ABOUT AAC

The AAC was formed in recognition of the General Court’s findings that Asian Americans constitute the fastest growing minority population in both the Commonwealth and the US, that they represent a diverse population within the Commonwealth, and that many members of the AAPI community have overcome great hardship and made outstanding contributions to the educational, economic, technological, and cultural well being of the Commonwealth, but still face many challenges in their efforts for full social, economic, and political integration within the Commonwealth.

COMMISSION GOALS

The AAC is a permanent body dedicated to advocacy on behalf of Asian Americans throughout MA. The Commission’s goal is to recognize and highlight the vital contributions of Asian Americans to the social, cultural, economic, and political life of the Commonwealth; to identify and address the needs and challenges facing residents of Asian ancestry; and to promote the well-being of this dynamic and diverse community, thereby advancing the interests of all persons who call Massachusetts home.
03

MANUAL OBJECTIVE

The AAC has created this manual in an effort to combat the recent surge in anti-Asian violence happening worldwide. This manual provides historical context, guidelines, resources, bystander, contacts, intervention. AAC will use this guide as an educational toolkit for communities to access as well as improving racial equity between all communities of color.

IMPORTANCE OF REPORTING HATE CRIMES

Plus side to reporting:
- To encourage AAPI communities to report hate crimes to StopAAPIHate.org.
- Collect data to inform legislators and law enforcement agencies about the underlying problems to enable to deal with issues more effectively to protect AAPI communities.

Downside to not reporting:
- Shows that the problem is nonexistent.
- Increases attackers confidence that they can get away with this crime and not be punished.
Hate incidents revolve around any sort of biases against any of the following: race or ethnicity, nationality, religion, gender identity, sexual orientation, or disability.

Such crimes include: physical or verbal assault, property damage, bullying, threats of violence, arson, online abuse, graffiti, abusive phone calls or text messages, spitting, etc.
COMMUNITY RESPONSE

At your meeting:
- Go over facts and concerns
- Take notes
- Brainstorm goals and tactics: Direct action, media coverage, etc.
- Make a plan and delegate leaders, Choose messaging: "We want ___!"
- Determine resources
- Arrange strong communication

MAKE A CHECK LIST

- Compile factual information and data
- Create a list serve to disseminate accurate information
- Speak with community partners to have a unified message & build coalitions
- Share information via website and social media platforms
FOR IMMEDIATE RELEASE

Date March 9, 2020

Contact: Jenny Chiang
Jenny.chiang@aacommission.org
617 - 367 - 9333 x 662

BOSTON - The Commonwealth of Massachusetts Asian American Commission will not tolerate racism, xenophobia, or bigotry towards the Asian American community due to fear-mongering and misinformation about the coronavirus (COVID-19). Local Asian establishments have taken a huge hit economically, and there has been a surge in verbal insults and violent attacks against Asian Americans across the country. While we understand that it is human nature to fear the unknown, targeting and discriminating against a specific group only fuels the biggest epidemic of all — racism.

In an effort to prevent further mishappenings, the Commission encourages our communities to stand up against such discrimination and emphasize the importance proper hygiene rather than acting out insensitively against others. Additionally, we highly encourage the media to dispel the spread of misinformation. Lastly, we urge our public officials to invest in emergency response and testing efforts to prepare for this evolving situation. We recognize that this is an ever-changing situation but it remains crucial to have factual information on the virus and to practice good hygiene as one would with the flu.

Helpful links:
State of Massachusetts website about the Coronavirus:

Facts on the Coronavirus:
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

Report hate crimes:
https://www.mass.gov/service-details/protections-against-hate-crimes

The Asian American Commission of the Commonwealth of Massachusetts was created by legislation on October 29, 2006. This Commission recognizes that the Asian American community is the fastest growing minority group in Massachusetts. The goal of the AAC is to recognize, as well as highlight, the vital contributions of Asian Americans and Pacific Islanders to the social, cultural, economic, and political life of the Commonwealth.

Additionally, the AAC is involved in identifying and addressing the various needs and challenges that currently face the Asian American and Pacific Islander communities. The Commission provides a permanent, effective voice for Asian Americans, and is comprised of 21 diverse members who are appointed by the Governor, Attorney General, Auditor, Senate President, Speaker of the House of Representatives, Secretary of State, and the Treasurer.

