

Construire des Solidarités

Building Solidarities

Faculté des arts
Faculty of Arts

FORUM NATIONAL
SUR LE RACISME
ENVERS LES ASIATIQUES

NATIONAL FORUM
ON ANTI-ASIAN
RACISM

Resources Package



Resources

Thank you for joining us for the **National Forum on Anti-Asian Racism**. We compiled a list of important and valuable resources to take with you as you apply the new perspectives and voices amplified at this year's forum. Please use the directory below to find resources that will be relevant to you and your work.

Merci d'avoir pris part dans le Forum national sur le racisme envers les asiatiques. Nous avons compilé une liste de ressources importantes et précieuses pour vous à avoir lorsque vous appliquez les nouvelles perspectives et voix amplifiées dans le forum. S'il vous plaît, utilisez le répertoire ci-dessous pour trouver des ressources qui seront pertinentes pour vous et votre travail.

This is an interactive document, please click the underlined text to access the page you are looking for. Ceci est un document interactif, choisissez le texte souligné pour accéder à la page.

<u>I am a student.</u> Je suis étudiant.	<u>I am an educator.</u> Je suis éducateur.	<u>I am a professional.</u> Je suis un professionnel.	<u>I want to learn more.</u> Je voudrais en apprendre plus.
---	--	--	--

Contact Us	antiasian.racism@ryerson.ca
Glossary	Navigate to the glossary section.



For Students

Allyship Resources	Wellness and Community Resources
<ul style="list-style-type: none">• Op-Ed: Ignoring The History Of Anti-Asian Racism Is Another Form Of Violence by Connie Wun <i>Why is advocacy important? Is it okay to be “neutral”?</i>• How to Intervene in a Racist Attack• How to Start Conversations About Anti-Asian Racism With Your Family• Responding to Hate Toolkit by X University• ACT2END Racisms’ Infographics for Understanding Racism• What I Learned in Class Today by Karmen Crey and Amy Perreault	<ul style="list-style-type: none">• Asian Canadian Therapist Directory• The Colour Project: Anonymous Virtual Mental Health Support• How to Protect Your Mental Health While Fighting Racial Injustice <i>You deserve to be heard, but you also deserve to take breaks. Prioritize yourself and your wellbeing.</i>• Mental Health Resources for Young BIPOC <i>This directory features a variety of mental health resources on a variety of platforms.</i>• 55 Mental Health Resources for BIPOC• CASSA (Council of Agencies Serving South Asians)• Action! Chinese Canadians Together• Stop AAPI Hate• Reporting a Hate Crime• Self-Care Resources by McGill University• Asian Canadian Studies by Roland Sintos Coloma and Gordon Pon



I want to learn more:

- [Asian American Psychological Association Fact Sheet](#)
See how Asian-Americans' mental health are disproportionately affected and learn about the causes for it.
- [Stop AAPI Hate National Report](#)
View statistics regarding AAPI hate and personal narratives provided by Asian-Americans.
- [Government of Canada Defined Terms for Racism](#)
- [Why I've Stopped Telling People I'm Not Chinese](#)
- [A Year of Racist Attacks: Anti-Asian Racism Across Canada One Year Into the COVID-19 Pandemic](#)
- [The History of Anti-Asian Racism](#)
- [History of South Asians in Canada](#)
- [Compilation of Resources Regarding Equity](#)
- [General Resources Regarding Racism](#) by Project 1907
- [Anti-Asian microaggressions are racist – period!](#) By Joseph Wong
- [Half of Canadian kids witness ethnic, racial bullying at school: Study](#)
- [UBC National Forum on Anti-Asian Racism: Final Report](#)
- [Goodbye Ohbijou](#) by Casey Mecija
- [These Feelings that Fill My Heart](#) by Pam Sugiman
- [A Million Hearts from Here](#) by Pam Sugiman
- [They Said This Would be Fun](#) by Eternity Martis
- [Being or Nothingness: Indigeneity, Anti Blackness, and Settler Colonial Critique](#) by Iyko Day
- [Settler Colonial Studies, Asian Diasporic Questions](#)



