’s.
- If someone else is already helping out, assess your own safety. If you are safe, go ahead and start recording.
- **ALWAYS** ask the person who has been harassed what they want to do with the footage. Being harassed or violated is already a disempowering experience. Using an image or footage of a person being victimized without that person’s consent can make the person feel even more powerless. Also, posting footage without a victim’s consent makes their experience public – something that can lead to a whole host of legal issues, in which they may be forced to engage with the legal system in a way that they are not comfortable with. **Publicizing another person’s traumatic experience without their consent is no way to be an effective and helpful bystander.**

4. **“D” is for direct.**

You may want to **directly** respond to harassment by naming what is happening or confronting the person who is harassing; **but, this tactic can be risky**. Before you decide to respond directly, assess the situation. If all checks out, some things you can say to the person who is harassing are:

- “That’s inappropriate, disrespectful, not okay, etc.”
- “Leave them alone.”
- “That’s homophobic, racist, (insert type of harassment), etc.”

The most important thing here is to keep it **short** and **succinct**. If the person who is harassing responds, try your best to assist the person who was being harassed instead.

Direct intervention is the riskiest of the 5 D's, so always remember to **assess your safety first**. If you don't feel safe -- pick a less direct form of intervention.

5. **“D” is for delay.**

Even if you can’t act in the moment, you can make a difference for the person who has been harassed by checking in on them after the fact: **Delay**. Many types of harassment happen in passing or very quickly, in which case you can wait until the situation is over and speak to the person who was being harassed then.

Here are some ways to actively use the tactic of **Delay**:

- Ask them if they’re okay and tell them you’re sorry that happened to them.
- Offer to accompany them to their destination or sit with them for a while.
- Share [resources](#) with them and offer to help them make a report -- **only if they want to**.

- If you've documented the incident, ask them if they want you to send it to them.

Webinars/TV/Movies:

- [PBS Documentary Series: Asian Americans](#)
- [Crazy Rich Asians](#), an American romantic comedy-drama film
- [Fresh off the boat](#), a show about a Taiwanese-American family who has moved from Washington, DC (where there are lots of Taiwanese-Americans) to Orlando, Florida (where there are none!).
- [Minari](#), a movie about a Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home.
- [Parasite](#), a movie about class conflict, social inequality and wealth disparity.
- [The Farewell](#), a movie centered around the conflicts involving the East/West culture clash that sprouts from Nai Nai's illness.
- [Tigertail](#), a movie about a man reflects on the lost love of his youth and his long-ago journey from Taiwan to America as he begins to reconnect with his estranged daughter.
- [We Are Not a Stereotype](#), a video series by the Smithsonian Asian Pacific American Center outlining what it means to be AAPI and the impacts of AAPI stereotypes.

Books:

- [Almost American Girl](#) by Robin Ha
- [American Born Chinese](#) by Gene Luen Yang
- [Asian American Feminisms & Women of Color Politics](#) by Lynn Fujiwara and Shireen Roshanravan
- [A Different Shade of Justice: Asian American Civil Rights in the South](#) by Stephanie Hinnert
- [American Sutra: A Story of Faith and Freedom in the Second World War](#) by Duncan Ryūken Williams
- [America is in the Heart: A Personal History](#) by Carlos Bulosan
- [Chemistry](#) by Weike Wang
- [Contagious Divides: Epidemics and Race in San Francisco's Chinatown](#) by Nayan Shah
- [Driven Out: The Forgotten War Against Chinese Americans](#) by Jean Pfaelzer
- [Everything I Never Told You](#) by Celeste Ng
- [Facing the Rising Sun : African Americans, Japan, and the Rise of Afro-Asian Solidarity](#) by Gerald Horne
- [Forgotten Country](#) by Catherine Chung
- [Fred Korematsu Speaks Up](#) by Laura Atkins & Stan Yogi (Author), Yutaka Houlette (Illustrator)
- [Gold Boy, Emerald Girl](#) by Yiyun Li
- [How to Write an Autobiographical Novel: Essays](#) by [Alexander Chee](#)
- [How We Fall Apart](#) by Katie Zhao
- [Interior Chinatown](#) by Charles Yu
- [Little Fires Everywhere](#) by Celeste Ng
- [Minor Feelings: An Asian American Reckoning](#) by Cathy Park Hong
- [Natalie Tan's Book of Luck and Fortune](#) by Roselle Lim
- [Orientals: Asian Americans in Popular Culture](#) by Robert G. Lee
- [Portrait of a Thief](#) by Grace D. Li
- [Queen of Physics: How Wu Chien Shiung Helped Unlock the Secrets of the Atom](#) by Teresa Robeson (author) and Rebecca Huang (illustrator)
- [Radicals on the Road: Internationalism, Orientalism, and Feminism During the Vietnam Era](#) by Judy Tzu-Chun Wu
- [Serve the People: Making Asian America in the Long Sixties](#) by Karen L. Ishizuka

- [The Chinese Must Go: Violence, Exclusion, and the Making of the Alien in America](#) by Beth Lew-Williams
- [The Color of Success: Asian Americans and the Origins of the Model Minority](#) by Ellen D. Wu
- [The Joy Luck Club](#) by Amy Tan
- [The Latinos of Asia: How Filipino Americans Break the Rules of Race](#) by Anthony Christian Ocampo
- [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Grace Lee Boggs, Scott Kurashige, Danny Glover (Foreword)
- [The Poppy War](#) by R.F. Kuang
- [The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures](#) by Anne Fadiman
- [The Making of Asian America: A History](#) by Erika Lee
- [The Kite Runner](#) by Khaled Hosseini
- [The Paper Menagerie and Other Stories](#) by Ken Liu
- [The Tenth Muse](#) by Catherine Chung
- [The Woman Warrior](#) by Maxine Hong Kingston
- [The Vagrants](#) by Yiyun Li
- [They Called Us Enemy](#) by George Takei
- [To Save the Children of Korea: The Cold War Origins of Korean Adoption](#) by Arissa Oh
- [Transpacific Antiracism: Afro-Asian Solidarity in Twentieth-Century Black American, Japan, and Okinawa](#) by Yuichiro Onishi
- [Vestiges of War: The Philippine-American War and the Aftermath of an Imperial Dream 1899-1999](#) edited by Angel Velasco Shaw and Luis H. Francia
- [Wild Swans: Three Daughters of China](#) by Jung Chang
- [Yellow](#) by Don Lee
- [Yellow: Race in America Beyond Black and White](#) by Frank H. Wu

Podcasts:

- @dearasianamericans
- @asianenoughpod

Social Media Accounts/Websites:

- @stopaapihate
- @capeusa
- @theasiantalk
- @teachandtransform
- @nextshark
- @stopasianhate
- [CAAIV.org](#)
- [Apienc.org](#)
- [Apen4ej.org](#)
- [Apexforyouth.org](#)
- [asianhealthservices.org](#)
- [Aaldef.org](#)
- [apiavote.org](#)
- [Advancingjustice-alc.org](#)
- [Filipinocc.org/take-action](#)
- <https://anti-asianviolenceresources.carrd.co/>

