

Purdue University Asian American and Asian Resource and Cultural Center
Teach-In Resources to Help Address Anti-Asian Racism, Bias, and Violence
(Particularly during the COVID-19 pandemic)

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Questions, Edit Suggestions, or Contribution, please contact:

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A. Statement(s) against Racism, Bias, and Violence from Purdue University Organizations/Units

1) Purdue University Senate Anti Asian and Anti Asian American Bigotry Statement:

<https://www.purdue.edu/senate/documents/meetings/Senate-Document-19-21-COVID-statement.pdf>

2) Purdue University Asian American Studies Program Statement of Solidarity with Asian/American Communities:

<https://cla.purdue.edu/academic/sis/p/asian-american/>

B. Teach-In Resources

1). Racism against Asian and Asian American Communities with the Spread of COVID-19: Resources from Dr. Monica M. Trieu (Director, Asian American Studies, Purdue University)

Covid-19 Webinar for AAARCC, April 6, 2020

Responses by Monica M. Trieu

1) How do we see the heightened racism and violence against Asian and Asian American communities in the time of pandemic as part of the long-standing history of systemic marginalization and stereotyping against these communities?

Unfortunately, the dramatic increase in racial violence towards Asians today is merely a reflection of the historical fabric that has weaved together this United States of America. US history has shown this to be true: racial/ethnic minorities and marginalized communities have been scapegoated and subjected to violence during times of social upheaval and uncertainty, especially during public health crises.[1]

In the case of Asians in the United States, since the 1800s, there have been numerous legislation barring Asians from participating in the US political body—from not being allowed to become a US citizen, not allowed to vote, not allowed to own land, forced to pay more taxes, the only racial/ethnic group not allowed entry into the US, restricted entry on the basis of sex, unconstitutionally incarcerated during World War II, subjected to racially profiling and hate crimes during times of US economic insecurity and heightened sense of xenophobia (e.g., killing of Vincent Chin during the 1982,[2] massacre of Southeast Asian children in Stockton, CA by white supremacist in 1989,[3] murders of South Asians by white supremacist post-9/11[4]). This is just a small snapshot of the long history of racism and xenophobia against Asians in the United States.[5]

And now, Asians are globally being racially profiled as being the root cause of the Covid-19 pandemic, and subjected to racially motivated verbal abuse, death threats, and physical harm.[6] One of the more recent heinous hate crime was in Midland, Texas on March 14, 2020, where an Asian American family of three, including a 2 and 6-years old, were stabbed because the family was perceived as a threat during this pandemic. What does this say about us as a nation? I think we, as citizens and residents of this nation, must be honest and ask ourselves the following difficult questions if we are interested in solutions: Where do these xenophobic ideas come from? How do they spread? What must we do to stop them? How do we work towards eradicating this racist cycle?

2) How can we respond against racism when we experience it? How can we respond as bystanders?

I am not sure I can give you a handbook/canned response without sounding disingenuous or be potentially misleading. Every incident is different—there are different scenarios and risks involved in every circumstance. I cannot tell you how many times I've been in the receiving end of racist incidents where I say to myself, "Ugh, I wish I had reacted to that differently." You play the incident over in your mind, sometimes a hundred times over. Do you know the psychological cost of this to

an individual? Outside of physical harm, there are insidious emotional and psychological consequences to being victims of racism. So no, I have no canned response for this.

The only advice I would be comfortable giving is to consider the victim first and foremost. Show support somehow. And I don't know what that is because each situation is different. And to remember that the situation is not about you—not all situations require a hero. Ask yourself: Will your involvement further harm the victim?

Outside of “in the moment responses to racism,” my personal response has been to speak up against racism. And that is for all groups, not just when it pertains to my own racial group or when it serves my own self-interests.

3) Heightened racism and fear, concern for safety may bring different effects for mental health and academic performances. How can we care for our Asian and Asian American students, faculty, and staff at this time? And how do you see the roles of Asian American Studies in this?

First is an **acknowledgment of their experiences as real: listen to them, believe them, see them, and support them**. Speaking on my own behalf, when I turn to someone to share a racist incident that has happened, the worst thing I can hear is dismissal or the trivializing of my experiences with racism. Experiences with racism are real and have consequences (on mental health, academic performance, etc.).

Second is **to provide support and resources**: Go do your own homework on how you can help. Educate yourself on the history. I think this is where Asian American Studies can contribute. Asian American Studies is about the socio-political history of individuals of Asian ancestry in the United States, and also transnationally. In our courses, we cover the persistence of racialization of Asian/Americans (racialized as model minorities and perpetual foreigners) and how these are racial projects that persist because of social structures, fueled by individuals and groups—both outside of, and within our own Asian/American community.

The latest example of this is Andrew Yang's Op-ed piece in the Washington Post on April 1, 2020, where he advocates for Asian American exceptionalism.[7] Yang's misguided op-ed tells Asian Americans to not only embrace and embody the model minority myth, but to also do the work to sustain it. Yang writes, “We Asian Americans need to embrace and show our American-ness in ways we never have before.” Projecting internalized racism and promoting the model minority myth is not the solution to eradicating anti-Asian racial violence in the United States. This is only doing the work of furthering white supremacy and structural racism. Asian/Americans are not the problem here. Racism, xenophobia, and bigotry is the problem.

(AAARCC Note: Asian American communities have responded to Yang's Op-ed piece with statements about “the article brought back memories of elders telling us how they were instructed by organizations to be ‘good Americans,’ when just being American should have been enough.” Please see the full article here: <https://nbcnews.to/2xVFMC1>)

Third is to become an **anti-racist**. And this means listening to the concern of victims of racism even if—or I should say, especially when—it makes you uncomfortable because ***it is within these pockets of discomfort that we learn and progress***. Existing in “the norm” is comfortable. When

has being comfortable brought about change? Being an anti-racist means showing up for, and speaking up, when things get really messy. Such as moments like this one. It also means to support programming that advocates for social justice **for all**. And providing support does not mean spewing empty rhetoric. It means providing actual tangible, concrete resources in making these programs a reality. Being an anti-racist is not a one-time, check some boxes, one-act deal. Being an anti-racist and fighting for social justice is a life's work.

4) What do we need from our leaders (in the country, in the university, in the community) in times like this? From our Asian American and Asian communities and leaders?

I think part of being a leader is having the courage to speak up and condemn acts of violence towards any oppressed and marginalized communities. In 1973, *A Grain of Sand*, the first Asian American folk band in the US, wrote:

"As Asians in America we know how the history of our people has been a constant battle to survive in the midst of a hostile environment and we know also that we are not unique in regard to that situation. [...] The question of what we are going to accept and what we are going to reject is a political question.[...] Silence sometimes is the strongest statement of all." [8]

In other words, to stay silent and say nothing is a political act that **SPEAKS VOLUMES**. Whether people recognize or want to acknowledge it, when they stay silent, they are taking a side. People are being racially profiled and physically attacked, and outside of the pandemic, this is not unique to the Asian American experience. When is it ever the wrong time to speak up against this? When is it ever the wrong time to speak up against injustices towards any marginalized and oppressed community?

I wish to end by mentioning the work of Hmong American writer, Kao Kalia Yang, who is a fierce advocate for the necessity of telling our own life stories. In her work, Kao Kalia Yang talks about how we need to make contributions to the "spectrum of humanity" and the important role of education in unlocking this potential in all of us. [9] Drawing from this, I too strongly believe in continuing the tradition of telling our own stories, especially those missing in the history books. Furthermore, it is also important to ask ourselves the following questions: How will we contribute to the spectrum of humanity? What is the legacy we want to leave behind? Will we speak up against injustices or will we choose to remain silent?

"My response to racism is anger. I have lived with that anger, ignoring it, feeding upon it, learning to use it before it laid my visions to waste, for most of my life. Once I did it in silence, afraid of the weight. My fear of anger taught me nothing. Your fear of that anger will teach you nothing, also. [...]"

I cannot hide my anger to spare you guilt, nor hurt feelings, nor answering anger; for to do so insults and trivializes all our efforts.

Guilt is not a response to anger; it is a response to one's own actions or lack of action. If it leads to change then it can be useful, since it is then no longer guilt but the beginning of knowledge. Yet all too often, guilt is just another name for impotence, for defensiveness

destructive of communication; it becomes a device to protect ignorance and the continuation of things the way they are, the ultimate protection for changelessness."

- Audre Lorde (1981)[10]

[1]

<https://www.washingtonpost.com/nation/2020/02/14/coronavirus-long-history-blaming-the-other-public-health-crises>

[2]

https://www.advancingjustice-la.org/blog/one-our-first-cases-vincent-chin-tragedy-catalyzes-asian-american-activism#.XooQ1y2ZP_Q;

<https://www.npr.org/2017/06/23/533977175/his-life-cut-short-vincent-chin-is-remembered-for-what-might-have-been>

[3]

<https://www.nytimes.com/1989/01/18/us/five-children-killed-as-gunman-attacks-a-california-school.html>

[4]

<https://www.nytimes.com/2001/09/17/us/sikh-owner-of-gas-station-is-fatally-shot-in-rampage.html>; <https://saldef.org/balbir-singh-sodhi/>;

<https://www.nytimes.com/2017/02/24/world/asia/kansas-attack-possible-hate-crime-srinivas-kuchibhotla.html>

[5] For more history, see: Lee, Erika. 2015. *The Making of Asian America: A History*. New York, NY: Simon & Shuster; Zia, Helen. 2000. *Asian American Dreams: The Emergence of an American People*. New York: Farrar, Straus, and Giroux.

[6]

https://en.wikipedia.org/wiki/List_of_incidents_of_xenophobia_and_racism_related_to_the_2019-20_coronavirus_pandemic

[7]

<https://www.washingtonpost.com/opinions/2020/04/01/andrew-yang-coronavirus-discrimination/>

[8] From the original liner notes of the 1973 album, *A Grain of Sand: Music for the Struggle by Asians in America* (Chris Kando Iijima, Joanne Nobuko Miyamoto, and “Charlie” Chin)

[9] Yang, Kao Kalia, “The Power in Sharing our Stories,” at TED x UWRiverFalls, June 15, 2015.
<https://www.youtube.com/watch?v=AOKdPwMNbOA>

[10] See more at:

<http://www.blackpast.org/1981-audre-lorde-uses-anger-women-responding-racism#sthash.5p62Cllh.dpuf>

2) Resources from Dr. Xiang Zhou (Assistant Professor, Counseling Psychology, Department of Educational Studies, Purdue University)

a) What should I do if I experience racism?

