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Introduction/Where do I start?

MIT Community Resources

To report an incident of discrimination or harassment

[Institute Discrimination and Harassment Response](#) (idhr@mit.edu) can help anyone in the community, whether you [seek support](#) or would like to [report an incident](#).

[HeartMob](#) - community dedicated to helping those experiencing online harassment.

For support and guidance

- [Student Mental Health and Counseling Services](#) (617-253-2916), Student Support Services (617-253-4861 or s3-support@mit.edu) and [Grad Support](#) (617-253-4860 or gradsupport@mit.edu) can talk with students over Zoom or on the phone during regular weekday business hours. On nights and weekends, Mental Health and Counseling's on-call clinician can be reached at 617-253-4481.
- Students may also reach out to these offices for support:
 - [Office of Multicultural Programs](#) (omp@mit.edu)
 - [SPXCE](#) (spxce@mit.edu)
 - [International Students Office](#) (iso-help@mit.edu)
 - [Office of Minority Education](#) (omemit@mit.edu)
- The Dean on Call (617-253-1212) is also available to students from 5 p.m. to 9 a.m. on weekdays and 24 hours/day on weekends and holidays.
- International scholars can reach out to the [International Scholars Offices](#)(international-scholars@mit.edu).
- Free, confidential, 24/7 assistance is available for faculty, staff and postdocs from [MyLife Services](#).
- For spiritual support, we encourage you to reach out to the [Office of Religious, Spiritual, and Ethical Life](#).
- Student and staff groups on campus:
 - Asian Pacific American (APA) Employee Resource Group ([mailing list](#))
 - [MIT Asian American Initiative \(AAI\)](#) (aai-exec@mit.edu)

Forms of Action

Individually:

Petitions to sign:

[Asian Americans Advancing Justice \(AAAJ\) Atlanta](#)
[Stop the Racial Profiling of Asian Americans and Asian Immigrants and](#)
[End the Justice Department's "China Initiative"](#)

Texting or calling for change:

Donate:

[Asian Americans Advancing Justice \(AAAJ\) Atlanta](#)

[Verified fundraisers for AAPI justice on GoFundMe](#)

In your community:

[How to support the Asian American community in MASS](#)

[Hollaback! Bystander Intervention Training](#)

[Don't Call The Police](#) - Community-based alternatives to police in your city:

VOTE! [Register and get more information here.](#)

Identity-Specific Actions

["20+ Allyship Actions for Asians to Show Up for the Black Community Right Now"](#)

["LGBTQ+ Community Dismantling White Supremacy" resource](#)

In the workplace

Webinar series: (shared by Alyce Johnson): ["Eradicating racism in the corporate world: a webinar series"](#)

["Check in on your black employees, now"](#)

<https://www.businessinsider.com/how-white-colleagues-can-be-allies-to-their-black-coworkers-2020-6>

Antiracism in higher ed

<https://www.shutdownstem.com/action>

["A Call to Action"](#)

["How to Support Asian American colleagues amid anti-Asian violence"](#)

Inclusive Hiring Resources

[MIT HR Diversity Job Posting Guide](#)

[15 Recruiting Tactics to Recruit a Wider Range of Candidates](#)-Forbes

[The Diversity & Inclusion Handbook](#)-Wharton IDEAS Lab

[How Serious Are You about Diversity Hiring?](#)-Chronicle of Higher Ed

In Massachusetts:

[Mass.gov - Asian American Commission](#)

[Asian Community Development Corporation](#) (greater Boston)

[Chinese Progressive Association](#) (greater Boston)

[Resource Guide](#) - Massachusetts Town Hall on Anti-Asian Racism

U.S. wide efforts:

AAPI - [Asian Americans and Pacific Islanders](#)

[Showing Up For Racial Justice \(SURJ\)](#)

[NAACP](#)

[Asian Americans Advancing Justice](#)

Art, Culture, and Media

- [Asian American Arts Alliance](#)
- [Asian American Film](#)

- [Asian Cinevision](#)
- [Asia Pacific Arts](#)
- [Asia Society](#)
- [Center for Asian American Media](#)
- [Coalition of Asian Pacifics in Entertainment](#)
- [Documentaries About Racial Justice](#)
- [Media Action Network for Asian Americans](#)
- [Rice Paper](#)
- [WGBH Resources on Racism](#)

Bookstore:

[Diversebooks](#)

