Anti-Racism and Anti-Violence to support Asians, Asian Americans and Pacific Islanders

List of Resources:

Mental well-being and physical health

- **UW Counseling Center** (Care and Assistance for UW students)
- **Husky Health & Well-being** (All UW Seattle student health services in one place)
- **Health | Student Life** (students)
- **Mental health | Husky health** (students)
- **UW CareLink** (UW employees)
- **SafeCampus**
- **UW Let’s Talk**
- **Bias Reporting Tool**

Legal services & filing a complaint

- **Student Legal Services**
- **File a complaint** (Washington State Human Rights Commission)

Education: Suggested readings, websites, podcasts and videos

- **Stop AAPI Hate National Report** *(3/19/20-2/28/21)*
  (Russell Jeung Ph.D., Aggie Yellow Horse, Ph.D., Tara Popovic, and Richard Lim)
- **Violence Against Asian Americans**
  (PBS)
- **Asian Americans**, 5-part documentary series; **documentary trailer**
  (PBS)
- **We Need to Talk About Asian Hate**
  (The Try Guys)
- **AAPI Data**
- **Many Black and Asian Americans Say They Have Experienced Discrimination Amid the COVID-19 Outbreak** (Pew Research Center, Social & Demographic Trends)
- **A Snapshot of the American Asian Community: Takeaways from the Census**
  (The Practice, Harvard Law School)
- **https://anti-asianviolenceresources.carrd.co**
- **https://asianawarenessproject.carrd.co**
How Asian American Leaders Say the Biden Administration Can Address Hate (NPR; March 20, 2021)

Self Evident - a podcast that aims to challenge assumptions about Asian Americans

Asian American’s economic inequality is violence, too (The Seattle Times, Op-ed by Linh Thủy Nguyên)

“Viet Thanh Nguyen on Roots of Anti-Asian Hate from U.S. Colonialism to Anti-China Political Rhetoric” and “We are Here Because You Are There” (Democracy Now)

What This Wave of Anti-Asian Violence Reveals About America (New York Times, Opinion by Anne Anlin Cheng)

How white supremacy, racist myths fuel anti-Asian violence (UW News, Kim Eckart and Misty Shock Rule)

Action: Suggested readings, resources, training, and organizations to support

“5 Ds of Bystander Intervention” (Washington State Commission on Asian Pacific American Affairs, CAPAA)

Stand Against Hatred (Asian American Advancing Justice)

Hollaback! (trainings and bystander guide)

Stop AAPI Hate

Asian Americans Advancing Justice

https://stopasianhate.carrd.co

Asian American Journalist Association

National Asian Pacific American Women’s Forum

South Asian Network

South Asian Americans Leading Together (SAALT)

asians4antiracism

RISE (founded by Amanda Nguyễn)
Mutual Aid and Organizations to Support

- **68 Ways to Donate in Support of Asian Communities**
- **AAPI Women Lead**
- **Asian Counseling and Referral Service (ACRS)**  
  (King County and beyond)
- **Asian Mental Health Collective**

Resources and Discussions about AAPI in Higher Education

- **Confronting AAPI Racism During Covid-19**  
  (Dr. David Takeuchi and Dr. Jane Lee, UW)
- **OCA - Asian Pacific American Advocates**  
  (includes scholarships and internships)
- **Focusing on the Underserved: Immigrant, Refugee, and Indigenous Asian American and Pacific Islanders in Higher Education**  
  (Editors: Sam D. Museus, Amefil Agbayani, Doris M. Ching)
- **Chinese Virus: Why Anti-Asian Racism is So Contagious**  
  (University of Southern California, Race and Equity Center)

AAPI Journalists/Reporters/Writers to Follow:  
(from this resource list by Sarah Belle Lin)

- **Michelle Ye Hee Lee**, Washington Post
- **Julia B. Chan**, KQED
- **Kimmy Yam**, NBC
- **Cecilia Lei**, Vox
- **Nicole Hong**, The New York Times
- **Janice Yu**, Fox 5 Atlanta
- **Chenue Her**, NBC Atlanta
- **Dion Lim**, ABC7 News, San Francisco
- **CeFaan Kim**, ABC7 News, New York
- **Han Li**, World Journal - San Francisco Bureau
• Betty Yu, KPIX-TV, San Francisco
• Tracy Jan, The Washington Post
• Kyung Lah, CNN
• Wejia Jiang, CBS News
• Jessica Prois, NBC Asian America
• Frances Wang, CBS Miami
• Marian Lu, The Washington Post
• Shawna Chen, Axios
• Karen K. Ho, Quartz
• Nicole Dungca, Washington Post
• Andrew Peng, The Yappie
• Cecilia Kang, The New York Times
• Vicky Nguyen, NBC News
• Ericka Cruz Guevarra, KQED
• Vivian Ho, The Guardian
• Nicole Chung, Slate
• Alice Wong, Editor of “Disability Visibility”
• Moriah Balingit, Washington Post
• Teresa Watanabe, The Los Angeles Times
• Connie Wang, Refinery29
• Mia Sato, MIT Technology Review

AAPI Authors/Researchers to Follow:
(from this resource list by Sarah Belle Lin)

• Michelle Kim, diversity/equity/inclusion
• Connie Wun, race/gender/multiracial solidarity
• Min Jin Lee, identity/immigrant/family author
• Nancy Wang Yuen, race/ethnicity in media, sociologist
• Joey S. Kim, identity/model minority myth/literature
• Arissa Oh, race/gender/family/migration author
• Amber Akemi Piatt, violence prevention/clinical psychology
• Sherry Wang, social justice/anti-racism
• May-lee Chai, immigration/race
• Kevin Nadal, gender/sexuality/psychology/law and order
• Jenn (Reappropriate), race/feminism

Running document of additional resources (UW CoEnv)

List of resources to Support the AANHPI Community (UW Combined Fund Drive)