Racism and discrimination put communities of color at a higher risk in this global pandemic. Emerging data indicated Hispanic and Black communities have higher mortality rates due to COVID-19 compared to their White counterparts. Asian and Asian American communities nationwide are facing an increasing racism and xenophobia. If you have experienced any racism, consider some of these following ways in response:

- Get social support: talking to or spending time with supportive friends, family, professors, or mentors. You are not alone in this experience. If you are unsure where to start, consider getting connected with AAARCC. If you’re in need of a confidential space to talk, Purdue CAPS counselors are a great resource for getting support privately.

(Purdue AAARCC Note: Our office is still open virtually from 8:00 AM to 5:00 PM. You can email us at aaarcc@purdue.edu or call us at (765)496-0488)

- When you read discriminatory information from the media, you can provide feedback and advocate, such as reporting or writing emails to the media outlet. You can also share your thoughts with people you trust in order to advocate together or to seek support.
- If you experience or witness any incidents of racial discrimination, make a record of the incident and consider report the incident. If the incident happened on campus, you can contact the Dean of Students and fill out an [incident report](#).
- Choose self-care. It is important to remember to “pick your battles” to maintain your own sanity. If you do not have the time, energy, or mental resources to take further action, it is okay – you have gone through a lot already. It is common to not want to think about the incident or

to take action. If and when you have enough energy to return to the subject, you can take actions then.

b) I feel anxious keeping up with the news. What would you recommend that I do?

Past research has indicated too much exposure to news about disastrous events such as COVID-19 led to worse adjustment and poor mental health. With the explosion of social media and news outlets nowadays, it is important today to limit ourselves to 1 hour per day of COVID-19 related news. Turn off your news alerts on your phone. If you have the urge to “keep up” with the news, write down what is within your control vs. what is outside your control. Recognize oftentimes reading too much news will not help protect you or your community more. Find alternatives to watch (e.g., movies, TV) or read (e.g., favorite books). Be mindful to limit exposure to news before going to sleep.

c) How can I correct people who use incorrect terminologies for COVID-19 or Coronavirus?

Your response will highly depend on the context. If it is your friend, coworker, or family that may not understand the racist nature of the term, you can start a “microintervention” by separating their intent from impact, such as “I know you may not realize this, but when you use this term, it was hurtful/offensive. Instead you could use coronavirus or COVID-19.” However, there are still people using the term knowingly with a racist intent, either on the internet or maybe around you at the grocery store. Similarly as above, assess your safety and consider reporting these incidents to related authorities or media outlet.

d) I’m sad that I can’t see my friends. What can I do to not feel isolated?

Virtual hangout! Reach out to your friends and arrange a virtual chat/ study session/ movie/ board game/ happy hour. Be creative. Many people have found it is “easier” to ask their old friends, whom they have not spoken to for years, to have virtual hangouts due to COVID-19.

(Purdue AAARCC Note: Purdue AAARCC communicates daily via Facebook and Instagram. Our weekly CAPS office hours are still taking place virtually on Wednesdays, 1:00-2:00PM. We are also doing a Virtual Hangout with fun activity on Fridays from 5:00 to 6:00PM).

e) Even though I’m stuck at home, my parents/siblings and I don’t get along. What should I do?

This is a stressful time for many who are living under the same roof with parents, siblings, or other roommates they do not get along with. Most pre-existing problems would not necessarily go away, and COVID-19 may even exacerbate the conflictual relationship in some cases because people are more likely to be “on the edge.” Therefore, establishing boundaries and clear communications are especially crucial to maintain a balanced indoor life. For many Asian American students, it may be helpful to also think about this disastrous event and how it can be triggering to a lot of immigrant families who have gone through significant trauma in the migration process, thus cultivating more empathy for each other.

f) How do I maintain healthy habits when I cannot go out of my home?

See below for motivation, time management habits etc. In addition, it is helpful to maintain an exercise routine. Many websites and phone apps have made their exercises classes free to students. Be sure to check out the virtual RecWell resources from Purdue.

g) Are there any tips on how to stay focused while doing school work at home?

Purdue Academic Success Center has many resources for various topics for staying focused, motivation, time management etc.. You can also arrange a virtual consultation to discuss an individualized plan that may work for you.

<https://www.purdue.edu/asc/index.html>

h) I am concerned about my family back home while I cannot go home right now. How can I help support them?

Being far away from home, you may experience a variety of emotions such as isolation, guilt, or excessive worry. Please know it is normal and valid (and even protective in some cases) to have these thoughts and feelings. Check in with your families regularly to provide each other much needed emotional support. Meanwhile try to limit your conversation on COVID-19 related information – engage in topics or activities unrelated to COVID-19 and allow yourself to have some fun.

i) How do I best use my time to process everything related to COVID-19?

It will likely be a long process (even after the pandemic ends) for many of us to fully comprehend the impact of COVID-19. Find trusted friends or professionals to process COVID-19 now or whenever you are ready, but also limit the amount of time you spent in processing. Others find journaling or creative expressions can be a powerful way to process.

3) Resources from Dr. Penny Peng and Casiana Warfield (Counseling and Psychological Services, Purdue University)

a) How can I share my anger, sadness, and disappointment due to COVID-19 to someone I can trust on Purdue's campus?

- Emotions are very personal. In order for you to comfortably show your anger, sadness, and disappointment, you need someone who can make you feel safe to express your vulnerable emotions. It is very important to find people who you can trust, have empathy and compassion for your struggle. You can utilize Purdue University's Counseling and Psychological services (CAPS). All the therapists at CAPS are aware of the struggles of the Asian community in the U.S. Please use the following link for reaching out to CAPS <https://www.purdue.edu/caps/index.html>
- Trying to understand your anger, sadness, and disappointment. Anger is not a bad emotion. It helps you to protect your boundaries. You are angry, it could be that your Asian identity is

very important for you. When some people have micro-aggressive behaviors or discriminative behavior against you, it is very normal for you to feel angry. You may feel sad and disappointed after your anger. Please find resources at CAPS website for you to understand your feelings.

<https://www.purdue.edu/caps/services/digital-resources/index.html>

b) What are some suggestions for confronting racism and combating misinformation related to COVID-19?

- This article below gives an example of suggestions for confronting racism and combating misinformation related to COVID-19:

<https://www.urban.org/urban-wire/confronting-racism-and-supporting-asian-american-communities-wake-covid-19>

- Advocates and allies need to be aware of the barriers victims experience to reporting experiences of prejudice/discrimination:
 - general professional/social retaliations when already oppressed
 - decreased perceived likeability
 - being perceived as "whiners" or manipulators of the system
 - invalidation of experience
 - comparing their own individual experience to more salient (and often more extreme) experiences of the group leading to people discounting their own pain
- Advocates and allies need to be aware of secondary victimization (students only have to witness or be exposed to discrimination against others for it to have effect on themselves).

(Notes from Purdue CAPS Liaisons and Purdue AAARCC on April 9, 2020: Our CAPS Liaisons are currently working on a general outreach for allyship for individuals who have the resources to combat prejudice and advocate to their peers. They are also working on creating a presentation for confronting/surviving experiences of discrimination in light of the increased overt racism towards Asian/Asian American folks around the globe. We are also planning a Webinar with Purdue CAPS therapists.)

4) Association for Asian American Studies Crowd-source Yellow Peril Teach-In Materials

https://docs.google.com/document/d/1-DLnAY5r-f4DRLZgndR_Bu47nqHVtAOKem5QRmbz7bg/edit

5) The History of Yellow Peril

“Coronavirus Alarm Blends Yellow Peril and Red Scare” - Overview of the topic as it relates to current events

<https://fair.org/home/coronavirus-alarm-blends-yellow-peril-and-red-scare/>

6) American Association for the Advancement of Science (AAAS)- Preventing COVID-19 prejudice in academia

<https://science.sciencemag.org/content/367/6484/1313.1>

7) Asian American Feminist Antibodies: Care in the Time of Coronavirus” from the Asian American Feminist Collective

<https://tinyurl.com/tz9xjpbq>

8) Asian Pacific American Labor Alliance, AFL-CIO Resource for Protecting AAPI Workers

“Employers must include a protocol against racial discrimination in their responses to COVID-19. APALA issues the following to protect AAPI workers.” Example below, and more resources can be found here: <https://www.apalanet.org/covid19.html>

PROTECTING ASIAN AMERICAN AND PACIFIC ISLANDER WORKING PEOPLE

Employers must include anti-discrimination protocols in their responses to COVID-19 (coronavirus). APALA issues this guidance to protect Asian American and Pacific Islander (AAPI) workers.

RAISE AWARENESS ABOUT COVID-19 WITHOUT INCREASING FEAR

Help stop the fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19. Share accurate information about how the virus spreads.

The CDC states that diseases can make anyone sick regardless of their race or ethnicity. People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other person.

OUTBREAK-RELATED JOKES ARE HARMFUL

Panic, prejudice, and xenophobia are, sadly, quite common during outbreaks. Stereotypes fuel misinformation and perpetuate harm upon communities.

When someone makes a “joke” or flippant comment about COVID-19, you can intervene by using one of the following responses: “I don’t get it. Can you explain why that is funny?” or “That’s not funny and that is not actually how the virus works.”

SPEAK OUT AGAINST HOSTILE AND/OR AGGRESSIVE BEHAVIOR

Bystander intervention trainings are necessary so that everyone is ready to proactively intervene when they witness discrimination. You can:

- Create physical separation by standing in between the hostile person and the targeted worker.
- Distract the hostile person while the impacted worker is escorted to safety.
- Directly intervene by verbally stating that the hostile behavior is not acceptable in the workplace.
- Record the details of the incident including date, time, and location. With the permission of the person who was harassed, report incidents of discrimination at: www.standupagainsthate.org

ANTICIPATE REFUSAL OF SERVICE AGAINST WORKERS OF ASIAN DESCENT

Anticipate that patients, clients, and others may refuse service from workers of Asian descent. Prepare yourself and your staff to respond.

Assure the impacted worker that it’s not their fault. Give them space and time to process, while making sure they are still able to complete their shifts and get paid. Under no circumstances should workers of Asian descent have their hours cut due to discrimination.

PUBLICLY DEMONSTRATE SOLIDARITY WITH AAPI WORKERS

Post the sign in support of AAPI workers in your workplace or place of business: www.apalanet.org/COVID19

COMMIT TO AN ONGOING PROCESS TO ADDRESS DISCRIMINATION

Organize trainings, cultivate a safe and healthy work environment, and create spaces for co-workers to support each other in an ongoing way.

Managers should set aside time at a staff meeting or before a shift to set expectations, share information, and re-affirm the dignity of AAPI workers and others who are typically targets of harassment and discrimination.