For more information on the Asian American Commission please visit
http://www.aacommission.org/
FOR IMMEDIATE RELEASE
March 18, 2021

Statement Against Violence and Xenophobia Faced by Asian Communities

On March 16, 2021, a white supremacist targeted three predominantly Asian-employed spas, murdering 8 people, at least 6 of them being Asian women. Over the past several months, we have seen a series of targeted attacks against the Asian community nationwide and here in the Commonwealth. These include the murder of 84-year-old Vicha Ratanapakdee in San Francisco who was senselessly tackled to the ground and succumbed to his injuries; the murder of 19-year-old Christian Hall in Monroe County, Pennsylvania, by police; and the murder of Angelo Quinto in Northern California, by police. In Quincy, Asian families have been verbally harassed and called racial slurs. At a Winchester Select Board meeting, a zoom bomber hacked into the meeting and called an appointed official a racial slur. StopAAPIHate has reported over 3,800 incidents of verbal harassment, assault, and bullying since March 2020, with women making up 68% of the reports. This does not include the incidents that have not been reported.

These incidents are connected to misogyny, white supremacy, and the historical portrayal of East Asians as the Yellow Peril, an imagined political, economic, or public health threat to U.S. society. Asians and Asian Americans continue to be seen as perpetual foreigners, which is evident in the racist rhetoric around COVID-19 and has spurred these xenophobic and violent incidents. Further, the history of the fetishization of Asian and Asian American women has been long linked to violence, exploitation, and hypersexualization. This continues to be a central theme in the increasing hate crimes targeting Asian women.

The Massachusetts Asian American Commission unequivocally and unapologetically condemns any type of racism or xenophobia against Asian communities. As a collective, we are committed to fighting for an anti-racist Commonwealth. Below we have outlined our current efforts to advance racial justice in Massachusetts:

- Demand our elected officials, address and condemn racial violence
- Encourage the Asian community and allies to report incidents to StopAAPIHate.org and provide resources to do so locally
- Support community-based approaches by working with our community leaders and members of the Asian Caucus
- Develop translated Hate Crime resource guides and mental health resources through the AAC’s Anti-Asian Racism Research and Response Committee

Any form of hate cannot be tolerated. We call upon the leaders of this Commonwealth to join us in solidarity, to collectively work to eradicate hate. We deserve better. We demand better. We are stronger together.
Chinese immigrants arrive in the West Coast that made up 25% of California miners. White immigrants felt threatened by this influx of foreign competition that resorted in acts of terrorism in a strong effort to remove the Chinese from mining areas. This resulted in the Chinese pursuing low-wage labor jobs in the railroads and other industries.

California gains statehood and soon made it legal for discrimination against the Chinese. Public organizations were prohibited from hiring Chinese workers. Elected officials joined the movement to pressure the federal government to stop immigration from China.

Chinese excluded from San Francisco public schools.

The Chinese Exclusion Act was passed by the US Congress that banned all immigration from China.

There was a labor shortage on the West Coast and Hawaii. The farming industry was in need of laborers who would perform menial jobs for low-wages. Large numbers of Japanese laborers with smaller numbers of Koreans and Indians arrived on the West Coast to replace the Chinese as cheap labor to build railroads, farm, and fish. This began the start of anti-Japanese legislation.