I want to learn more:

- [Introduction to Solidarities of Nonalignment: Abolition, Decolonization, and Anti Capitalism](#)
- [Literary Gestures: The Aesthetic in Asian American Writing](#)
- [Yellow Journalist: Dispatches from Asian America](#) by William Wong
- [Xenophobia and Racism](#) by Ronald Sundstrom and Daniel Haewon Kim
- [Asian American Panethnicity: Bridging Institutions and Identities](#) by Yen Le Espiritu
- [The “Yellow Peril” and Asian Exclusion in the Americas](#) by Erika Lee
- [Against Witness: Anti-commemorative Asian/American Poetics](#) by Timothy Yu



For Educators

Allyship Resources	Wellness and Community Resources
<ul style="list-style-type: none"> • Teaching About Anti-Asian Racism and Xenophobia View an assortment of lesson plans and resources targeted towards productive and respectful teaching practices regarding anti-Asian racism and xenophobia • As schools reopen, Asian American students are missing from classrooms • Naomi O'Brien's E-Books for Teaching About Anti-Asian Racism • Asian Literature for Kids • How to Intervene in a Racist Attack • Educator's Tools for Fighting Racism • ACT2END Racisms' Infographics for Understanding Racism • Anti-Racism Strategies in the Workplace by UBC • Bystander Intervention Training • Anti-Racism and Cultural Diversity Training by University of Toronto • Responding to Hate Toolkit by X University • What I Learned in Class Today by Karrmen Crey and Amy Perreault 	<ul style="list-style-type: none"> • Asian Canadian Therapist Directory • The Colour Project: Anonymous Virtual Mental Health Support • How to Protect Your Mental Health While Fighting Racial Injustice <i>You deserve to be heard, but you also deserve to take breaks. Prioritize yourself and your wellbeing.</i> • Mental Health Resources for Young BIPOC <i>This directory features a variety of mental health resources on a variety of platforms.</i> • 55 Mental Health Resources for BIPOC • CASSA (Council of Agencies Serving South Asians) • Action! Chinese Canadians Together • Stop AAPI Hate • Reporting a Hate Crime • Self-Care Resources by McGill University • Asian Canadian Studies by Roland Sintosa Coloma and Gordon Pon <p>For Staff and Faculty:</p> <ul style="list-style-type: none"> • Employee Family Assistance Plan - Morneau Shepell EFAP • 1-844-880-9142 • Work Life - Programs, Perks and Services for Employees • Employee Resources - Benefits Info



I want to learn more:

- [Asian American Psychological Association Fact Sheet](#)
See how Asian-Americans' mental health are disproportionately affected and learn about the causes for it.
- [Stop AAPI Hate National Report](#)
View statistics regarding AAPI hate and personal narratives provided by Asian-Americans.
- [Government of Canada Defined Terms for Racism](#)
- [A Year of Racist Attacks: Anti-Asian Racism Across Canada One Year Into the COVID-19 Pandemic](#)
- [The History of Anti-Asian Racism](#)
- [History of South Asians in Canada](#)
- [Compilation of Resources Regarding Equity](#)
- [General Resources Regarding Racism](#) by Project 1907
- [Anti-Asian microaggressions are racist – period!](#) By Joseph Wong
- [Half of Canadian kids witness ethnic, racial bullying at school: Study](#)
- [UBC National Forum on Anti-Asian Racism: Final Report](#)
- [Goodbye Ohbijou](#) by Casey Mecija
- [These Feelings that Fill My Heart](#) by Pam Sugiman
- [A Million Hearts from Here](#) by Pam Sugiman
- [They Said This Would be Fun](#) by Eternity Martis
- [Being or Nothingness: Indigeneity, Anti Blackness, and Settler Colonial Critique](#) by lyko Day
- [Settler Colonial Studies, Asian Diasporic Questions](#)