All staff should feel personally responsible for maintaining a safe and healthy workplace culture, as well as know how to respond and who to seek help from when experiencing or witnessing unwanted behavior.

let's stop CORONAVIRUS

APALA AMERICAN PACIFIC AMERICAN LABOR ALLIANCE

Contact apalanet.org if you have any questions

9) Iowa State University: Coronavirus Racism- SELECTED RESOURCES on Coronavirus Racism and Tools for Interrupting It

<https://instr.iastate.libguides.com/c.php?g=799527&p=7267352>

10) Racial Equity Tools: COVID-19 - Racial Equity & Social Justice Resources

<https://www.racialequitytools.org/fundamentals/resource-lists/resources-addressing-covid-19-with-racial-equity-lens>

11) Why Asian-American racism is rampant during the coronavirus: Professor of English [at University of Pennsylvania] Josephine Park discusses the history of Asian-American racism in the U.S. and how it connects to today’s use of ‘Chinese virus’ to describe COVID-19.

<https://penntoday.upenn.edu/news/why-asian-american-racism-rampant-during-coronavirus>

12) Article from theconversation.com “Long History of US Racism against Asian Americans: From Yellow Peril to Model Minority to the Chinese Virus” (April 8, 2020)

<https://theconversation.com/the-long-history-of-us-racism-against-asian-americans-from-yellow-peril-to-model-minority-to-the-chinese-virus-135793>

13) Hope Matters: 10 Teaching Strategies from Mays Imad to Support Students and Help Them Continue to Learn during this Time of Uncertainty (March 17, 2020)

<https://bit.ly/2XlKm7q>

14) When Chinese Americans Were Blamed for 19th-Century Epidemics, They Built Their Own Hospital

<https://www.atlasobscura.com/articles/chinese-blamed-19th-century-epidemics>

C. Webinars, Audio, Video and TV Resource, organized by Asian and Asian American scholars and communities

1) Race and Coronavirus: A Bay Area Conversation

<https://www.youtube.com/watch?v=Ym8FODq1eng>

The program has been mentioned as “A one hour live town hall dedicated to the racist backlash felt by Asian Americans due to the coronavirus will be broadcast and streamed today by ABC7/KGO-TV in San Francisco at 4 pm Pacific/7 Eastern. This may be the first time a major TV station has produced such an in depth and important program dedicated to this timely topic.”

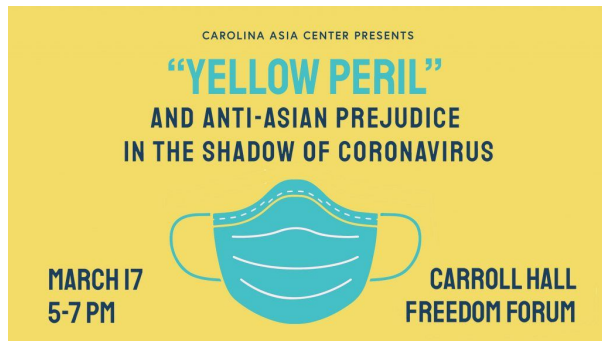
2) A Townhall on Anti-Asian Racism by The People’s Collective for Justice and Liberation

https://zoom.us/rec/play/uZR-Je6pqjg3HoGWtwSDA6AtW425fKus1nIX_vMOzR3kUSZWNlOuM0dAZ-XCSBzg_bAXxnBb9EGwdD8G?continueMode=true

3) Webinar, “Yellow Peril” and Anti-Asian Prejudice in the Shadow of Coronavirus from Carolina Asia Center

https://zoom.us/rec/play/78YqJuuvrzs3G9TGsQSDB_I6W47sLa0s2iFKr_QNmEeyV3gFZ1T3ZbMXyrRxSx5JY6bTYRUSBjI7mcz_?startTime=1585688456000

Slides: go.unc.edu/prejudiceCOVID19slides (check the resources at the end of the presentation)



- 4) Dil Ki Baat - Short Films Mini video on Yellow Peril - COVID-19
https://www.youtube.com/watch?v=q5vI27zeM_s
- 5) Professor Kurashige On The Yellow Peril & Model Minority Stereotypes Of Asians In The U.S.- Arab American National Museum
<https://www.youtube.com/watch?v=LOB0VCCEUa4>
- 6) How to Respond to Racism from Coronavirus- Fung Brothers
<https://www.youtube.com/watch?v=MDIuAEzsy4>
- 7) 2 Minute Video: Stop the Spread of Racism: Partnership between the Chinese Canadian National Council for Social Justice & The Hive. "Together, we can sanitize the stigma."
<https://vimeo.com/395388535>
- 8) NPR Code Switch: When Xenophobia Spreads Like A Virus
<https://www.npr.org/2020/03/02/811363404/when-xenophobia-spreads-like-a-virus>
- 9) [Religion theme] Asian American Christian Collaborative: Full Discussion with Raymond Chang, Kathy Khang, Helen Lee, and Russell Jeung
https://www.youtube.com/watch?v=ZPoLOU_eDU&feature=emb_title
- 10)[Religion theme] Christianity Today article "Asian Americans Call on the Church to Preach Against Coronavirus Racism"
<https://www.christianitytoday.com/news/2020/march/asian-american-christian-statement-coronavirus-racism.html?fbclid=IwAR0pj3q9KKcla7efryY4b7ZC2jhbz03D2so0G6yIEY7hb1QgjmHqoIQL68Y>
- 11)[Religion theme] The Wounds of Racism and the Pandemic of Anti-Asian Hatred
<https://www.patheos.com/blogs/anxiousbench/2020/04/the-wounds-of-racism-and-the-pandemic-of-anti-asian-hatred/>

- 12) NBC News report on the city and state initiatives to provides financial support for struggling Asian American Community

https://www.nbcnews.com/news/asian-america/how-help-struggling-asian-american-communities-amid-coronavirus-pandemic-n1178516?fbclid=IwAR05ZjROuX4KE6nFY_6MEVRwta3EUmomKYW3JlBxILhsB1Y8uaDNaRDzdI8

- 13) COVID-19 EXPOSED: How the Coronavirus Outbreak Reveals Racism and Xenophobia

https://iu.mediaspace.kaltura.com/media/COVID-19+EXPOSEDA+How+the+Coronavirus+Outbreak+Reveals+Racism+and+Xenophobia/1_ar1cclmj?st=8

- 14) “Freedom Courses”- By the American Studies Association

https://www.theasa.net/about/news-events/announcements/update-asa-president-elect-introducing-%E2%80%9Cfreedom-courses%E2%80%9D?fbclid=IwAR3sZvz0K6RzJMM-IZVgEYPkOllRPUNbnlCiTYdcfbOGLMPsFW6h1_4E_VI

- 15) COVID-19 CONVOS: Rising Above Bullying & Hate with actor, author, and Act To Change chair Maulik Pancholy; Congresswoman Grace Meng (NY-06); 19th Surgeon General of the United States Dr. Vivek Murthy; and actor Hudson Yang. (Webinar)

https://acttochange.org/covid-19-convos-1-qa/?fbclid=IwAR2NuOdVPp63jawRBzyJuq4uZu1wRiF4IYAztodxj-k4GBs9fZeSz_pie4Q

- 16) Diversity, Equity, and Inclusion Connections: Demystifying Asian Pacific Islander Bias during COVID-19 with Moderator Dr. Stacy Boyd, Interim Chief Diversity Officer

https://www.youtube.com/watch?v=PqwZ_WD4Ipg&feature=youtu.be

D) Recommended Readings

Hong, Cathy Park. *Minor Feelings: An Asian American Reckoning*. New York: Penguin Random House LL, 2020.

Okada, John. *No-No Boy*. Seattle: University of Washington Press, 1957.

Suggestions of materials to teach the No-No Boy book:

<https://resisters.com/john-okada/order-the-book/?fbclid=IwAR1nTiKinq4iIBuvO4KaqpY3dniu9sdJxU1lVnMNQ0Y2uuq26xr5nCOPTIE>

<https://www.youtube.com/watch?v=7Sn7Zhrrwal&fbclid=IwAR3IeQ6LNYgQVp8AWVX3yyY34RmTkt4WQqcTwpBQHMJPDolpwuNXrqNMpf4>

<https://www.youtube.com/watch?v=JozbcpATCco&fbclid=IwAR3sdLzlw2JenAyFCoTcsHuX38NJ17IH7IzDuRSSflBsJcmYlVHXmkV1Das>

E) Recommended Children’s Books

<https://coloursofus.com/30-asian-asian-american-childrens-books/>

F) Announcements and Statements of Solidarity with Asian and Asian American Communities against Racism, Bias, and Violence

1) CDC Guidance and Statement on Reducing Stigma

<https://bit.ly/2XkrNAm>

Full text here:

It is important to remember that people – including those of Asian descent – who do not live in or have not recently been in an area of ongoing spread of the virus that causes COVID-19, or have not been in contact with a person who is a confirmed or suspected case of COVID-19 are not at greater risk of spreading COVID-19 than other Americans.

Public health emergencies, such as the outbreak of coronavirus disease 2019 (COVID-19), are stressful times for people and communities. Fear and anxiety about a disease can lead to social *stigma*(1) toward people, places, or things. For example, stigma and discrimination can occur when people associate a disease, such as COVID-19, with a population or nationality, even though not everyone in that population or from that region is specifically at risk for the disease. Stigma can also occur after a person has been released from COVID-19 quarantine even though they are not considered a risk for spreading the virus to others.

Some groups of people who may be experiencing stigma because of COVID-19 include:

- Persons of Asian descent
- People who have traveled
- Emergency responders or healthcare professionals

Stigma hurts everyone by creating fear or anger towards other people.

Stigmatized groups may be subjected to:

- Social avoidance or rejection
- Denials of healthcare, education, housing or employment
- Physical violence.

Stigma affects the emotional or *mental health*(2) of stigmatized groups and the communities they live in. Stopping stigma is important to making communities and community members *resilient*(3).

Everyone can help stop stigma related to COVID-19 by knowing the facts and sharing them with others in your community.

Communicators and public health officials can help counter stigma during the COVID-19 response.

- Maintain privacy and confidentiality of those seeking healthcare and those who may be part of any contact investigation.
- Quickly communicate the risk or lack of risk from associations with products, people, and places.
- Raise awareness about COVID-19 without increasing fear.

- Share accurate information about how the virus spreads.
- Speak out against negative behaviors, including negative statements on social media about groups of people, or exclusion of people who pose no risk from regular activities.
- Be cautious about the images that are shared. Make sure they do not reinforce stereotypes.
- Engage with stigmatized groups in person and through media channels including news media and social media.
- Thank healthcare workers and responders. People who have traveled to areas where the COVID-19 outbreak is happening to help have performed a valuable service to everyone by helping make sure this disease does not spread further.
- Share the need for social support for people who have returned from China or are worried about friends or relatives in the affected region.