Recommended Reading

Title	Author	Synopsis
The Making of Asian America: A History by Erika Lee	Erika Lee	Award-winning historian Erika Lee presents the history of Asian American life in the United States.
No Good Very Bad Asian	Leland Cheuk	This novel follows Sirius from his poor upbringing in the immigrant enclaves of Los Angeles to the loftiest heights of stardom as he struggles with substance abuse and persistent racism despite his fame. Ultimately, he must come to terms with who he is, where he came from, and the legacy he'll leave behind.
Minor Feelings	Cathy Park Hong	Cathy Hong Park writes a breathtaking collection of personal essays based on her theory of "minor feelings" when American optimism contradicts your own reality – when you believe the lies you're told about your own racial identity.
Yellow Peril! An Archive of Anti-Asian Fear	John Kuo Wei Tchen and Dylan Yeats	Two scholars examine one of the oldest racist concepts in Western culture.
The Myth of the Model Minority	Rosalind S Chou and John R Feagin	Sociologists Rosalind Chou and Joe Feagin analyze Asian American racial stereotyping and discrimination.
America Is in the Heart	Carlos Bulosan	Published in 1946, this semi-autobiographical novel shares the experiences of a Filipino American writer, immigrant, and member of the working class. This novel is about the United States in the 1930s from the perspective of a Filipino migrant laborer who endures racial violence and struggles with the paradox of the American dream.

Native Speaker	Chang-Rae Lee	In Chang-Rae Lee's debut novel, meet the protagonist Henry Park who tries to assimilate into American society. This novel is a story of cultural alienation. It is about fathers and sons, about the desire to connect with the world rather than stand apart from it, about loyalty and betrayal, about the alien in all of us and who we finally are.
All You Can Ever Know: A Memoir by Nicole Chung	Nicole Chung	An incredible memoir of Chung's adoption and her search for identity and family. From childhood, she heard the story of her adoption as a comforting, prepackaged myth. She believed that her biological parents had made the ultimate sacrifice in the hope of giving her a better life. Yet as she grew older, she wondered if the myth was actually the truth.
On Earth We're Briefly Gorgeous	Ocean Vuong	Semi-autobiographical memoir written by New England poet Ocean Vuong as a letter to his Vietnamese immigrant mother, who cannot read. Beautifully written, examines race, class, gender, and masculinity through a powerful life story.

Educational Resources

[White Privilege: Unpacking the Invisible Knapsack](#)

[#shutdownSTEM](#)---a guide for getting started with your own plan of action

[White Privilege Glasses](#) - Discussion Guide

Resource	Topic	Location
Asian Americans Advancing Justice (AAJC)	General advocacy	National
AAJC Resources on Anti-Blackness	Anti-Blackness	National
AAJC Resources for COVID-19	COVID-19	National
Stop AAPI Hate Reporting Site	Anti-Asianism - reporting	National
Asian Pacific American Labor Alliance (APALA)	General advocacy	National

APALA COVID-19 Information	COVID-19	National
APALA Racial Justice Toolkit	Anti-racism	National
Asian American Organizing Project (AAOP)	General advocacy	National (MN-based)
AAOP Resources for BLM	Anti-Blackness	National (MN-based)
AAOP Resources for COVID-19	COVID-19	National (MN-based)
Anti-Racism Resources for Asian Americans	Anti-racism	National
South Asians 4 Black Lives	Anti-Blackness	National
18 Million Rising (18MR)	General advocacy	National
18MR for Black Lives	Anti-Blackness	National
18MR Stop COVID Disinformation	COVID-19	National
NY State Attorney General's Anti-Asian Hotline	Anti-Asianism - reporting	New York
Diane Wong's Black Power, Yellow Peril: Towards a Politics of Afro-Asian Solidarity Syllabus	Anti-racism - syllabus	National
Asian American Feminist Antibodies (Care in a Time of Coronavirus)	Self-care	National
CAAAY	General advocacy	New York City
Desis Rising Up and Moving (DRUM) Resource Page	General advocacy	National