I want to learn more:

- [Introduction to Solidarities of Nonalignment: Abolition, Decolonization, and Anti Capitalism](#)
- [Literary Gestures: The Aesthetic in Asian American Writing](#)
- [Yellow Journalist: Dispatches from Asian America](#) by William Wong
- [Xenophobia and Racism](#) by Ronald Sundstrom and Daniel Haewon Kim
- [Asian American Panethnicity: Bridging Institutions and Identities](#) by Yen Le Espiritu
- [The “Yellow Peril” and Asian Exclusion in the Americas](#) by Erika Lee
- [Against Witness: Anti-commemorative Asian/American Poetics](#) by Timothy Yu



For Professionals

Allyship Resources	Wellness and Community Resources
<ul style="list-style-type: none"> • Op-Ed: Ignoring The History Of Anti-Asian Racism Is Another Form Of Violence by Connie Wun <i>Why is advocacy important? Is it okay to be “neutral”?</i> • How to Intervene in a Racist Attack • How to Report on Asian-Canadian Communities • How to Start Conversations About Anti-Asian Racism With Your Family • Anti-Racism Strategies in the Workplace by UBC • Bystander Intervention Training • Anti-Racism and Cultural Diversity Training by University of Toronto • Responding to Hate Toolkit by X University • What I Learned in Class Today by Karmen Crey and Amy Perreault 	<ul style="list-style-type: none"> • Asian Canadian Therapist Directory • The Colour Project: Anonymous Virtual Mental Health Support • How to Protect Your Mental Health While Fighting Racial Injustice <i>You deserve to be heard, but you also deserve to take breaks. Prioritize yourself and your wellbeing.</i> • Mental Health Resources for Young BIPOC <i>This directory features a variety of mental health resources on a variety of platforms.</i> • 55 Mental Health Resources for BIPOC • CASSA (Council of Agencies Serving South Asians) • Action! Chinese Canadians Together • Stop AAPI Hate • Reporting a Hate Crime • Self-Care Resources by McGill University • Our Lives are Essential: Chinese Canadian Frontline Workers Pandemic Report • Asian Canadian Studies by Roland Sintos Coloma and Gordon Pon <p>For Staff and Faculty:</p> <ul style="list-style-type: none"> • Employee Family Assistance Plan - Morneau Shepell EFAP • 1-844-880-9142 • Work Life - Programs, Perks and Services for Employees • Employee Resources - Benefits Info

I want to learn more:

- [Asian American Psychological Association Fact Sheet](#)
See how Asian-Americans' mental health are disproportionately affected and learn about the causes for it.
- [Stop AAPI Hate National Report](#)
View statistics regarding AAPI hate and personal narratives provided by Asian-Americans.
- [Government of Canada Defined Terms for Racism](#)
- [A Year of Racist Attacks: Anti-Asian Racism Across Canada One Year Into the COVID-19 Pandemic](#)
- [The History of Anti-Asian Racism](#)
- [History of South Asians in Canada](#)
- [Compilation of Resources Regarding Equity](#)
- [General Resources Regarding Racism](#) by Project 1907
- [Anti-Asian microaggressions are racist – period!](#) By Joseph Wong
- [Half of Canadian kids witness ethnic, racial bullying at school: Study](#)
- [UBC National Forum on Anti-Asian Racism: Final Report](#)
- [Xenophobia and Racism](#) by Ronald Sundstrom and Daniel Haewon Kim