Related: Frequently Asked Questions

Key Terms

1. Stigma occurs when people associate a risk with a specific people, place, or thing – like a minority population group – and there is no evidence that the risk is greater in that group than in the general population. Stigmatization is especially common in disease outbreaks.
https://emergency.cdc.gov/cerc/cerccorner/article_123016.asp
2. Mental health is defined by the World Health Organization as a state of well being in which a person realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community
<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
3. Resilience is the ability to withstand and recover from stress.
<https://blogs.cdc.gov/publichealthmatters/2017/08/predicting-community-resilience-and-recovery-after-a-disaster/>

CDC Frequently Asked Questions:

People in the U.S. may be worried or anxious about friends and relatives who are living in or visiting areas where COVID-19 is spreading. Some people are worried about the disease. Fear and anxiety can lead to social stigma, for example, towards Chinese or other Asian Americans or people who were previously quarantined.

Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.

Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem.

People can fight stigma and help, not hurt, others by providing social support. Counter stigma by learning and sharing facts. Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 actually spreads can help stop stigma.

2) Joined statement from NAACP, Advancement Project, National Office, Asian & Pacific Islander American Health Forum, Demos, Faith in Action, National Congress of American Indians, National Urban League, Race Forward, and Unidos US (a

collaborative of nine leading national Racial Equity Anchor Organizations supported by the W.K. Kellogg Foundation.) Full statement below:

<https://www.apiahf.org/press-release/civil-rights-and-racial-justice-organizations-denounce-discrimination-against-asian-americans-and-urge-unity-in-responding-to-coronavirus-pandemic/>

WASHINGTON—The nation’s leading civil rights and racial justice organizations issued a joint urgent call to action against racism and discrimination targeting Asian Americans related to the 2019 novel coronavirus (COVID-19).

“As our nation grapples with the coronavirus, we are deeply concerned that recent incidents of racism and discrimination against Asian Americans threaten our collective public safety. In recent weeks, Asian Americans have been subjected to violent attacks, discrimination against their businesses and xenophobic portrayal by the media and our elected leaders.

We are often reminded of the xenophobic history of our nation—from the 1882 Chinese Exclusion Act to the 2019 Public Charge Rule—our nation has always treated people of color and immigrants with suspicion. Coronavirus does not discriminate based on race or ethnicity.

The World Health Organization’s declaration of a pandemic is a call to action—both to protect our collective public health and to remind us that we must stand together. We call on policymakers, the media and the public to take affirmative steps to halt and condemn xenophobia and to ensure that the health and safety of all Americans is protected.”

Advancement Project, National Office, Asian & Pacific Islander American Health Forum, Demos, Faith in Action, NAACP, National Congress of American Indians, National Urban League, Race Forward, and Unidos US are a collaborative of nine leading national Racial Equity Anchor Organizations supported by the W.K. Kellogg Foundation. Together we work to promote racial equity, advance racial healing, and ensure that all children, families and communities have genuine opportunities to reach their full potential.

3) Statement from the Office of Diversity and Inclusion, University of Maryland

<https://diversity.umd.edu/news-events/statements/coronavirus/>

Full statement:

As the news about the novel coronavirus continues to spread, the [Office of Diversity & Inclusion \(ODI\)](#) is committed to sharing knowledge and information related to building a supportive, empathic and informed community. We encourage campus community members to be aware of the prevention [recommendations](#) provided by the University Health Center.

Worry about the coronavirus can trigger numerous reactions. For some, concern about our well-being, as well as the health of family and friends, may give way to anxiety, hypervigilance, inability to focus and difficulty sleeping. Importantly, even without traveling in an affected area, people may know and worry about others who are affected. Trying to keep updated via the news and social media can be stressful.

For others, fear and anxiety may contribute to broad generalizations and assumptions about China and people from other Asian countries. Historically, viral outbreaks that have reportedly originated in other countries have fostered biased perspectives about people assumed to be from those regions (or people who physically resemble them). For example, panic about [Ebola](#) in 2014 led to discrimination against Africans and African Americans, and the 2003 [SARS](#) epidemic contributed to widespread stigmatization of Chinese communities and other Asian Americans. Classifying all Asian people as dangerous or sick, or making assumptions about a person's nationality based on their physical features reinforces [long-standing histories](#) of xenophobia and racism, whether intentional or not.

Given the diversity of our campus community, we would like to offer the following tips for community care even as the coronavirus continues to dominate our thoughts and the news cycle.

Asian and Asian American—especially Chinese and Chinese American—students, faculty, and staff are valued members of the UMD community. If you have experienced bias or discrimination, please consider the following:

- **Recognize that [Anti-Asian xenophobia and racism](#) may negatively affect your physical and mental health.** Stomachaches, backaches and headaches are common responses to discrimination. Additionally, you may experience difficulty concentrating, worry about your safety, decreased self-esteem, irritability with others and temporary lack of interest in your day-to-day activities. It is OK to seek medical or mental health care as needed.
- **Connect with those you trust.** Social support is critical, and expressing concern about how you are being affected can be clarifying and energizing.
- **Seek assistance from campus departments** including ODI, [International Student & Scholar Services](#), the Office of Multicultural Involvement & Community Advocacy ([MICA](#)), and the [Counseling Center](#).
- **Report incidents of [bias](#)** to the [Bias Incident Support Services](#).
- **Report acts of [discrimination](#)** to the [Office of Civil Rights & Sexual Misconduct](#).

If you find that you are maintaining distance from or worried about interacting with Asian people, please consider the following:

- **Resist the tendency to make broad generalizations about people.** Uncertainty about the coronavirus may lead to anxiety and fear. Harmful behaviors can occur when anxiety and fear are projected onto entire social groups. Such behavior is harmful to the well-being of targeted individuals and does not protect anyone from the coronavirus.
- **Educate yourself and maintain perspective.** Officials from the Centers for Disease Control and Prevention (CDC) the World Health Organization (WHO) have cautioned the public about [discriminating](#) and [assuming that Asians are more likely to have the virus](#). At the same time, some people are assuming that Asian individuals wearing masks is an indicator of illness. [Wearing masks](#) in some Asian communities can serve diverse functions such as preventing the spread of illness, protecting the wearer from illness (e.g., flu), and limiting the intake of pollutants. Continue to educate yourself as this public health issue evolves.
- **Treat community members with care and empathy.** Rather than treating someone with suspicion or contempt, ask them how they are feeling and whether they might need assistance getting medical support. Also, recognize that trying to engage a person who is worried about family or friends could have unintended emotional consequences. To

minimize the possibility of upsetting someone, ask permission before starting a conversation about the coronavirus.

Please continue to take care of yourselves and each other, as we continue to strive for a UMD that is mutually respectful, physically safe, broadly inclusive, socially connected and morally accountable. Most importantly, seek support as needed.

4) Statement from Asian American Studies Program, University of Minnesota

<https://cla.umn.edu/asianamerican/news-events/press-release/statement-regarding-campus-climate-and-covid-19-coronavirus>

ASIAN AMERICAN STUDIES PROGRAM

STATEMENT REGARDING CAMPUS CLIMATE AND COVID-19 (CORONAVIRUS)

March 4, 2020

With the rise of concerns about the COVID-19 virus, there have been increasing incidents of xenophobia and racism targeting Chinese and other Asian people worldwide, including at the University of Minnesota. Acts of exclusion, harassment, and hate speech do nothing to prevent viruses and other illnesses from spreading; instead, such actions simply impair our abilities to work together as a community at a crucial time.

Asian American history has shown us how the stereotyping of early Chinese immigrants as carriers of disease was part of a larger pattern of racial violence and legal exclusion. More recently outbreaks of diseases such as HIV/AIDS, SARS, and the Ebola virus were accompanied by a resurgence of suspicion and hostility towards particular countries, cultures, and people. As emerging infectious diseases become a global phenomenon, they can only be fought through solidarity and cooperation, rather than anxiety, stigmatization, and hostility.

Asian and Asian American students in our classes and in our AAS program have expressed that recent incidents on campus and in the wider society related to COVID-19 have left them feeling targeted and vulnerable. We feel it is imperative that the University of Minnesota, and all of us, work toward building a safe, supportive climate, free from racial hostility for all of our students, particularly in these anxious times.

We urge our students, colleagues, and community members at the University of Minnesota to act with compassion and concern for those who have been affected by the COVID-19 virus and other infectious diseases worldwide. We stand in solidarity with those who have been targeted, both directly and indirectly, by racist and xenophobic words and actions associated with these outbreaks. We extend our support to those who are working to find effective medical treatments, to educate the public about effective and humane ways of stopping the spread of disease, and to support diverse and thriving communities.

On campus resources and information about the COVID-19 virus, current University recommendations, and health and counseling services can be found here. For more information

about teaching and learning about coronavirus racism go to this resource developed by Professor Jason Oliver Chang. For more information about preventing and challenging stigma and bias related to COVID-19 go to the Centers for Disease Control and Prevention. If you believe you are experiencing bias related to race, national origin, or other protected identity on campus, please contact the Office of Equal Opportunity and Affirmative Action or the Bias Response and Referral Network. The Asian Pacific American Resource Center (APARC), located at 311 Appleby Hall, is a valuable resource for students. APARC staff can be reached at aparc@umn.edu to discuss concerns about COVID-19 bias.

Signed,

Asian American Studies Program, University of Minnesota

In support:

Institute for Advanced Studies, University of Minnesota

Asian & Middle Eastern Studies, University of Minnesota

Program in the History of Medicine, University of Minnesota

American Studies Department, University of Minnesota

Sociology Department, University of Minnesota

Race, Indigeneity, Gender & Sexuality Studies (RIGS), University of Minnesota

If your unit is interested in supporting this statement, please email us at aast@umn.edu or tswartz@umn.edu. We are not at this time accepting signatures from individuals.