The Gentleman’s Agreement is created informally between the US and Japan for the US to not impose any restrictions on Japanese immigration and Japan would not allow further emigration to the US.
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1924</td>
<td>The Immigration Act/Asian Exclusion Act was enacted that denied entry to virtually all Asians.</td>
</tr>
<tr>
<td>1930</td>
<td>Anti-Filipino riot in California began. White working class resentment against Filipino laborers resulted in riots, beatings, and gunfire.</td>
</tr>
<tr>
<td>1942</td>
<td>President Franklin D. Roosevelt signs Executive Order 9066 which incarcerated 120,000 Japanese Americans in concentration camps.</td>
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<tr>
<td>1960-1970</td>
<td>Asian Americans worked on social justice campaigns: including protests against the Vietnam War, the detainment of political prisoners, the fight for reparations for World War II internees, as well as the civil rights movement with the Black Panther Party.</td>
</tr>
<tr>
<td>1965</td>
<td>The Immigration of 1965 removed race as the barrier for immigration.</td>
</tr>
<tr>
<td>1968</td>
<td>Asian, Black and Latinx students strike at San Francisco State University to demand establishment of ethnic studies programs.</td>
</tr>
<tr>
<td>1982</td>
<td>1.2 million refugees from Vietnam, Cambodia, and Laos arrive in the US.</td>
</tr>
<tr>
<td>1982</td>
<td>Vincent Chin is clubbed to death with a baseball bat by two white men as a result of increased anti-Asian violence after Japan’s auto industry was blamed for increased unemployment among US auto workers and economic competition overseas was increasing.</td>
</tr>
<tr>
<td>2001</td>
<td>Post 9/11 terrorist attacks, there was a surge of Islamophobia. Middle Eastern, South Asians, and Muslim Americans were being labeled as terrorists and were the main targets of racism and discrimination.</td>
</tr>
</tbody>
</table>
The Five D’s are different methods you can use to support someone who is being harassed.

Emphasize that harassment is not okay, and demonstrate to people in your life that they too have the power to make the community safer.
DISTRACTION:

A subtle and creative way to intervene. The aim here is simply to derail the incident by interrupting it. The idea is to ignore the harasser and engage directly with the person who is being targeted. Don’t talk about or refer to the harassment. Instead, talk about something completely unrelated. You can try the following:

- Pretend to be lost. Ask for the time. Pretend you know the person being harassed. Talk to them about something random and take attention off of the harasser.
- Get in the way. Continue what you were doing, but get between the harasser and the target.
- Accidentally-on-purpose spill your coffee, the change in your wallet, or make a commotion.
DELEGATION:

Is when you ask for assistance, for a resource, or for help from a third party. Here are examples of what you can do:

- Find the store supervisor, bus driver, or a transit employee and ask them to intervene. If you’re near a school, contact a teacher, someone at the front desk, or campus security.
- Get your friend on board and have them use one of the methods of Distraction to communicate with the person being harassed while you find someone to delegate to.
- Speak to someone near you who notices what’s happening and might be in a better position to intervene. Work together.
- Call 911 (if it is safe) to request help. Before contacting 911, use Distract to check in with the person being targeted to make sure they want you to do this. Some people may not be comfortable with the intervention of law enforcement. For many people and communities, a history of being mistreated by law enforcement has led to fear and mistrust of police interventions. Depending on the situation, you will need to use your best judgement.
First, assess the situation. Is anyone helping the person being harassed? If not, use one of the other four D’s. If someone else is already helping out, assess your own safety. If you are safe, go ahead and start recording.

**ALWAYS** ask the person who was harassed what they want to do with the recording.

**NEVER** post it online or use it without their permission. There are several reasons for this:

- Being harassed or violated is a disempowering experience. Using an image/footage of a person being victimized without the person’s consent can make the person feel even more powerless. If it goes viral, it can lead to further victimization and a level of visibility that the person may not want. They may be forced to engage with the legal system in a way that they are not comfortable.

- Lastly, the experience could have been traumatic. Publicizing another person’s traumatic experience without their consent is no way to be an effective and helpful bystander.
DIRECT:

You may want to directly respond to harassment by naming what is happening or confronting the harasser. This tactic can be risky: the harasser may redirect their abuse towards you and may escalate the situation.

Before you decide to respond directly, assess the situation: Are you physically safe? Is the person being harassed physically safe? Does it seem unlikely that the situation will escalate? Can you tell if the person being harassed wants someone to speak up? If you can answer yes to all of these questions, you might choose a direct response.

If you choose to directly intervene, some things you can say to the harasser are:

- “That’s inappropriate, disrespectful, not okay, etc.”
- “Leave them alone.”
- “That’s homophobic, racist, (insert type of harassment), etc.”

