

HOW TO STOP AAPI HATE

Steps you can take right now to stand up for your fellow Americans:

- 1. Ask your Asian American friends, colleagues, and neighbors how they are doing. Listen to them.**
- 2. Learn about the history of anti-Asian bias, discrimination, and violence.** Resource cross-community education and healing in Asian American and Black communities that humanizes all of us rather than demonizes or scapegoats any community of color. Understand the systems of white supremacy, colonialism, colorism, and capitalism that encourage pitting minorities against each other.
- 3. Support the efforts of trusted Asian-led, Asian-serving community organizations** who are working on issues of anti-Asian violence. Follow and amplify their work on social media and/or donate your time and resources. Here's a partial list:

Asian American Federation @aafederation

Act to Change @ActToChange

Asian Pacific Fund @AsianPacificFnd

Asian Pacific American Labor Alliance,

AFL-CIO @APALAnationalt

AAPI Women Lead @AAPIWomenLead

Asian Americans Advancing Justice

@AAAJ_AAJC

CAA AV Organizing Asian Communities

@caaav

Coalition for Asian Children & Families @cacf

Heart of Dinner @heartofdinner

Japanese Americans Citizens League

@JACL_National

Korean American Community Foundation

@KAFCNY

National Asian Pacific American Women's

Forum @NAPAWF

National Coalition for Asian Pacific American

Community Development @capacd

Red Canary Song @RedCanarySong

SafeWalks @Safewalksnyc

Sakhi for South Asian Women @SakhiNYC

Send Chinatown Love @Chinatownlove

South Asians Leading Together @SAALTweets

Stop AAPI Hate @StopAAPIHate

Womankind @iamwomankind

4. Protect your neighbors.

- Learn how to de-escalate threatening situations and how to be an upstander by downloading AAF's free [Stay Safe from Hate booklet](#) and signing up for a training with the [Center for Anti-Violence Education](#) or [Hollaback!](#) or learn self-defense techniques in a visual way by visiting AAF's YouTube playlist of [Self-Defense Strategies to Keep Yourself Safe in the Streets](#).
- If you see someone being attacked, intervene safely:
 - call an ambulance if the victim is hurt
 - document the attack with your phone/camera

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Steps you can take right now to stand up for your fellow Americans:

- 5. Report any incidents of anti-Asian bias through AAF's [reporting tool](#)**, which is available in 7 Asian languages.
- 6. Hold your elected leaders accountable.** Call on them to:
 - Take immediate steps to invest in community-based solutions to anti-Asian violence
 - Invest in recovery services in Asian languages to help victims heal from the trauma
 - Increase access to mental health services for all communities to reduce harm.
- 7. Help promote community-based solutions** such as:
 - Ensure victims and survivors of all backgrounds and language abilities receive full supportive services so they can recover and heal.
 - Expand intervention and prevention-based programs within the community-based infrastructure that we know will end the cycle of violence and keep all of us safer.
 - Invest in basic community needs and such as: enough food, medical, mental health, affordable housing, economic job security, culturally sensitive social services, and language access for all.
 - Education: Resource cross-community education and healing in Asian American and Black communities that humanizes all of us rather than demonizes or scapegoats any community of color. Understanding the system of white supremacy, colonialism, colorism, capitalism
 - Call on our elected leaders to take meaningful actions and strategies to address anti-Asian racism and to bring marginalized communities together.
- 8. Talk about these incidents and condemn racism with your community, friends, family, politicians, cultural, and community leaders.**
- 9. Read and share this list of Asian American Support Resources** created by Chloe Shih:
<https://docs.google.com/document/d/1DKLjh26g5vkuCVDnLeS5X4El-gT7Q1uT8ihlqQefP-no/edit#heading=h.pqp79in8hgjx>
- 10. Questions?** Contact us at a4@aaartsalliance.org.