Resources compiled and adapted from:

Critical Disability Studies Solidarity Statement (contains an extensive list of resources):

https://docs.google.com/document/d/1_11dKs3A8UhM4ILaRI3tqQcGSV4jcy59tqy00-R32bU/edit

and

The University of Minnesota Asian Pacific American Resource Center Statement APARC Stands Against COVID-19 Xenophobia

and

"Treating Yellow Peril: Resources to Address Coronavirus Racism," Jason Oliver Chang, Associate Professor of History and Asian American Studies at the University of Connecticut (links to public relations materials and international news and media):

https://docs.google.com/document/d/1-DLnAY5r-f4DRLZgndR_Bu47nqHVtAOKem5QRmbz7bg/edit?pli=1

and

Statement from the UCI Center for Medical Humanities Statement

https://www.humanities.uci.edu/centermedicalhumanities/spotlight_det.php?id=1828

5) Statement from the National Council of Asian Pacific Americans:

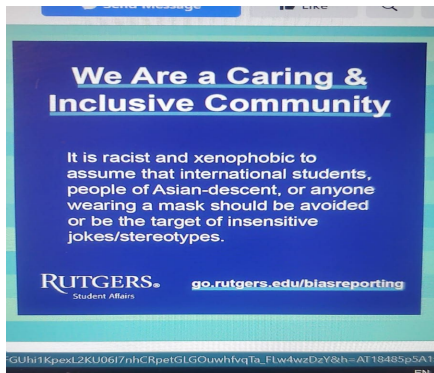
http://www.ncapaonline.org/aapi_leaders_and_over_260_civil_rights_organizations_call_on_congress_to_denounce_anti_asian_racism

6) Statement from Indiana University Asian Culture Center:

We at the IU Asian Culture Center join national advocacy groups in condemning the escalation of hateful, racist, and xenophobic statements and actions against Asians and Asian/Pacific Americans as the country faces the gargantuan challenge of COVID-19 virus. According to the Centers for Disease Control (CDC), “ethnicity is not a risk factor for transmission of COVID-19.” We strongly denounce all statements that associate the disease with race or national origin. Referring COVID-19 as the “Chinese virus” in general is racist and discriminatory. These issues are not new. They are rooted in a long history of perception and stereotype of Asian immigrants and refugees as sources of contamination. The reappearance of these biases is a sign of panic.

As we find ways to keep our family, friends, co-workers, and fellow citizens safe from COVID-19 by following directives from local, state, and national institutions and civil society, we must reaffirm our resolve to work together to prevent racial profiling, discrimination and xenophobia to spread

7) Statement from Rutgers University Student Affairs



8) Excerpts from e-mail statements by California State University, Sacramento President Robert S. Nelsen:

March 10. “We understand that there is a great amount of fear, anxiety, and concern around COVID-19. Let us support one another during this uncertain time. COVID-19 is a virus that can affect

all humans. Racism, discrimination, and anti-immigrant rhetoric about specific communities do not reflect the values of the Hornet Family. The Hornet Honor Code reaffirms our commitment to inclusion and to being a caring campus. We will not stand for misinformation, denigration, and stereotyping of Asian and Asian American communities.”

9) Statement from Ball State University

“Why might someone blame or avoid individuals and groups (create stigma) because of COVID-19”

“People in the U.S. may be worried or anxious about friends and relatives who are living in or visiting areas where COVID-19 is spreading. Some people are worried about the disease. Fear and anxiety can lead to social stigma, for example, towards Chinese or other Asian Americans or people who were in quarantine.

Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.

Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem.”

“How can people help stop stigma related to COVID-19?”

“People can fight stigma and help, not hurt, others by providing social support. Counter stigma by learning and sharing facts. Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 actually spreads can help stop stigma.”

https://www.bsu.edu/about/administrativeoffices/emergency-preparedness/pandemicfluprep/coronavirus#accordion_howdoweaddressstigmaaroundcovid-19

10) Excerpt from University of California statement “Equity and Inclusion During COVID-19”

This guidance document has been prepared by the Council of Chief Diversity Officers at the University of California to assist campus decision makers, faculty, administrators, students and staff on providing supportive positive and inclusive campus climates during the COVID-19 crisis.

- “Reject racism, sexism, xenophobia and all hateful or intolerant speech, both in person and online. Be an “up-stander,” and discourage others from engaging in such behavior.”
- “Be inclusive and remember that everyone has different circumstances. Continue to treat everyone with respect, both in their presence and in their absence. Do not resort or revert to unkind discussions about people, individuals or groups who may not be in your immediate social circle.”
- “Do not use terms such as “Chinese Virus” or other terms which cast either intentional or unintentional projections of hatred toward Asian communities, and do not allow the use of these terms by others. Refer to the virus as either “COVID-19” or “coronavirus” in both oral and written communications.”

<https://diversity.universityofcalifornia.edu/policies-guidelines/covid-19.html?fbclid=IwAR1hq1fMUQXxEcIZBN4HYvFZmBi3VBpMgb-xo9qOFHDhb5AAVliJ7yBMLXI>

11)Statement from Asian Americans Advancing Justice:

<https://www.advancingjustice-la.org/media-and-publications/press-releases/asian-americans-advancing-justice-statement-discrimination-and#.XnUfQM5Kg2w>

We are disappointed and disturbed by the discriminatory sentiment aimed at Asian Americans in the wake of the coronavirus epidemic in Asia. In order to prevent xenophobia, Asian Americans Advancing Justice calls on the media to be conscious of how they frame stories around the coronavirus and for social media platforms to dispel the spread of misinformation. We also urge the public to refrain from targeting Asian Americans. Common sense needs to prevail where people understand and focus on the facts of the virus.

No amount of fear can excuse prejudice and discrimination against Asian Americans. Throughout history, Asian Americans have been wrongly targeted due to mass hysteria, from the use of the racist term “Yellow Peril” to refer to East Asians as a danger to Western civilization to the incarceration of 120,000 Japanese Americans during WWII. Every Asian American has the right to go to school, work, and other public places without being subjected to racial discrimination.

We encourage individuals who have experienced a hate incident or other racist actions tied to the coronavirus outbreak to report it to [StandAgainstHatred.org](https://standagainsthate.org).

12)Statement from Governor Gavin Newsom:

<https://twitter.com/i/status/1240842650044878849>

<https://www.youtube.com/watch?v=GL487qClfww>

13)Statement from NYC Mayor Bill de Blasio:

<https://www.nbcnews.com/video/new-york-city-mayor-de-blasio-denounces-coronavirus-discrimination-against-asian-communities-80580677550>

<https://www.nbcnews.com/news/asian-america/unacceptable-new-york-city-mayor-denounces-coronavirus-discrimination-n1157026>

14)Statement from the Association for Asian American Studies

<https://aaastudies.org/>

March 24, 2020

Dear AAAS Members and Conference Attendees,

On behalf of the AAAS Executive Board and administrative staff, I want to personally thank you for your patience and understanding as we continue to monitor international, national, and local government alerts regarding the Coronavirus (COVID-19) pandemic.

We hope you are tending to your personal, family, and community needs during this time.

Please consider the following options that can help us with the cost of cancellation from our event contract.

Your first option involves donating your conference registration fee to the Association. As a non-profit, all-volunteer organization with minimal staff, we work on the narrowest of margins. Your donation would ensure that we set up next year's conference for success. Additionally, you could contribute to the development of a Solidarity Fund [at paypal.me/AAAS2020], which would support the participation of contingent faculty and others who have the least institutional backing to attend our conferences. Your second option involves a voucher — requesting that your registration fee apply to the 2021 conference.

Some of you will remember what was involved in the Association having to relocate the conference from Nashville to San Francisco in 2014. The reasons for that relocation are different, but the financial considerations that are being negotiated with hotel representatives are similar in this case. The Association benefited from the generosity of its members, and we even saw the membership grow as a result. We are hoping you will consider one of the above choices. If neither of the above options are desirable, the Association will issue conference registration refunds.

We ask for your patience in the processing of these requests. Please use this [form](#) to help us keep track of how you would like to proceed. If we do not hear from you by April 7, 2020, your 2020 registration fee will be donated automatically to AAAS. Also, remember to cancel your hotel reservations if you have not already done so.

These circumstances should remind us of our shared values as an organization committed to the welfare—and not just the study—of Asian American, Pacific Islander, and Asian diasporic communities. Our collective histories and experiences are crucial for understanding the entanglement of race, place, fear, and power, especially at this pressing time. Please share our [statement regarding anti-Asian harassment](#) as it relates to the Coronavirus pandemic. In this election year, consider how each of us and our communities need to keep issues such as the need for a living wage, universal health care, paid sick leave, vaccine access, comprehensive virus testing, and federal funding for evidence-based research top of mind.

I am truly saddened that we will not have a chance to convene as this Association has done over the last 41 years. For many of us, the AAAS conference is more than a place to hear academic papers. We have turned to each other during these annual meetings when no one else on our campuses or in our departments would understand, listen, or care. I've come to know many of you as trusted colleagues and as dear friends. During these trying times, I hope we can exercise as much patience and understanding as possible with each other. And I hope we can see each other soon.

Sincerely, Theo Gonzalves

President, Association for Asian American Studies

15) Petition to Stop the Anti-Asian and Anti-Asian American Bigotry from members of City University of New York



March 21, 2020

Major public health and medical institutions have made statements concerning how to deal with the coronavirus epidemic. The recommendations are basic and simple: wash your hands frequently or use hand sanitizers with alcohol if washing is not possible and try to avoid crowded and contaminated spaces. However, the response in many areas of the country, especially in New York City and our CUNY colleges, is to attack certain groups of people instead of the virus. The virus has become associated with certain regions of the world and certain communities of people. As a result, there has already been a spike in anti-Asian and anti-Asian American bigotry.

As colleges that house international Asian students and a very vibrant Asian American community, we write this to condemn any form of anti-Asian and anti-Asian American bigotry. Attacks geared towards these communities have been such that they have mapped out the coronavirus onto Asia as a geographic area and onto East Asian Americans as incubators and carriers of the virus. It has thus given license to people to verbally, symbolically, and physically attack Asians and Asian Americans. What such stereotyping does is to divert energies from addressing the emergence of the virus as a result of certain socio-historical conditions rather than as something innately Asian/Asian American.

The stereotypes of the Chinese in particular and Asian Americans in general as dirty, sickly, and prone to spreading disease is part of United States' racist history. What we are witnessing now is not new to this moment. While the coronavirus and its presence as a global epidemic are new, the racist discourses used against Asians and Asian Americans are not new. One can just look at the historic 1880s San Francisco's Chinatown and its bachelor communities to see how the very emergence of public health institutions in the United States surfaced through a racial stereotyping of the Chinese, their isolated and crowded living conditions, and their uses of opium as contagious, uncontrollable, dangerous, and pathological. Many are unaware of the role of the west in the rampant addiction to opium in China. Similarly, we can see how such anti-Asian sentiment is also used throughout the United States, in the past and in present times, to regard Asian flora and fauna brought to the United States, such as kudzu, carp, Japanese beetles, and snakehead fish, as invasive, dangerous to the local areas of the nation, and a threat to a national well-being. We also saw similar racial language emerge during the SARS outbreak.

The media is spreading the stereotypes by constantly depicting the spread of the virus and its impact by using images of Asians with face masks. People wearing the masks as a protective measure for themselves, rather than a result of being ill, have been shunned or attacked.