The most important thing here is to keep it short and succinct. Try not engage in dialogue, debate, or an argument, since this is how situations can escalate. If the harasser responds, try your best to assist the person who was targeted instead of engaging with the harasser. Direct intervention can be risky, so use this one with caution.
DELAY:

Even if you can’t act in the moment, you can make a difference for the person who has been harassed by checking in on them after the fact. Many types of harassment happen in passing or very quickly, in which case you can wait until the situation is over and speak to the person who was targeted then. Here are some ways to actively use the tactic of Delay:

- Ask them if they’re okay, tell them you’re sorry that happened to them.
- Ask them if there’s any way you can support them.
- Offer to accompany them to their destination or sit with them.
- Share resources with them and offer to help them make a report, but don’t force them to.
- If you’ve documented the incident, ask them if they want you to send it to them or share it.
RESOURCES FOR VICTIMS

Victim Assistance Programs provides a number of helpful services:
- Information about the criminal justice system and legal procedures
- Assurance that your civil rights are met
- Assistance in preparing protection orders if necessary
- Help in recovering property being held by police
- Communication with employers about court appearances
- Assurance of client/attorney confidentiality
- Referrals to social services and mental health professionals

STATEWIDE

(Clickable links below)

MA Attorney General - Civil Rights Division
Greater Boston Legal Services: Asian Outreach Unit
Anti-Defamation League New England
Council on American Islamic Relations – MA
Fenway Health Violence Recovery Program

NATIONWIDE

Asian Americans Advancing Justice
Asian Pacific Policy and Planning Council - Stop AAPI Hate
The Leadership Conference Education Fund & the Lawyer’s Committee for Civil Rights Under Law - Communities Against Hate
Women’s Law
REPORT A HATE INCIDENT

Due to misinformation about COVID-19, we’ve seen a rise in hate incidents against the AAPI community across the country. We encourage those who have faced any verbal or physical harassment to report stories and incidents to StopAAPIHate.org or www.StandAgainstHatred.org. Please note that all personal information will be kept confidential.

Statewide
- MA Attorney General – Civil Rights Division
  - [https://www.mass.gov/how-to/file-a-civil-rights-complaint](https://www.mass.gov/how-to/file-a-civil-rights-complaint)
  - [https://www.mass.gov/service-details/protections-against-hate-crimes](https://www.mass.gov/service-details/protections-against-hate-crimes)
- Greater Boston Legal Services: Asian Outreach Unit: 617-371-1234
- Anti-Defamation League New England: 617-406-6300
- Council on American Islamic Relations – Massachusetts: 617-862-9159
- Fenway Health Violence Recovery Program: 617-927-6250

Report to your District Attorney
- Suffolk District Attorney: (617) 619-4000
- Middlesex District Attorney: (781) 897-8300
- Norfolk District Attorney: (781) 830-4800
- Essex District Attorney: (978) 745-6610
- Worcester District Attorney: (508) 755-8601
- Berkshire District Attorney: 413-443-5951
- Hampden County District Attorney:
  - Holyoke: (413) 538-7152
  - Springfield: (413) 735-6000
  - Westfield: (413) 572-1454
- Northwestern District Attorney:
  - Northampton – (413) 586-5780
  - Greenfield – (413) 772-6944
  - Belchertown – (413) 323-5275
  - Orange – (978) 544-7376
REPORT A HATE INCIDENT

Nationwide

- The Asian Americans Advancing Justice affiliation has been documenting hate crimes and hate incidents since 2017 | https://www.standagainsthatred.org/
  - Make a report.
    - Share something you’ve experienced or witnessed.
    - Translation for form made available in Chinese (Traditional & Simplified), Vietnamese, Korean.
  - Read stories.

- StopAAPIHate: The Asian Pacific Planning and Policy Council, Chinese for Affirmative Action, and the Asian American Studies Department of San Francisco State University launched the Stop AAPI Hate reporting center on March 19, 2020 | https://stopaapihate.org/
  - Make a report.
    - Translation for form made available in Chinese (Traditional & Simplified), Vietnamese, Korean, Japanese, Tagalog, Khmer, and more.
  - Stay informed on reports & press releases.
SUPPORT COMMUNITY ORGS & INITIATIVES

DONATE TO THE ASIAN COMMUNITY EMERGENCY FUND

Asian Community Development Corporation (ACDC), in partnership with Chinese Progressive Association, Vietnamese American Initiative for Development, Asian American Resource Workshop, Greater Boston Legal Services' Asian Outreach Unit, and Cambodian Mutual Assistance Association, launched the Asian Community Emergency Relief Fund for our community. The fund provides immediate and direct financial support to people in our community who have lost work and are having trouble meeting their basic needs, and may not be eligible for other public benefits. **Click here to donate and learn more about the fund.**

