

# Racism is a Virus

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Addressing Anti-Asian Pacific Islander  
Racism Today

# Agreements for these conversations

- Stay engaged
- Speak your truth
- Experience discomfort
- Expect and accept non-closure
- Give yourself grace as we move forward
- This is a safe and inclusive space.
- References to Anti-Asian encompasses Anti-Pacific Islander

**Warning: Some content in the videos may contain graphic, racist language, and/or violence.**

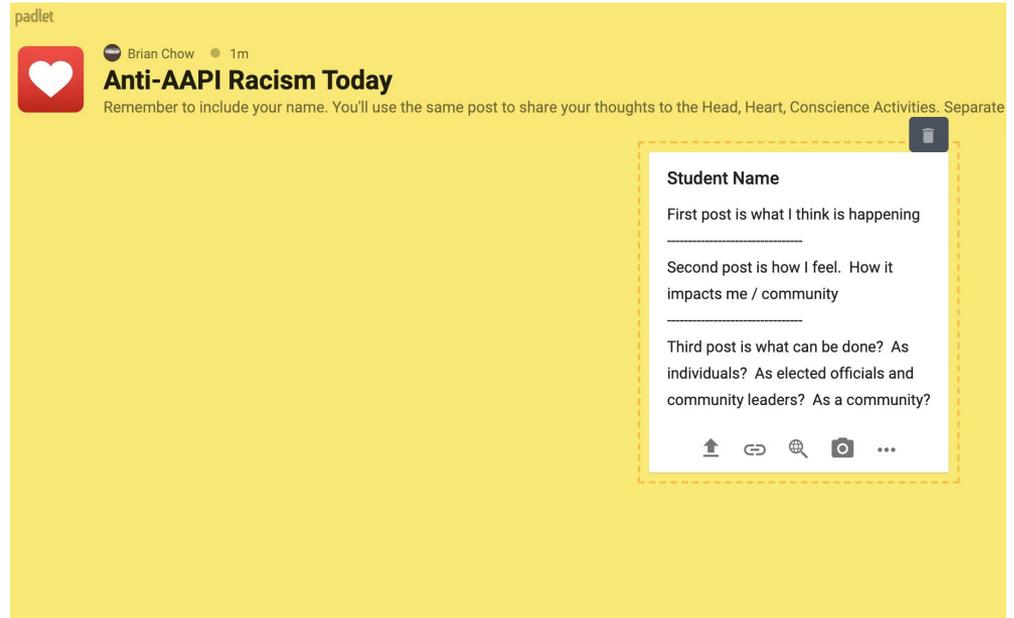
# Today's Agenda & Goals

- 4 Videos
- Padlet Activities
- Listen & Learn
- Reflect on the impact: personal and on the community
- Build capacity to address this issue
- Utilize the Resources provided.



# What's Going on?

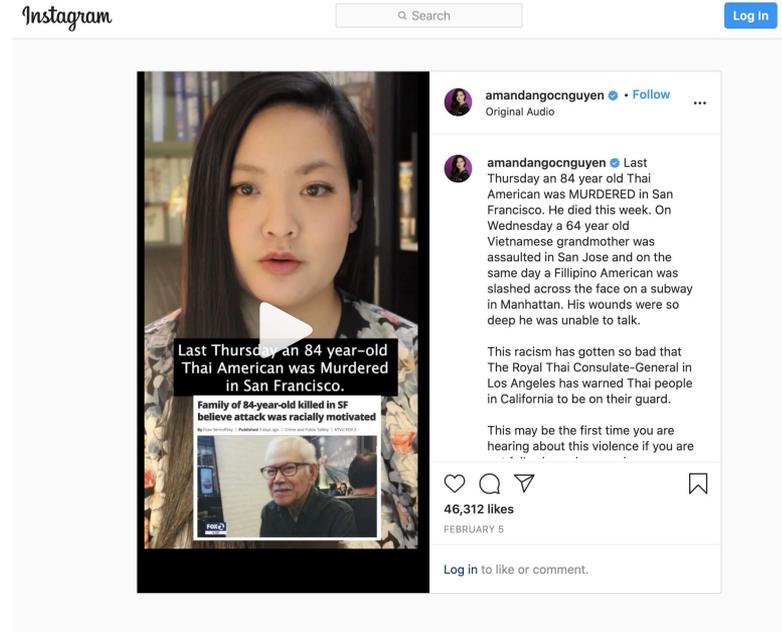
**Activity #1:** What have you seen or heard? Use the Padlet link your teacher has provided, or other virtual whiteboard application as directed by your teacher to log your thoughts.



*Example Padlet*



Amanda Nguyen - Civil Rights Activist who penned her own law



Her [video](#) post on February 5th went “viral” in the social media sense.