The very medical language of viruses as pathology, uncontrollable, and dangerous is being used to mark people as the problem. It is a dangerous discourse that puts Asian Americans in precarious situations, especially with the rise of white ethno-national populism and xenophobia.

Thus, as leaders and members of educational institutions, we write to condemn such bigotry and forms of hate crimes that take place in the name of community health and protection. We ask that all individuals contact medical professionals and public health officials to seek advice on medical preparations to stave off the coronavirus. Racist language and attacking Asian/Asian Americans are not a way to protect oneself from the coronavirus.

Our CUNY campuses call on all members of New York City and New York State to stop racist acts against Asians and Asian Americans. Let us deal with the coronavirus and find ways to protect ourselves and each other epidemiologically. It is a public health issue where we can empower ourselves with the information posted across our campuses, staying updated on data and recommendations from the Center for Disease Control, and through conversations with medical professionals. Washing your hands is an important strategy. Refraining from traveling to level 3 countries is an important strategy.

There are no clear and uniform symptoms of the coronavirus; we must work against targeting Asian and Asian American communities. Saying racist things and racist acts against Asians and Asian Americans are not acceptable. Don't be racist, wash your hands instead. We need a vibrant and healthy New York City and state. We condemn acts of racism in the name of virus.

Sincerely,

- University Advisory Council on Diversity*
- Anthony Browne, Ph.D., Hunter College*
- Andy Kai-chun Chuang, Ph.D., LaGuardia Community College*
- Sherry Deckman, Ed.D., Lehman College*
- Lisa A. Ellis, Baruch College*
- Shelly Eversley, Ph.D., Baruch College*
- Lauren Gretina, Esq., Hostos Community College*
- Concetta Memella, Esq., New York City College of Technology*
- Sylvia Miranda, Ph.D., retired, Bronx Community College*
- Joyce Moy, J.D., AAARI, Asian American/Asian Research Institute*
- Jo Pantaleo, Queensborough Community College*
- Mohsin Patwary, Ph.D., Medgar Evers College*
- Maria Scharvón del-Río, Ph.D., Brooklyn College*
- Michael Seltzer, Baruch College*
- Joyce Tang, Ph.D., Queens College*
- Stanley Thangaraj, Ph.D., City College of New York*

We the undersigned join in condemning the anti-Asian and anti-Asian American bigotry in strongest terms. This must stop now!

<u>Name</u>	<u>Affiliation</u>	<u>Zip Code</u>
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16) Statement by Asian American and Pacific Islander Civil Rights Organizations on the Coronavirus: "Not a Green Light to Target Asian Americans and Asian immigrants with Racism and Hate"

http://www.ncapaonline.org/ncapa_statement_on_coronavirus_racis

17) Statement and Petition from Asian American Christian Collaborative

<https://bit.ly/3bWbDS6>

18) Statement from University of Michigan: Statement on COVID-19 Virus at February 2020 Board of Regents Meeting

“Members of our community have also experienced various manifestations of xenophobia associated with the outbreak – which I wholeheartedly condemn. We’re a place of education, not discrimination, and this type of misguided fear and bigotry has no place at the University of Michigan.”

<https://president.umich.edu/news-communications/statements/statement-on-covid-19-virus-at-february-2020-board-of-regents-meeting/>

19) Statement from Association for Asian Studies: Asian Studies in a Time of Pandemic

<https://www.asianstudies.org/asian-studies-in-a-time-of-pandemic/?fbclid=IwAR20emUHPVydaOOoioDlwehJ46ZCDtOC3V6AQBlxpd2RddqUtUI8Oo8zlc>

20) California Faculty Association (CFA) Calls for Support for Asian and Pacific Islander Communities as COVID-19 Spreads

https://www.calfac.org/post/cfa-calls-support-asian-and-pacific-islander-communities-covid-19-spreads?utm_campaign&utm_medium=email&utm_source=blast

21) Statement from the University of St. Thomas

As President Sullivan reminded us in her March 19, 2020 update,
Please remember – no matter how far social distancing guidelines tell us we should stand apart; we are a community that must stand together. . . WE MUST NEVER allow our fears to cause us to assign blame to any person or group of people based on their skin color, ethnicity or home country. This behavior stands against everything we want for the future of St. Thomas – and our world - and can never be tolerated. I urge all of you to lean on each other for support and continue to show compassion for all.

<https://libguides.stthomas.edu/covid-19>

22) Statement from Michelle Cromwell- Vice President for Diversity Equity and Inclusion at SUNY Plattsburgh

https://www.pressrepublican.com/opinion/in_my_opinion/racism-needs-to-stop/article_79b932d3-1711-5687-98df-96435d1ffea5.html

23) Statement from the Chair of the California Asian Pacific Islander Legislative Caucus, David Chiu (D-San Francisco)

<https://asamnews.com/2020/03/03/californian-assembly-member-condemns-attacks-against-asian-americans-amidst-coronavirus/>

The chair of the California Asian Pacific Islander Legislative Caucus, David Chiu (D-San Francisco), issued a statement yesterday condemning the rise in violence and discriminatory behavior against Asian Americans in California.

“California is the most diverse state in the nation and is a state of immigrants. We value the contributions of all of our immigrant communities, including one of our oldest immigrant communities-Chinese Americans. In past weeks, we have seen an increase in discrimination and racist attacks against this community. This is unacceptable. Fears of the coronavirus have led to harassment of Chinese Americans and other Asian Americans and harmed Asian-owned businesses. An Asian American student in California was physically assaulted because of this perceived threat and a school district has issued a warning against bullying based on the disease. This is a public health issue and it is reprehensible to blame the victim populations of this infectious disease. Additionally, a national television network recently aired a segment that blames Chinese people for dozens of issues. One allegation was made that a Chinese American California state employee is using his position to benefit the Chinese military. This is dangerous and divisive rhetoric. This attempt to make Chinese Americans feel like perpetual foreigners in our own country is misguided and racist. These actions are contrary to California’s promise to immigrant communities. My colleagues and I in Sacramento are committed to championing bills to protect immigrant communities against xenophobic policies and actions. California stands for justice, equity and opportunity. All Californians should be treated with dignity and have access to safety. We stand united against these discriminatory actions and with our immigrant communities who have helped our state thrive and become the fifth largest economy in the world.”

24) **Statement from the National Association of Asian American Professionals (NAAAP)**

<https://www.naaap.org/naaap-condemns-violence-bullying-and-misinformation-related-to-coronavirus/>

The National Association of Asian American Professionals (NAAAP) is issuing the following statement in response to the racism and violence that have resulted from heightened fear over COVID-19—also known as the Coronavirus Disease—in the United States:

The United States has a long and painful history of associating individuals of Asian descent with contamination and disease. From the Chinese Exclusion Act of 1882, to the Yellow Peril of the early 20th century, racist fears of “filthy yellow hordes” have been deeply entrenched in American society for centuries.

Sadly, the reports this week of violence against the Asian and Asian American communities illustrate that these malevolent narratives are not simply a thing of the past, but an ugly reality of the present-day. NAAAP is deeply disturbed by stories of students being bullied in schools, citizens being harassed or accosted on the street, and active disinformation campaigns slandering Asian and Asian American businesses. NAAAP condemns these acts of violence as well as the calls to boycott Asian cultural events and epicenters across the country.

Finally, NAAAP encourages the media to discontinue the casual use of photographs depicting people of Asian descent wearing facemasks in its coverage of the virus. These photos frequently feature people who are not known to have the virus, and locations entirely separate from the focus of the story. These practices reinforce the racist association

between the disease and Asian communities, and have the potential to both directly and indirectly incite hostility and violence toward our communities.

NAAAP's thoughts are with those suffering because of the virus—and because of the response to it.

25) Statement from the Asian Pacific American Bar Association of Pennsylvania (APABA-PA) Regarding Anti-Asian Racism Associated with the Coronavirus (COVID-19)

<https://apaba-pa.org/apaba-pa-statement-regarding-anti-asian-racism-associated-with-the-coronavirus-covid-19/>

The Asian Pacific American Bar Association of Pennsylvania (APABA-PA) denounces the increase in racist attacks and xenophobic profiling against members of the Asian Pacific American (APA) community in the wake of the global coronavirus (COVID-19) outbreak.

Amid public fear and panic about the COVID-19 outbreak, there are increasing reports across the country of attacks targeting APA communities linked to racist assumptions about who has COVID-19. For example, in San Fernando, CA, a 16-year-old APA boy was physically attacked at school after being accused of having COVID-19 because he is an APA. In Plymouth, IN, two Hmong men were denied service at hotels due to the false assumption that they were Chinese and carrying COVID-19. In New York City and in Philadelphia, PA, APAs were physically and verbally assaulted in subway stations or trains, in incidents being investigated as COVID-19-related hate crimes. The fact that COVID-19 was first detected in Wuhan, China has at times led to APAs being stereotyped as infected with the virus, and this racist assumption hurts APA communities all over the country. These and other racist attacks harm APA communities and the larger community by stoking animus between groups when it is important to be as cooperative as possible.

These violent incidents recall past attacks that have remained a permanent stain in U.S. history, including the 1982 murder of Vincent Chin, an American perceived by his killers as being part of the Japanese auto industry that was surging against the U.S. auto industry at that time. We must denounce anti-Asian bias and racial intolerance and stop it from becoming normalized.

As part of this effort, APABA-PA urges the media, elected officials, and community leaders to help stop the spread of xenophobia and misinformation by only sharing confirmed and verifiable information pertaining to COVID-19, how it spreads, and what actions we can take to ensure the best protection for everyone. In addition, APABA-PA encourages providing information about all measures that impact APA communities in multiple languages so that those who are limited English proficient are able to access important information in a timely manner. APABA-PA continues to encourage local efforts to curb xenophobia, such as city officials reminding the public that it is safe to support local APA-owned businesses to the extent possible while adhering to social distancing and quarantine rules, such as grocery and convenience stores, and takeout and delivery food services, and to support their APA neighbors.

COVID-19 is an important public health challenge that is also causing widespread economic harm. It does not discriminate by race. The harm caused by COVID-19 will be greater if we allow it to divide us, and eradicating the virus will depend on our ability to work together.

26) International Community of Health Services (ICHS) Statement in the wake of the coronavirus

<https://www.ichs.com/statement-in-the-wake-of-the-coronavirus-immigrant-and-refugee-communities-urging-everyone-to-counter-bias-and-harassment/>

Immigrant and refugee community leaders and organizations urge everyone to know the facts about the coronavirus, not to stigmatize individuals and families from particular groups, and to speak out against bias and harassment.

