

Stand Against Hate and Racism

Alum Rock Administrators Association



#stopaapihate



**Statement
of Support**

As an Ally:

Educate yourself:

- [CNBC: How to take action against anti-Asian racism at work and in your personal life](#)
- [NBC News: Anti-racism resources to support Asian American, Pacific Islander community](#)
- [Today: How to talk to children about shootings: An age-by-age guide](#)
- [Common Sense Media: How to talk to kids about school shootings](#)

Donate:

- [AACI](#)
- [StopAAPIHate](#)
- [The National Asian American Pacific Islander Mental Health Association](#)
- [Save Our Chinatowns \(San Francisco\)](#)
- [AAPI Community Fund](#)

Act:

- Check in your AAPI neighbors and friends to let them know they have your support and to acknowledge anti-Asian racism.
- Hold space for your AAPI neighbors and friends ([7 Ways to Check In With Your Asian American Friends Without Saying, "How Are You Doing?"](#))

Dear Alum Rock Community,

In the Summer of 2020, ARAA made a commitment to anti-racist work beginning with the book study of Ibram X Kendi's [How to Be an Antiracist](#). We feel that as leaders, educators, and citizens of the world, it is our duty to continue on our antiracist journey. It is with this core value in mind that we bring this message to the Alum Rock community.

With the recent rise in violence against our AAPI brothers and sisters, we are offering ways to grow in allyship along with ways for those affected to heal.

As Someone Directly Affected, Here are Ways to Heal and Report:

Support Hotlines:

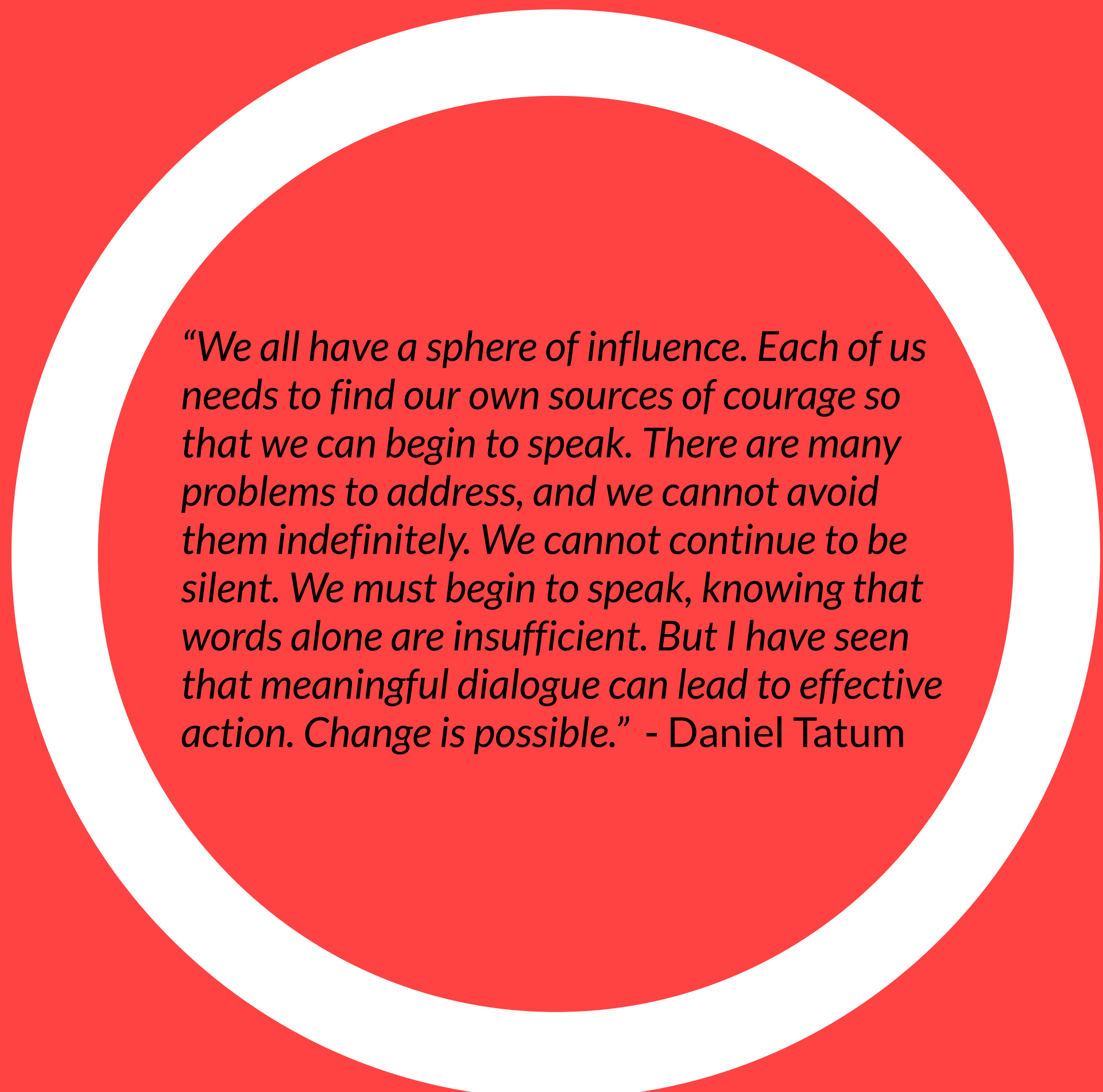
- [Asian LifeNet Hotline](#) - Hotline 877-990-8585
- [National Suicide Prevention Hotline](#) - Crisis hotline: 800-273-TALK (8255)
- [Crisis Text Line](#) - Text 741741 to speak with a trained Crisis Counselor

Mental Health Resources:

- [National Alliance on Mental Illness \(NAMI\)](#) - Helpline 800-950-6264
- [Substance Abuse and Mental Health Services Administration](#) - Hotline 800-662-HELP (4357)

Antidiscrimination Resources:

- [Stop AAPI Hate](#) - Report incidents
- [Asian American Legal Defense and Education Fund](#)
- [Communities Against Hate](#) -
 - [Report an incident](#)
 - Get help at: 1-844-9-NO-HATE



"We all have a sphere of influence. Each of us needs to find our own sources of courage so that we can begin to speak. There are many problems to address, and we cannot avoid them indefinitely. We cannot continue to be silent. We must begin to speak, knowing that words alone are insufficient. But I have seen that meaningful dialogue can lead to effective action. Change is possible." - Daniel Tatum