For Everyone

Allyship Resources	Wellness and Community Resources
<ul style="list-style-type: none"> • Op-Ed: Ignoring The History Of Anti-Asian Racism Is Another Form Of Violence by Connie Wun <i>Why is advocacy important? Is it okay to be “neutral”?</i> • How to Intervene in a Racist Attack • How to Report on Asian-Canadian Communities • How to Start Conversations About Anti-Asian Racism With Your Family • Responding to Hate Toolkit by X University • ACT2END Racisms’ Infographics for Understanding Racism • What I Learned in Class Today by Karmen Crey and Amy Perreault 	<ul style="list-style-type: none"> • Asian Canadian Therapist Directory • The Colour Project: Anonymous Virtual Mental Health Support • How to Protect Your Mental Health While Fighting Racial Injustice <i>You deserve to be heard, but you also deserve to take breaks. Prioritize yourself and your wellbeing.</i> • Mental Health Resources for Young BIPOC <i>This directory features a variety of mental health resources on a variety of platforms.</i> • 55 Mental Health Resources for BIPOC • CASSA (Council of Agencies Serving South Asians) • Action! Chinese Canadians Together • Stop AAPI Hate • Reporting a Hate Crime • Self-Care Resources by McGill University • Asian Canadian Studies by Roland Sintosa Coloma and Gordon Pon • Our Lives are Essential: Chinese Canadian Frontline Workers Pandemic Report <p>For Staff and Faculty:</p> <ul style="list-style-type: none"> • Employee Family Assistance Plan - Morneau Shepell EFAP • 1-844-880-9142 • Work Life - Programs, Perks and Services for Employees • Employee Resources - Benefits Info

I want to learn more:

- [Asian American Psychological Association Fact Sheet](#)
See how Asian-Americans' mental health are disproportionately affected and learn about the causes for it.
- [Stop AAPI Hate National Report](#)
View statistics regarding AAPI hate and personal narratives provided by Asian-Americans.
- [Government of Canada Defined Terms for Racism](#)
- [A Year of Racist Attacks: Anti-Asian Racism Across Canada One Year Into the COVID-19 Pandemic](#)
- [The History of Anti-Asian Racism](#)
- [History of South Asians in Canada](#)
- [Compilation of Resources Regarding Equity](#)
- [General Resources Regarding Racism](#) by Project 1907
- [Anti-Asian microaggressions are racist – period!](#) By Joseph Wong
- [Half of Canadian kids witness ethnic, racial bullying at school: Study](#)
- [UBC National Forum on Anti-Asian Racism: Final Report](#)
- [Xenophobia and Racism](#) by Ronald Sundstrom and Daniel Haewon Kim
- [Against Witness: Anti-commemorative Asian/American Poetics](#) by Timothy Yu



Glossary

1. **AAPI:**

AAPI refers to Asian American Pacific Islander, an inclusive term that values the diversity of the Asian community.

2. **Accountability:**

In the context of racial equity work, accountability refers to the ways in which individuals and communities hold themselves to their goals and actions, and acknowledge the values and groups to which they are responsible.

3. **Ally:**

Someone who makes the commitment and effort to recognize their privilege (based on gender, class, race, sexual identity, etc.) and work in solidarity with oppressed groups in the struggle for justice. Allies understand that it is in their own interest to end all forms of oppression, even those from which they may benefit in concrete ways.

4. **Anti-Asian Racism:**

Anti-Asian Racism: anti-Asian racism refers to historical and ongoing discrimination, negative stereotyping, and injustice experienced by peoples of Asian descent, based on others' assumptions about their ethnicity and nationality. Peoples of Asian descent are subjected to specific overt and subtle racist tropes and stereotypes at individual and systemic levels, which lead to their ongoing social, economic, political and cultural marginalization, disadvantage, violence and unequal treatment. There is a long history of racist and exclusionary laws and policies.

5. **BIPOC:**

Black, Indigenous, Person of Colour

6. **Building Solidarity:**

a lifelong process of building relationships based on trust, consistency, awareness and accountability with racialized individuals and/or groups of people. Working towards the goal of dismantling systems of oppression.

7. **Community Inclusion:**

the equitable, intentional and ongoing engagement of diversity within every facet of university life. It is the shared responsibility of all community members to foster a welcoming, supportive and respectful learning, teaching, research and work environment.