After the international news broke about the coronavirus and Washington's first case confirmed on January 21, immigrant and refugee community leaders and organizations have noticed an alarming increase in bias and harassment against our Asian American communities. We are deeply concerned about the adverse impact and ask everyone to have accurate information about the coronavirus, including what are the appropriate precautions to take to prevent the illness.

Reliable and factual information is available online from our [local and state public health officials](#) and from the [CDC \(Centers for Disease Control and Prevention\)](#). Currently, there is no threat of a coronavirus outbreak in Washington state and King County. We are encouraging everyone to practice preventative measures, like those for the common flu or a cold that includes proper handwashing with soap and water and covering your cough or sneeze in your elbow. If you are ill, stay home and seek healthcare.

For those who may or already have confronted bias or harassment, there are [resources](#), including in some cities, ways to [report to local law enforcement](#) an incident of bias. Please check online for additional information. We encourage everyone to promote correct information about the coronavirus, its risk and transmission, and the importance of not stigmatizing a group based on background or country of origin.

Asian Pacific Islander Coalition – King County

Asian Pacific Islander Coalition – Snohomish County

Asian Pacific Islander Coalition – Yakima

Asian Counseling and Referral Service

Asian Pacific Directors Coalition

Chinese Information and Service Center

Coalition of Immigrants Refugees and Communities of Color

Eastside Refugee and Immigrant Coalition

India Association of Western Washington

International Community Health Services

Interim CDA

King County Immigrant and Refugee Commission

OneAmerica

Pacific Islander Health Board

27) Asian American Christian Collaborative statement on Anti-Asian Racism in the time of Covid-19

<https://asianamericanchristiancollaborative.com/>

28) Joint Statement of Asian American Journalist Association Denouncing Anti-Asian Racism During Coronavirus Outbreak

<https://nahj.org/2020/03/19/joint-statement-denouncing-anti-asian-racism-during-coronavirus-outbreak/>

The Asian American Journalists Association, along with our fellow diversity associations, denounces the escalating violence and rhetoric aimed at Asian Americans and Pacific Islanders, including journalists, amid the coronavirus outbreak.

In February, AAJA issued guidance urging news outlets to refrain from images and language that fuel xenophobia and racism. We are heartened to see comprehensive and thoughtful coverage from many news outlets, and are grateful for the hard-working journalists covering the outbreak and its impact on all communities.

But harmful language persists, including repeated use of “China coronavirus” or “Chinese coronavirus” despite guidance by the World Health Organization discouraging the use of

geographic locations when naming illnesses because it could stigmatize populations associated with those places.

In this time of heightening tensions and fears, it is more important than ever that the media collectively gets it right so that we don't give others, including politicians and the general public, an excuse to get it wrong. We also fully support and encourage journalists to continue to be vigilant in reporting the growing anti-Asian sentiment tied to the outbreak along with the rhetoric.

As always, we stand ready to be a resource to our members, fellow journalists, partners, and the public.

- Asian American Journalists Association (AAJA)
- National Association of Hispanic Journalists (NAHJ)
- Journalism and Women Symposium (JAWS)
- National Association of Black Journalists (NABJ)
- Native American Journalists Association (NAJA)
- NLGJA: The Association of LGBTQ Journalist

29) **Community statement in the wake of the coronavirus**

<https://kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/anti-stigma/countering-bias.aspx>

Immigrant and refugee community leaders and organizations urge everyone to know the facts about the coronavirus, not to stigmatize individuals and families from particular groups, and to speak out against bias and harassment.

After the international news broke about the coronavirus and Washington's first case confirmed on January 21, immigrant and refugee community leaders and organizations have noticed an alarming increase in bias and harassment against our Asian American communities. We are deeply concerned about the adverse impact and ask everyone to have accurate information about the coronavirus including what are the appropriate precautions to take to prevent the illness.

Reliable and factual information is available online from our local and state public health officials and from the CDC (Centers for Disease Control and Prevention). We are encouraging everyone to practice preventative measures, like those for the common flu or a cold that includes proper handwashing with soap and water and covering your cough or sneeze in your elbow. If you are ill, stay home and seek healthcare.

For those who may or already have confronted bias or harassment, there are resources, including in some cities, ways to report to local law enforcement an incident of bias. Please check online for additional information. We encourage everyone to promote correct information about the coronavirus, its risk and transmission, and the importance of not stigmatizing a group based on background or country of origin.

30) **Asian American Business Development Center joint statement to oppose Anti-Asian Racism during coronavirus crisis**

<https://aabdc.com/joint-statement-to-oppose-anti-asian-racism-during-coronavirus-crisis/>

The Asian American Business Development Center (AABDC), along with undersigned diversity and community organizations, jointly stand against anti-Asian racist acts and words that have become prevalent since the Coronavirus outbreak.

As advocates for diversity and inclusion in America, we are deeply troubled by the stigmatization of Asian Americans, particularly of East Asian origins, many of whom have faced indiscriminate blame for the pandemic solely due to their racial identities.

We call on all segments of American populations including businesses, academic institutions, religious groups, non-profits, local, regional and national governments, and all who believe in the shared values of a civil society, to denounce harassment and hostility against Asian Americans.

Please refer to the statement published by the AABDC about this issue, as well as the guidelines we have offered to corporate managers and their employees who wish to show their support for the Asian American community.

The undersigned organizations are ready to assist with any resources that would help to address this situation.

John Wang, Founder & President at AABDC

Frankie Miranda, President at Hispanic Federation

Michael J. Garner, President at One Hundred Black Men

31) **Asian American Organizing Project (AAOP) joint statement related racism and Violence against Asian and Pacific Islander**

<https://aaopmn.org/2020/03/31/joint-statement/>

32) **Jewish Council for Public Affairs Letter of Support for Chinese Americans and Community**

<https://www.jewishpublicaffairs.org/a-letter-of-support-to-our-friends-in-the-chinese-american-and-chinese-communities/>

Dear Friends,

We are writing to express our heartfelt solidarity with you during these tense and troubling times.

We are concerned about rising xenophobia aimed at Chinese people in this country and abroad over the COVID-19 “coronavirus”. We know that in such times, concern can quickly turn into hysteria, which can lead to scapegoating. We pledge to help ensure that Chinese people feel safe and supported, and to combat attacks and stereotyping on social media. We know from history, ours and yours, that such fearmongering can be devastating.

We are also aware that many Chinese-owned businesses have been affected by misinformed concerns about the COVID-19 virus. Please be assured that we will strongly encourage our own community not to give in to such fears. According to Dr. Anthony Fauci, director of the National Institute of Allergies and Infectious Diseases, the danger for Americans is “just miniscule” and there is no need to avoid Chinese people or businesses. Indeed, several Jewish communities have sent delegations to local Chinatowns to show their unwavering support.

The Chinese and Jewish communities share much in common, including a commitment to the highest ideals and welcoming spirit of America. We in the Jewish community are more committed than ever to upholding these ideals and ensuring they are extended to you, our friends and neighbors.

Lastly, we know many of you are concerned about the health of relatives and friends in China. We offer our thoughts and prayers.

Please do not hesitate to call upon us at any time.

Very sincerely,

Michael Fromm

JCPA Chair

David Bernstein

JCPA President and CEO

G) Incidents of racism, bias, and violence related to the spread of COVID-19 (in the Midwest)

There has been plenty of reporting on news media and social media about heightened racism, xenophobia, and violence against Asian and Asian American communities with the spread of COVID-19. I would be happy to compile this if needed.

As the spread of COVID-19 has become wide-spread, so too has racism against the Asian and Asian American community in the U.S. Overall explanation of the issue can be read, for example: [here](#) and [at this link](#). Below are some articles that detail incidents of racism, bias, and violence against the Asian and Asian American community in the Midwest.

Illinois

- <https://www.chicagotribune.com/news/breaking/ct-chicago-asians-coronavirus-racism-trump-chinese-virus-20200325-pmgtixfldrdabcqwvmsb6gokra-story.html>

Ex1: The 30-year-old had just watched a movie at a Streeterville cinema with a friend on March 12 and was strolling down East Grand Avenue around 8 p.m., the two of them marveling at the deserted streets. As they headed toward the Red Line station, Nguyen said a man walking nearby saw them and yelled out, “F--- China!” Then the man spat on Nguyen, he said. The saliva splattered on his jacket.

- <https://www.wbez.org/shows/wbez-news/asian-americans-in-chicago-feel-the-bite-of-prejudice-during-the-spread-of-the-coronavirus/687b0f4e-fed8-4fca-90c4-b7c3c495b4cf>
- <https://www.google.com/amp/s/wgntv.com/news/coronavirus/asian-americans-reporting-racism-harassment-amid-covid-19-pandemic/amp/>
- <https://www.npr.org/local/309/2020/03/31/824397216/asian-americans-feel-the-bite-of-prejudice-during-the-c-o-v-i-d-19-pandemic>

Indiana

- <https://www.cnn.com/2020/02/14/us/hmong-men-hotel-refusals/index.html>

<https://wsbt.com/news/local/asian-men-denied-rooms-at-plymouth-motels-over-coronavirus-fears-racism-at-its-finest>

“Two Hmong men say they have been discriminated against out of fear of the novel coronavirus while looking for a hotel room in Indiana.”

- <https://www.wabi.tv/content/news/Doctor-kicked-out-of-Ind-gas-station-for-being-Asian-in-coronavirus-related-discrimination-569275251.html>

Discrimination at a gas station in Martinsville, IN

- <https://www.idsnews.com/article/2020/04/iu-experts-discuss-stopping-xenophobia-misinformation-during-covid-19-pandemic>

IU experts discuss stopping xenophobia, misinformation during COVID-19 pandemic

- Several students faced off-campus experiences of discrimination (E-mail, Krannert)

- Account #1 from a Purdue University Student:

My experience with racism took place at a grocery store while I was home for spring break. I was by myself grocery shopping when I passed a middle-aged white man speaking loudly on the phone angrily complaining about how the store was out of toilet paper and other items. He then began making derogatory remarks about Chinese people and in the middle of his rant, he happened to glance at me. Immediately, he put down his phone and confronted me screaming in my face that this whole pandemic was “my fault” and that I needed to “get the fuck out of the country.” I stood there without moving and without speaking as a grown man twice my size verbally berated me with racial slurs and invaded my personal space, certainly not practicing social distancing. At the time, I was just afraid that his anger would transition to violence. Eventually, he stopped to take a breath and I used that moment to just walk away glaring at all the bystanders who did absolutely nothing.