# Goals

## Listen and Learn

- Learning never stops.
- Understand what's been happening.
- Learning from history.

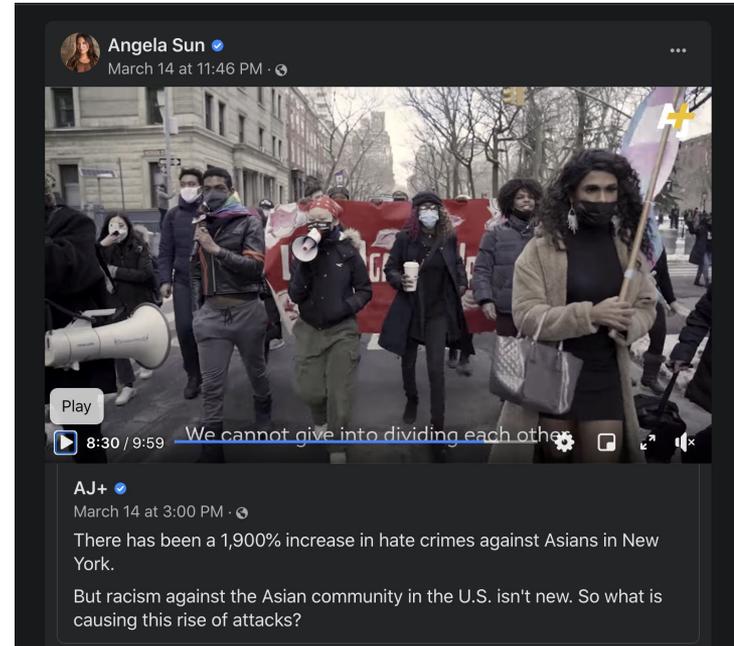
## Reflect

- Own feelings about what's been happening
- What bias do I have about these incidents?
- What could I do to address these incidents if I were a victim? A witness? After the fact? Or to prevent these types of aggressions from occurring?

## Act

- Identify where you are at this moment.
- Envision what it would take for you to take action?
- Identify how you might be able to help today.
- Strategies for coping with feelings.

# What's Going on? Hate Spiking against Asian Americans



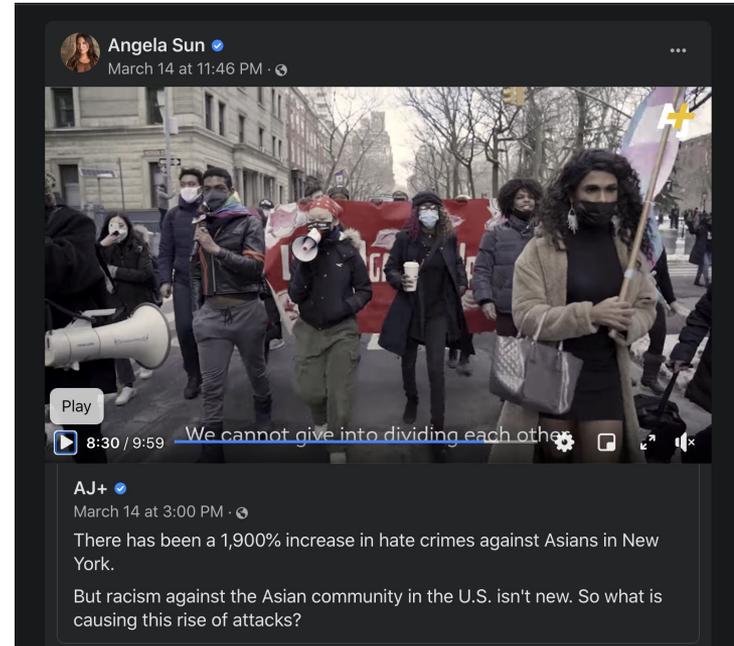
MV Alum Angela Sun - Journalist & Filmmaker posted this clip by AJ+ that sums up a lot in 10 minutes

# What's Going on? Hate Spiking against Asian Americans

## Activity #2:

*(Add to your padlet post).*

- How do you feel about what is happening to Asian Americans & Pacific Islanders in their communities, and the rise in violence?
- Are there particular moments from the video that stand out to you?
- How are you impacted? What does this mean for our community?



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# What type of racism are we seeing?

## Individual racism

refers to the beliefs, attitudes, and actions of individuals that support or perpetuate racism in conscious and unconscious ways. The U.S. cultural narrative about racism typically focuses on individual racism and fails to recognize systemic racism.

## Interpersonal racism

occurs between individuals. These are public expressions of racism, often involving slurs, biases, microaggressions, or hateful words or actions.