ASIAN AMERICAN LED NONPROFIT ORGANIZATIONS

- Asian American Resource Workshop
- Asian Community Development Corporation
- Asian Task Force Against Domestic Violence
- Asian Women for Health
- Boston Asian American Film Festival
- Boston Chinatown Neighborhood Center
- Cambodian Mutual Assistance Association of Greater Lowell
- Castle Square Tenants Organization
- Chinatown Community Land Trust
- Chinatown Resident Association
- Chinese Culture Connection
- Chinese Progressive Association
- Chinese Progressive Political Action
- Greater Boston Legal Services Asian Outreach Unit
- Greater Malden Asian American Community Coalition
- Indian American Forum for Political Education
- Institute for Asian American Studies, University of Massachusetts Boston
- Japanese American Citizens League of New England
- Korean-American Citizens League of New England
- Lowell Community Health Center
- Quincy Asian Resources Inc.
- Revere Youth In Action
- South Asian Worker Center
- South Cove Community Health Center
- Southeast Asian Coalition of Massachusetts
- Vietnamese American Initiative for Development
MENTAL HEALTH RESOURCES

APISAA Therapist Directory
- This directory was made possible by the Asian Mental Health Collective. It is the mission of the Asian Mental Health Collective to normalize and destigmatize mental health within the Asian community. APISAA stands for Asian, Pacific Islander, and South Asian American
- APISAA Therapist Directory Page | APISAA Therapists in Massachusetts
- If you are a provider and would like to be added to the directory click here.

Massachusetts, Connecticut, Rhode Island Therapists of Color Directory
- Google Spreadsheet
- If you are a provider and would like to be added to the directory click here.

Therapy for Essential Workers
- Therapy Aid Coalition’s mission is to develop a national network of psychotherapists, capable of responding to crises that occur within the United States. By offering support, training and compensation to our psychotherapists, we are able to ensure those impacted by national crises receive prompt quality care and support.
- Find a therapist | Find a free support group
- If you are a provider and would like to be added to the directory click here.

API Healer Network and Therapy Resources List
- This was compiled by National Queer Asian Pacific Islander Alliance, a Federation of LGBTQ Asian American, South Asian, Southeast Asian and Pacific Islanders Organizations.
- Find a therapist or healer

Therapy for Muslims
- This website connects Muslims to mental health providers and it has a great page with videos on coping mechanisms, resilience building, and other mental health tools.
- Google Spreadsheet
MENTAL HEALTH RESOURCES (CON'T)

COMMUNITY HEALTH CENTERS

Lowell Community Health Center
- English | https://www.lchealth.org/patients/connect-services/behavioral-health-services
- ខ្មែរ | Khmer | https://www.lchealth.org/khmer
- Some of the more than 28 languages that our staff speaks include Khmer, Laotian, Spanish, Portuguese, Vietnamese, French, Mandarin, Hindi and Swahili. Additional languages can be accommodated using telephone interpreter language lines.

Lynn Community Health Center
- Website: https://www.lchcnet.org/services/behavioral-health
- Lynn Community Health Center has 80 licensed behavioral health specialists, including psychiatric nurse clinical specialists, psychologists, mental health counselors, psychiatrists, and social workers. Our providers reflect the diversity of our community and speak many languages, including Spanish, Khmer, Portuguese, Russian, and Arabic.

Massachusetts Asians + Pacific Islanders (MAP) for Health
- Website: https://www.maphealth.org/
- Provides an inviting safe space where API LGBTQ+ youth can come together to find support, make friends, and learn how to lead healthy lives. They provide services like drop-in hours, peer leadership, resources and referrals through activities that focus on life skills, social skills, job skills, and health promotion.

