



## MARCH 2021 | NEWSLETTER

SPUNO DIVERSITY COMMITTEE

### #StopAAPIHate

Did you know hate crimes against Asian Americans are on the rise during the spread of coronavirus?

- Since the start of the pandemic last spring, Asian Americans have faced racist violence at a much high rate than previous years. The [NYPD](#) reported that hate crimes motivated by anti-Asian sentiment jumped 1,900% in NYC in 2020.
- [Stop AAPI Hate](#), a reporting database created at the beginning of the pandemic as a response to the increase in racial violence, received 2,808 reports of anti-Asian discrimination between March 19 and December 31, 2020.
- Many Asian elders are being targeted specifically, some attacks even leading to death. Unfortunately, Asian elders are easy targets and most don't speak English, which makes it harder for them to defend themselves and report what happened.
- Factors contributing to anti-Asian sentiment
  - Xenophobic rhetoric from the former Presidential administration
  - Long American history, dating back to the 19th and 20th centuries, depicting Asian Americans as "[perpetual foreigners](#)"
- Why the "model minority" myth is harmful
  - "There is a stereotype and an assumption that Asian Americans have class privilege, that they have high socioeconomic status and education, and that any discrimination doesn't really happen or feel legitimate. This contributes to erasing the very real interpersonal violence that we see happening in these videos, and that Asian Americans experience from the day-to-day, things that don't get reported and the things that don't get filmed." - Bianca Mabute-Louie
  - Because the model minority myth suggests upward mobility, it creates a fallacy that Asian Americans don't experience struggle or racial discrimination

# Best Practices for Educators

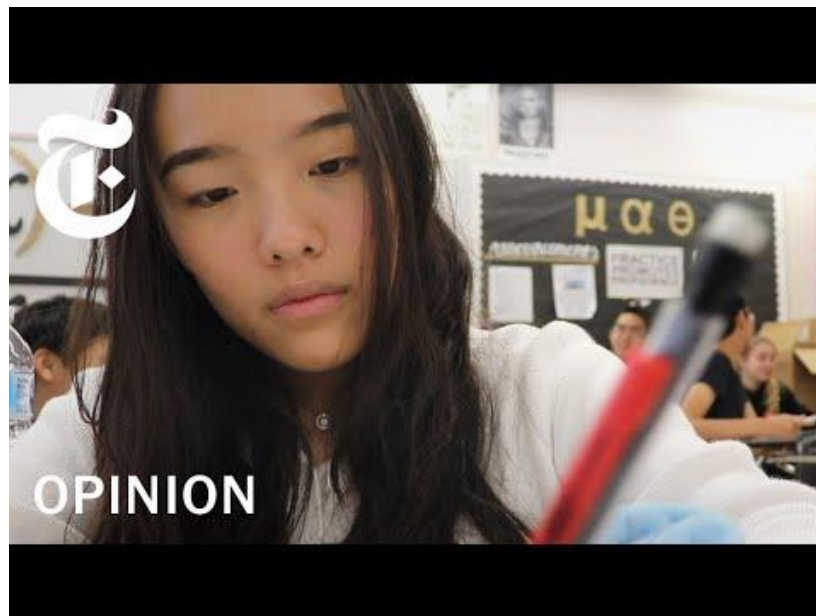
The use of a **dialogue circle**, a restorative justice practice that encourages honest and compassionate discussion, can be very helpful in supporting our Asian-American students who have experienced hate.

- Model for students that you hear their concerns and take them seriously by following up or giving them an opportunity to speak further. This will set the tone and an example for the rest of the group to follow.
- Be explicit about what you see happening in the world and in the group. Bring these issues up for discussion and engage students in them directly.
- Give space to process their own experience and recognize that everyone has their own limits. Students may need breaks or may need time to feel comfortable before sharing.

## [Safety Tips for Those Experiencing or Witnessing Hate](#)

Asian American (AA) youth are more likely than their peers to experience mental illness, such as depression and anxiety, but are three times less likely to receive mental health supports. In this, it's crucial that we provide students with opportunities to develop their understanding of mental health, identify their emotions, practice self regulation, and seek out support from others well needed. For this, Arora et al. recommend the use of school-wide **social emotional learning (SEL) programs** and **psychoeducation**, as well as **fostering engagement between students, their parents, and their families**.

[For more about these recommendations, see Arora and Algios \(2018\)](#)



Katherine Oung, a high school student from Florida, produced this video that brings awareness of bullying and racial abuse that Asian-Americans have been enduring. She points out how important it is for teachers and fellow students to speak up and reject this hateful behavior.

[Stop AAPI Hate Website](#)

# Community Resources

- Nebraska Chinese Association: Community organization located in Omaha with a goal of promoting and sustaining chinese culture within the Omaha community. Link: <https://www.omahachinese.net/about-us>
- Karen Society of Nebraska: Local nonprofit helping refugees and immigrants build and sustain a high quality of life here in Nebraska. Link: <https://www.facebook.com/KarenSocietyofNebraska/>

## Educator Resources

### [Toolkit for "I Am Asain American"](#)

A supplemental aide that accompanies the ["I Am Asian American"](#) article, this brief toolkit guides educators in reflecting on their own assumptions, knowledge, and skills in working with Asain American students, as well as including ways to incorporate Asian American voices in the curriculum. The toolkit also lists a few other resources for educators.

### [Asian American Racial Justice Toolkit](#)

This in-depth toolkit was developed by 15 organizations with Asian American bases living in marginalized and disadvantaged situations. While educators are not the sole target audience of this resource, the toolkit provides a wealth of knowledge, resources, and trainings designed to build a collective commitment to addressing oppression.

### [Learning Together During Challenging Times](#)

This website connects educators with Asian American and Pacific Islander voices, stories and community-created resources. Resources include:

- Ted Talk "Addressing Anti-Asian Racism With Students Due to COVID-19"
  - Links to resources about Asian American and Pacific Islander history and heritage
  - Kindness Heals Activities for families, teachers, and students
  - Lesson plans for teachers
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