



AAPI YOUTH RISING'S: ONE DAY OF AAPI HISTORY Lesson

Asian American history is American history. [AAPI Youth Rising \(www.aapiyouthrising.org\)](http://www.aapiyouthrising.org) is a national student-led organization that believes in the collective power of small actions. We believe in one student, one lesson, and one day at a time. We unite against hate through civic engagement, we advocate for diverse curricula in our schools, and we celebrate our creativity. Our platform provides youth with many ways of getting involved: legislative action, art activism, public speaking, and teaching in classrooms. AYR's 150 Chapters in 35 states conduct teach-ins of our [ONE DAY OF AAPI HISTORY lesson](#) nationwide.

As middle-schoolers, we began researching the untold histories of Asians in America. After organizing our [AAPI Youth Rising rally](#) in support of the AAPI community (attended by 1200 people), we wrote our [ONE/180 PLEDGE](#) in support of at least ONE DAY OF AAPI HISTORY because we realize that education is the key to making our voices heard.

Now we are proud to launch the [ONE DAY OF AAPI HISTORY Lesson](#), a 30-minute lesson that we have created and that we teach nationwide.

While we support legislative action for AAPI history mandates, we decided to take the teaching into our own hands! We are super excited to share all that we have learned this past year with you! Our one-hour ONE DAY OF AAPI HISTORY lesson is for middle-schoolers / high-schoolers, but we can adapt it for younger kids too. Our lesson discusses:

- Why is it important to learn AAPI history?
- What myths and stereotypes can we dismantle by learning diverse histories?
- Let's talk about a few key moments - The rise in xenophobia against AAPI, The Chinese Exclusion Act, Japanese Internment, Vincent Chinn
- But wait, there are AAPI heroes who have worked hard to dismantle these stereotypes and myths. Who are they and how did they work as intersectional activists across communities? Why are we stronger together?

Our lesson launched in May 2022 and we have already taught thousands of students. We reach 52,000 schools, school districts and out-of-school sites through partnerships with Alliance for a Healthier Generation. You can download our lesson at [Teach for America](#), [Act to Change](#), and [American Girl](#).

In May 2024, we re-launch our lesson with additional information about teen mental health.

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