DotHouse Health Behavioral Health Department
- Website: http://www.dorchesterhouse.org/services/behavioral_health.html
- Provides comprehensive mental health care services with respect and compassion for each individual's health and wellbeing. The staff of the Behavioral health Department is ethnically and racially diverse and we offer services in English, French, Kikongo, Lingola, Spanish and Vietnamese to patients between the ages of 4 to 70.
MENTAL HEALTH RESOURCES (CON'T)

HEALING SPACES / SUPPORT GROUPS

Asian American Healing Space

- Once a month, they share in a guided meditation, reflective reading, and community healing space to reflect on our own identities and challenges in this time: how are we feeling, how do we show up in community, and how can we support and uplift each other? This space is for anyone who identifies as Asian American and is looking for a sacred space to come home and connect with self. Come sit and breathe with them.
- Every 4th Sunday evening of the month. @8 – 10 PM EST.
- Sign up or check out the dates here.

Yellow Glitter Sparkles

- Yellow Glitter Sparkles is a monthly support group, bringing together queer Asians in a safe, no-judgment environment to share stories, struggles, laughter, and tears with each other. We start off with a short mindfulness exercise and then get into our group discussion. Each month explores different topics shared by our members.
- Tickets and spaces are limited to ensure all attendees have ample time to share – RSVP in advance.
- Sign up or check out the dates here.

HELP LINES

National Suicide Hotline
- 800-273-8255

Crisis Hotline
- 1-800-273-TALK

Crisis Text Line
- Text “connect” to 741741

National Alliance on Mental Illness (NAMI) helpline
- 1-800-950-6264
LEARNING MATERIALS

VIDEOS, FILMS & PODCASTS

- *Asian Americans* Docuseries by PBS
- *Who Killed Vincent Chin?* Documentary by Renee Tajima and Christine Choy
- "*Race in America: History Matters with Erika Lee & Helen Zia*" by The Washington Post
- "*The Chinese Exclusion Act*" by PBS
- "*Stop the Hate: The Rise in Violence Against Asian Americans*" by ABC News
- *Asian Americans are Dealing With a Wave of Bigotry and Assaults Because of Coronavirus*" by Vice
- *We Are Not A Stereotype* by Smithsonian Asian Pacific American Center
- *Sentenced Home* (on Cambodian deportation) by PBS
- *Keep Saray Home* (on Southeast Asian deportation in Massachusetts) Brian Redondo, AARW & GBLS-AOU
- *How Are The Atlanta Shootings Reverberating Among AAPIs In The Commonwealth? (WBUR)*
- What The Georgia Shootings Reveal About Anti-Asian Racism In The U.S. (WBUR)
- Dear Asian Americans Podcast

BOOKS

- *The Making of Asian America* by Erika Lee
- *A New History of Asian America* by Shelley Sang-Hee Lee
- *Unraveling the “Model Minority” Stereotype: Listening to Asian American Youth* by Stacey J. Lee
- *The Chinese in America* by Iris Chang
- *Asian American Dreams* by Helen Zia
- *American Born Chinese* by Gene Luen Yang
- *Minor Feelings* by Cathy Hong Park
- *The Body Papers* by Grace Talusan
LEARNING MATERIALS

ARTICLES

- "Efforts to support the families of Atlanta’s shooting victims are ongoing. Here’s how to help" by NBC News
- "After Atlanta: Teaching About Asian American Identity and History" by Learning for Justice
- History of the Term Model Minority Myth by University of Washington
- "Dear Educators, It Is Time to Fight for Asian America" by Rethinking Schools
- "America’s Long History of Scapegoating Asian Citizens" by National Geographic
- "'Model Minority' Myth Again Used As A Racial Wedge Between Asians and Blacks" by NPR
- "There Are Two Asian-Americas, and One Is Invisible" by New York Times
- "It’s a Myth That Asian-Americans Are Doing Well in the Pandemic" by Scientific American
- "There is no anti-racist movement without fighting anti-Asian discrimination" by The Boston Globe
- "Biden signs memorandum to combat bias incidents toward Asian Americans" by NBC News
- "What this Wave of Anti-Asian Violence Reveals about America" by New York Times

OTHER

- Guide for Parents of Asian/Asian American Adolescents
- COVID19 Illness and Racism Resources by Immigrant History Initiative
- Addressing Anti-Asian Bias by Learning for Justice
- Asian American Racial Justice Toolkit by Grassroots Asians Rising
- A Different Asian American Timeline by ChangeLab
- Asian Americans in the People’s History of the United States by Zinn Education Project
- Asian Americans K-12 Education Curriculum by Asian Americans Advancing Justice