This experience is actually what prompted me to return to Purdue after spring break because my family was worried about my safety. I read every day about acts of racism against Asians because of the Covid-19 pandemic, but I really wasn't prepared to experience it. I recognize that in that moment, I was an easy target to lash out at because I am small and female and that I was all by myself. However, I also recognize the ignorance that fuels that kind of irrational anger and blame because nothing that man said was accurate or relevant to me in anyway. This ignorance is so harmful and problematic though because it creates a source of blame for people's fear and anger even if it's not valid.

- Account #2 from a Purdue University Student:

Growing up at a young age, I knew racism was prevalent in this society. There were many moments I have encountered in which people made fun of me based on not only my appearance, but where I was from. Questions like “Where are you really from?” or “Do you know my friend? She's also Asian.” were just a small portion of the many I have already received. However, what I have never had contact with was an incident of xenophobia until now. The COVID-19 pandemic has definitely caused a mass hysteria, but I never knew how easily this outbreak would have spiraled out of control. A few weeks back, before my sudden book of a flight to Taiwan, my family and I decided to stock up on groceries in case of a national lockdown. It was an unanticipated decision. As we were walking into the store, I noticed a handicapped woman pass by us. We weren't in close proximity towards her; therefore, I didn't think too much about it. Although, what really shocked me were the words she muttered next, “Stay the fuck away from me!” as she moved away from us. I shrugged the ‘minor’ situation off, thinking that possibly, it would just be a one-time thing. I've lived in Indiana my entire life, and people here treated my family and I respectfully. However, I was proven otherwise through the eye-piercing stares from other customers as we stepped foot into the grocery store. It was an uncomfortable feeling to say the least. Something as simple as crossing the middle of the aisle to get bread made one family quickly swerve to the side. The people around us had eyes filled with fear. There are no words to describe the emotions I had felt in that moment. My family and I did our best to quickly get our stuff and leave the store to avoid the risk of experiencing a worse encounter. This disease should not be called the “Chinese virus,” which has been coined and stated numerous times by our current US president, due to its origins. Just because the coronavirus outbreak first occurred in China does not mean all Asians have it. An origin of a disease does and should not justify discrimination of an entire race.

Iowa

- <https://siouxlandnews.com/news/coronavirus/local-business-owner-criticizes-chinese-virus-language-as-harmful-to-asian-americans>

“Now a long-time Sioux City business owner of Chinese descent is taking a stance on Trump's use of those terms. She's calling it misleading and even harmful to the Asian American community.

<https://www.nytimes.com/2020/03/29/us/politics/coronavirus-asian-americans.html?auth=login-email&login=email>

<https://twitter.com/ChuckGrassley/status/1240245244169420800>

Kansas

- https://www.independenttribune.com/news/letter-asians-are-not-the-enemy/article_6bcd3f50-6d47-11ea-b125-4315a41fb0ce.html

We the Asian American Pacific Islander community of NC, in concert with the Hispanic and African American Community object to such language and demand that immediate correction be made to stem the incidence of hate crimes against people of color.

- <https://www.inquisitr.com/5953491/kansas-chinese-coronavirus/>
Marvin Rodriguez, the Republican chairman of the County Commissioners in Riley County, Kansas, claimed last week that the reason his state isn't seeing as many cases of coronavirus infection is that they don't have a large number of Chinese immigrants.

Michigan

- <https://wwmt.com/news/local/michigan-leaders-encourage-reporting-of-anti-asian-american-hate-crimes-amid-covid-19>

“Although only one had been reported in Michigan as of Thursday, March 26, 2020, Michigan Attorney General Dana Nessel said she believes the crime is under reported.”

- <https://www.freep.com/story/news/local/michigan/2020/03/19/chinese-virus-trump-racism-michigan/2871119001/>
"People are afraid," Shenlin Chen, said president of the Association of Chinese Americans (ACA), a group based in Madison Heights [, MI] that advocates for Chinese Americans.
"People have fear about being discriminated against or treated unfairly."

Minnesota

- <https://www.mprnews.org/story/2020/03/25/im-asian-american-in-rural-mn-and-have-felt-the-sting-of-pandemic-fueled-racism>

“I'm Asian American in rural Minnesota and have felt the sting of pandemic-fueled racism”

- <http://www.citypages.com/news/racist-note-tells-woodbury-couple-to-take-the-virus-back-to-china/569169611>
Senator Charles E. Grassley of Iowa, who repeated the “Chinese virus” language publicly.

Missouri

- <https://www.ksdk.com/article/news/health/coronavirus/asian-americans-raise-concerns-stereotyping-coronavirus-outbreak/63-5660cd69-05bc-445d-a2be-f8b27d3f7df5>

Others have reported glaring looks when they sniffle or sneeze in public, and Asian businesses in St. Louis are losing traffic, said Thong Tarm, president of OCA - Asian Pacific American Advocates. "I've heard when students are sitting down in the cafeteria, other students will get up," Caroline Fan said. She founded Missouri's first statewide Asian American nonprofit organization, EARLY. She works with students.

Nebraska - No Info

North Dakota /South Dakota - No Info

Ohio

- <https://www.cleveland.com/news/2020/02/asian-community-group-frustrated-by-coronavirus-related-racism-urges-clevelanders-to-get-the-facts.html>

Asian Services in Action Inc. (ASIA), which serves Northeast Ohio's immigrant and refugee communities, has learned of "suspicion and mistreatment of Asian Americans and, in particular, of Chinese Americans in Northeast Ohio," according to a statement signed by ASIA CEO Elaine Tso.

Wisconsin

- https://www.apg-wi.com/spooner_advocate/free/as-xenophobic-attacks-increase-in-wisconsin-officials-and-advocates-respond/article_9c587b5e-702f-11ea-b749-bb6374798a6a.html

Ex1: Jenna Friedman, assistant director of bias response [at University of Wisconsin Madison], said the university has received 81 total bias incident reports this semester. Out of that total, 47 involve Asian or international individuals. The chalking incident alone garnered 25 complaints.

- <https://madison365.com/coronavirus-ramps-up-incidents-against-asian-americans-even-in-madison/>
- <https://www.tmj4.com/news/coronavirus/milwaukees-lucky-lius-closes-after-employees-receive-verbal-racist-attacks-from-customers>

H) Resources on Mental Health and Well-being in the Middle of COVID-19 Situation

(Impacts, Normalizing, Validating Emotional Response)

Resources from Purdue Counseling and Psychological Services (CAPS)

<https://www.purdue.edu/caps/covid-19/adjusting-to-new-normal.html>

Resources for Staff Well-Being (Forwarded by Dr. Susan Prieto-Welch, Director of CAPS, ON April 7, 2020)

<https://bit.ly/3e7Z0Fc>

Self-Care Tips For Asian Americans Dealing With Racism Amid Coronavirus

https://www.huffpost.com/entry/self-care-advice-asian-americans_15e83a656c5b6a1bb764f0e45

Applications and Online Digital Resources from Purdue University Counseling and Psychological Services (CAPS)

<https://www.purdue.edu/caps/services/digital-resources/index.html>

This study is a review of psychological impacts of quarantine that is based on comparison of quarantine situations from a number of previous infectious disease outbreak around the world. The study describes some negative psychological effects as well as long term effects.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)

Sheri Wang, Ph.D., a counseling psychologist shares her view in May Lee show on the psychological impact of Covid-19 that is caused by the ambiguity and mixed messages about the virus, and lost sense of control. She also talks about thriving in social isolation, a way to find meaning in such crisis, and impact of racism on Asian American community.

[Dr. Sherry Wang and the psychological impact of COVID-19](#)

The authors discussed the feeling of grief as one of the underlying feelings of discomfort during this coronavirus pandemic and further explore ways to attend to and experience the grieving process with Dr. David Kessler, the world's foremost expert on grief.

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR2MuBA6hRGEKFLRQ4Gf4K3XePQJSjWxtBr5EVNQxBR6uO7tCT7tsSpzwvo>

The author of this article talks about acknowledging the Coronavirus-Inspired Productivity Pressure that may have been experienced by the academics and sharing his thoughts on how to adjust your mentality in the current hardship.

<https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366/>

Bryan, S. K. Kim, Ph.D, a psychology professor at University of Hawai'i at Hilo share the importance of social (physical) distancing and home quarantine practice. He also provides suggestion for improving behavioral and mental health to cope with coronavirus crisis.

<https://hilo.hawaii.edu/chancellor/stories/2020/03/21/covid-19-column-uh-hilo-psychologist-bryan-kim/>

The authors discussed the impacts of repeated media exposure to community crisis can lead to increased anxiety and stress responses.

<https://psycnet.apa.org/fulltext/2020-20168-001.html>

This blog contains interviews with several professionals affected by covid-19 and provides insights into their life in the time of quarantine.

<https://michellelozanotherapy.com/blog-2/>

Managing Stress, Anxiety and other Emotional Crisis during Covid-19 Pandemic

A compilation of resources on resilience, managing social isolation and identifying anxiety.

<https://drive.google.com/drive/folders/1UFtq770-IDNWC-1uwSJV6RzaXAe-0Rfy?usp=sharing>

A list of several mindfulness resources that specifically addressing different ways to deal with and navigate through difficult time with current covid-19 pandemic crisis.

<https://jackkornfield.com/pandemic-resources/>

Dr. Russ Harris, a well-known Acceptance and Commitment Therapy (ACT) trainer, creates a set of useful, easy to remember, practical steps to respond to coronavirus crisis through ACT perspectives followed by a more in depth explanation of what each step means.

<https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>

This newly created website aims to help you managing your emotional reactions, getting support and achieving calmness. It provides you a space to ask questions to psychologist, audio tracks of meditations and educational resources that will be added on the daily basis

<https://www.virusanxiety.com/>

Stress tolerance skills may help you tolerate and manage your emotional crisis through a variety of body, mind and emotional exercises such as paced breathing, push away techniques, “mind vacation.” These skills also practice and utilize all your senses for self-soothing.

<https://www.sunrisertc.com/distress-tolerance-skills/>

A free downloaded application that helps provide effective relief for mental health concerns including anxiety and depression. This application is based on the Cognitive Behavioral Therapy approach which focuses on altering your thoughts and behavior to achieve wellness.

<https://www.sanvello.com/>

I) Additional Resources

A compilation of resources related to helpful information and expert tips related to COVID-19 by the Anxiety and Depression Association of America (ADAA)

<https://bit.ly/3bPF9s>

A resource of virtual activities for teachers and families

<http://www.livebinders.com/b/2643652>

This link provides access to a collection of resources for faculty members to support students during this time of stress and make a smooth transition to the new learning condition.

https://connect.chronicle.com/CHE-CS-WC-2020-CVCollection-Faculty_LP.html

List of resources in Tippecanoe County

<https://bit.ly/3bPF9su>