



HOW TO STOP AAPI HATE

Here are steps you can take right now to stand up for your fellow Americans:

- 1) **Ask** your colleagues how they are doing. **Listen** to them.
- 2) **Learn** about the history of anti-Asian racism as well as the history of Asian Americans working in allyship with other people of color.
- 3) If you see a hate crime, **document** it. Use your phone/camera.
- 4) **Use social media! Follow, support, and amplify** community organizations doing the work:

@StopAAPIHate
@ActToChange
@AAFederation
@AsianPacificFnd
@APALAnational
@AAPIWomenLead
@AAAJ_AAJC
@_BayRising
@caaav
@cacf
@capacd
@Chinatownlove
@heartofdinner
@iamwomankind
@JAACL_National
@SAALTweets
@Safewalksnyc
@SakhiNYC

- 5) **Protect** your neighbors. Learn how to be an upstander. Sign up for Bystander Intervention / De-Escalation Training through orgs like [Hollaback](#), [Center for Anti-Violence Education](#), [Asian American Federation](#)

- 6) **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.
- 7) **Talk about** these incidents and condemn racism with your community, friends, family, politicians, cultural, and community leaders.
- 8) **Read and share this list of Asian American Support Resources:**
<https://docs.google.com/document/d/1DKLjh26g5vkuCVDnLeS5X4ElgT7Q1uT8ihlqQefP-no/edit#heading=h.pqp79in8hgjx>
- 9) **Reach out** to me if you want to support or volunteer or get involved in any way: lgold@aaartsalliance.org