## Systemic racism

or institutional are policies and practices that exist throughout a whole society or organization, and that result in and support a continued unfair advantage to some people and unfair or harmful treatment of others based on race.

# Interpersonal

**Interpersonal racism** occurs between individuals. These are public expressions of racism, often involving slurs, biases, microaggressions, or hateful words or actions.

How does interpersonal racism lead to systemic or institutionalized racism? How does this contribute to the **Model Minority Myth**?



## How does this affect youth?

Here is a [video](#) from Katherine Oung. She is a current 12th grader in Florida. She made a [video on March 14, 2020 for the New York Times](#) on her experiences with racism since the rise of COVID.

### **Activity #3:**

*(Add to your previous padlet post. Answer as many of the following questions as you like).*

- **What questions does this raise for you?**
- How should individuals act in order to protect Asian Americans and their communities?
- How should institutions, such as school, and politicians, and government act?
- How can interpersonal acts lead to systemic/institutional racism?



## Examples: Transforming thoughts & feelings into Action

### Advocates using their platform:

Amanda Nguyen (Activist): [Instagram](#), [Twitter](#)

Angela Sun (MVHS Alum, Journalist & Filmmaker): [Facebook](#), [Twitter](#)

Cat Hsieh (MVHS Alum, Training Coordinator): [Asian Americans Advancing Justice- Chicago](#)

Daniel Dae Kim Daniel Wu (Actors): [MSNBC Video Link](#)

Jeremy Lin (Athlete): [Instagram](#), [Twitter](#)

Olivia Cheng (Actor): [Instagram](#)

Perry Yung (Actor): [Instagram](#)



**We're Tired: Jeremy Lin, American professional basketball player,  
Palo Alto High School, '06**



Click for more information: <https://stopaapihate.org/about/>

# #STOP Asian HATE

## NUMBERS DON'T LIE.

SINCE COVID-19, ANTI-ASIAN HATE CRIMES HAVE INCREASED BY 1900% IN THE UNITED STATES.

NEARLY 3000 REPORTS OF ANTI-ASIAN HATE INCIDENTS WERE REPORTED IN OVER 47 STATES AND THE DISTRICT OF COLUMBIA.

AND 7.3% OF THE REPORTS COUNTED THE MOST VULNERABLE-ELDERLY ASIANS-AS THE VICTIMS. AND MANY CRIMES GO UNREPORTED OR ARE NOT CLASSIFIED AS HATE CRIMES.

## HOW TO Help!

**END THE MODEL MINORITY MYTH:** EDUCATE YOURSELF ON THE WIDE ASIAN-AMERICAN EXPERIENCE. IT'S A VAST AND VITAL PART OF THE TAPESTRY THAT MAKES UP THIS COUNTRY.

**VOLUNTEER** OR DONATE TO ORGANIZATIONS LIKE @APEXFORYOUTH, OAKLAND CHINATOWN COALITION'S VOLUNTEER FOOT PATROL, OR OTHER LOCAL COMMUNITY GROUPS.

**SUPPORT** IN YOUR COMMUNITY. MANY (IF NOT MOST) LOST BUSINESS AT THE START OF COVID-19 AND STILL HAVEN'T RECOVERED.

**AMPLIFY** ASIAN ARTISTS, AUTHORS, AND ACTIVISTS. SHARE THEIR STORIES AND WORK TO YOUR FEED TO GIVE THEM A BIGGER PLATFORM.

**SPEAK UP:** SILENCE IS VIOLENCE. USE YOUR VOICE AND INFLUENCE TO #STOPASIANHATE.

# #STOP Asian HATE

# Tips & Resources

<b>Processing Thoughts &amp; Feelings</b>	<b>Getting Involved</b>	<b>Additional Resources</b>
<ul style="list-style-type: none"><li>● Show empathy for others' experiences.</li><li>● Check in on your friends.</li><li>● Promote and share accurate information &amp; amplify (echo) unheard voices.</li><li>● Contact Mr. Prinz <a href="#">here</a> if you need someone to talk to</li><li>● <a href="#">Interrupt, Echo, Question, Educate</a></li></ul>	<ul style="list-style-type: none"><li>● <a href="#">Stop AAPI Hate</a></li><li>● <a href="#">PBS: How to address the Surge of Asian Hate Crimes and Incidents</a></li><li>● <a href="#">Asian American Advocacy Fund</a></li></ul>	<ul style="list-style-type: none"><li>● <a href="#">Brief Overview of Anti-Asian Pacific Islander History</a></li><li>● <a href="#">Asian Americans for Advancing Justice</a></li><li>● <a href="#">Representation in TV / Film</a></li><li>● <a href="#">NPR: Stories shed light</a></li></ul>