8. **Cultural Appropriation:**

Theft of cultural elements—including symbols, art, language, customs, etc.—for one's own use, commodification, or profit, often without understanding, acknowledgement, or respect for its value in the original culture. Results from the assumption of a dominant (i.e. white) culture's right to take other cultural elements.

9. Cultural Misappropriation:

Cultural misappropriation distinguishes itself from the neutrality of cultural exchange, appreciation, and appropriation because of the instance of colonialism and capitalism; cultural misappropriation occurs when a cultural fixture of a marginalized culture/community is copied, mimicked, or recreated by the dominant culture against the will of the original community and, above all else, commodified.

10. Decolonization:

Decolonization may be defined as the active resistance against colonial powers, and a shifting of power towards political, economic, educational, cultural, psychic independence and power that originate from a colonized nation's own indigenous culture. This process occurs politically and also applies to personal and societal psychic, cultural, political, agricultural, and educational deconstruction of colonial oppression.

11. Diaspora:

Diaspora is “the voluntary or forcible movement of peoples from their homelands into new regions ...” There is “a common element in all forms of diaspora; these are people who live outside their natal (or imagined natal) territories and recognize that their traditional homelands are reflected deeply in the languages they speak, religions they adopt, and the cultures they produce.”

12. Diversity:

value and respect of the diversity of knowledge, worldviews and experiences that come from membership in different groups, and the contribution that diversity makes to the learning, teaching, research and work environment.

13. Diversity of Asian Identities:

We also have to acknowledge the diversity of Asian Identities, how Anti-Asian Racism is going to be experienced differently across those ethnic identities.

14. Equity:

the fair and just treatment of all community members through the creation of opportunities and the removal of barriers to address historic and current disadvantages for under-represented and marginalized groups.

15. Ethnicity:

A social construct that divides people into smaller social groups based on characteristics such as shared sense of group membership, values, behavioral patterns, language, political and economic interests, history, and ancestral geographical base.

16. Implicit Bias:

Also known as unconscious or hidden bias, implicit biases are negative associations that people unknowingly hold. They are expressed automatically, without conscious awareness. Many studies have indicated that implicit biases affect individuals' attitudes and actions, thus creating real-world implications, even though individuals may not even be aware that those biases exist within themselves.

17. Institutionalized Racism:

Institutional racism refers specifically to the ways in which institutional policies and practices create different outcomes for different racial groups. The institutional policies may never mention any racial group, but their effect is to create advantages for whites and oppression and disadvantage for people from groups classified as people of color.

18. Intersectionality:

Intersectionality is an analytical framework for understanding how aspects of a person's social and political identities combine to create different modes of discrimination and privilege. The term was conceptualized and coined by Kimberlé Crenshaw, Intersectionality identifies multiple factors of advantage and disadvantage. Examples of these factors include gender, caste, sex, race, class, sexuality, religion, disability etc.

19. Microaggressions:

Racial microaggressions are brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults toward POC.

20. Model Minority:

A term created by sociologist William Peterson to describe the Japanese community, whom he saw as being able to overcome oppression because of their cultural values. While individuals employing the Model Minority trope may think they are being complimentary, in fact the term is related to colorism and its root, anti-Blackness. The model minority myth creates an understanding of ethnic groups, including Asian Americans, as a monolith, or as a mass whose parts cannot be distinguished from each other.

21. POC:

Person of Colour

22. Privilege:

Unearned social power accorded by the formal and informal institutions of society to ALL members of a dominant group (e.g. white privilege, male privilege, etc.). Privilege is usually invisible to those who have it because we're taught not to see it, but nevertheless it puts them at an advantage over those who do not have it.

23. Tokenism:

Tokenism is, simply, covert racism. Racism requires those in power to maintain their privilege by exercising social, economic, and/or political muscle against people of color (POC). Tokenism achieves the same while giving those in power the appearance of being non-racist and even champions of diversity because they recruit and use POC as racialized props.

Sources for Definitions:

[MP Associates, Center for Assessment and Policy Development, and World Trust Educational Services, October 2021.](#)