



## COVID-19 Statement from the Office of Diversity and Inclusion

Given the recent [rise in violence against members of the Asian community](#), we wanted to re-publish our statement from last March:

As news and concerns about the Coronavirus spread, Good Counsel wants to ensure that we stay centered in our Xaverian values and remain true to our Catholic mission to respect the human dignity of each person.

It is normal and expected for fear and anxiety to dominate our minds in a time like this. People are worried about the health of themselves and their families here and abroad. Excessive stress can have negative physical manifestations such as headaches, stomachaches, fatigue, loss of appetite, and a weakened immune system.

Additionally, the insidious side of fear and anxiety can lead to the spread of prejudice and bias. During pandemics such as this, stereotypes abound and members of the targeted racial group (and other who may physically resemble them) are subject to discrimination. For example, Africans and African Americans were victims of racial insults and physical violence during the Ebola outbreak of 2014. With the Coronavirus, there has been an uptick in prejudiced talk and aggressive actions against Asians and Asian Americans, especially against Chinese and Chinese Americans. The assumption that certain minority groups are natural carriers of disease or illness has a long-standing historical background rooted in racism, not science. Consequently, classifying all Asian or Asian American people as sick or dangerous only references deeper racist histories of the United States, perpetuating prejudiced attitudes among non-Asians and eroding the psychological well-being of Asians and Asian Americans.

At Our Lady of Good Counsel High School, we definitively proclaim that we stand in solidarity with our Asian and Asian American employees and students. They are an important and valued part of this school and contribute every day to the high quality of teaching and learning we all experience.

**Here are few small things that we can all do to protect our diverse and inclusive community:**

- Remember that knowledge is power. Keep abreast of the Coronavirus with credible information from the [Center for Disease Control](#) or your local [department of Health and Human Services](#). Accurate information is the best way to combat ignorance.

- Reflect upon your thoughts and actions. What stereotypes may be contributing to the way that you feel or the behaviors you have been exhibiting around people you perceive to be Asian?
- Respect and love your neighbor. Christ calls us to love our neighbor. At this time, love looks like respecting our Asian and Asian American brothers and sisters by not reducing them to harmful stereotypes. Perhaps try asking your Asian and Asian American friends, classmates, or colleagues how they are feeling and how you can support them.

In times of crisis, it is easy to become overwhelmed with fear. Yet it is also during times of crisis that we have the opportunity to be our best selves, rising to the occasion and working together as global citizens. We will get through this pandemic and we will do it together. Please take care of yourselves and each other.