Yellow Peril Teach-In Resources (begun by Jason Oliver Chang at University of Connecticut)	Anti-Asianism	National
Radical Feminist Solidarities: a Reading List	Coalition politics	National
Black & Asian Feminist Solidarity Letter	Anti-Blackness /Coalition politics	National
Asian American Racial Justice Toolkit	Anti-Asianism	National
"Illustrated Profiles: Illuminating Resilience" (UConn)	Self-care	UConn/Northeast
A/P/A Voices: a Covid-19 Public Memory Project	COVID-19 - reporting and documentation	National
"Mutual Regard: a Love Letter for the Origins of Black-Filipino Resistance"	Coalition politics	National/Transnational
"Reviving the history of radical Black-Asian internationalism"	Coalition politics - think piece	National/Transnational
"Solidarity Not Allyship: A Call to the AAPI Community"	Coalition politics - think piece	National
"The long history of US racism against Asian Americans, from 'yellow peril' to 'model minority' to the 'Chinese virus'"	Anti-Asianism	National
"The Racist Origins of U.S. Policing"	Anti-Blackness /Anti-Asianism /Empire	National/Transnational
"The Asian American Reply to Pandemic-Era Racism Must Be Cross-Racial Solidarity"	Coalition politics - think piece	National

Upstander Project	General Advocacy	National
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Informative Social Media Accounts

Advancing Justice - ALC: [Instagram](#)
 Antiracism Center: [Twitter](#)
 Asians4antiracism: [Instagram](#)
 Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
 Colorlines: [Twitter](#) | [Instagram](#) | [Facebook](#)
 Color of Change: [Instagram](#)
 Equal Justice Initiative (EJI): [Twitter](#) | [Instagram](#) | [Facebook](#)
 Families Belong Together: [Twitter](#) | [Instagram](#) | [Facebook](#)
 Hate is a Virus: [Instagram](#)
 Kim Saira: [Instagram](#)
 MPowerChange: [Twitter](#) | [Instagram](#) | [Facebook](#)
 Muslim Girl: [Twitter](#) | [Instagram](#) | [Facebook](#)
 NAACP: [Twitter](#) | [Instagram](#) | [Facebook](#)
 National Domestic Workers Alliance: [Twitter](#) | [Instagram](#) | [Facebook](#)
 NextShark: [Twitter](#) | [Instagram](#) | [Facebook](#)
 RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)
 Resonate: [Twitter](#) | [Instagram](#) | [Facebook](#)
 Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)
 SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)
 Studio Van Low: [Instagram](#)
 The Conscious Kid: [Twitter](#) | [Instagram](#) | [Facebook](#)
 The Leadership Conference on Civil & Human Rights: [Twitter](#) | [Instagram](#) | [Facebook](#)
 United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)
 (source: bit.ly/ANTIRACISMRESOURCES)

Podcasts

["Larry Itliong and the Great Delano Grape Strike"](#) - Coalition politics
["One Korean American's Reckoning"](#) - Coalition politics
["The Missing History of Asian America"](#) - United States of Anxiety
["We Already Belong": A Conversation with R.O. Kwon](#) - Rough Translation
["The \(Un\)Making of a 'Model Minority'"](#) - United States of Anxiety

LinkedIn E-Learning Resources

[To access these programs, click Sign In in the top right corner. Next, enter your MIT email, click Continue, and then choose "Massachusetts Institute of Technology" in the dialog box.]

[Bystander Training](#)

[Teaching Civility in the Workplace](#)

[Communicating about Culturally Sensitive Issues](#)

Anti-racism resources:

[Resources](#)

[Act For Racial Justice](#) – Resources on Instagram

[We Are Done Dying – NAACP](#) – Resources on Instagram

[Insights and coverage of the movement against systemic racism in America](#)

[The color of wealth](#)

[Anti-Asian Violence Resources](#)

[Stand Against Hatred](#) - Tell us your story; Help us Track Hate.

Restaurants resources:

Food tour: [Bites of Boston](#)

Kids resources:

[Addressing Anti-Asian Bias](#)

[Racism+Violence: Helping Kids Handle the News](#) – Resources on Instagram

[Guide to help parents talk to children about BLM](#)

[NBC News Kids edition](#)

[How To Talk To Kids About Anti-Asian Racism](#)

Tours:

[Chinatown walking tours](#)

[Peabody museum](#)

[Painting Edo: Japanese Art from the Feinberg Collection](#)

Readings for Self-Reflection:

[Self](#)

[Lesson of the Day: A Rise in Attacks on Asian-Americans](#)

Questionnaire to assess personal privilege:

[Privilege Points Questionnaire Benefits and Facilitation](#)

[White Privilege checklist](#)

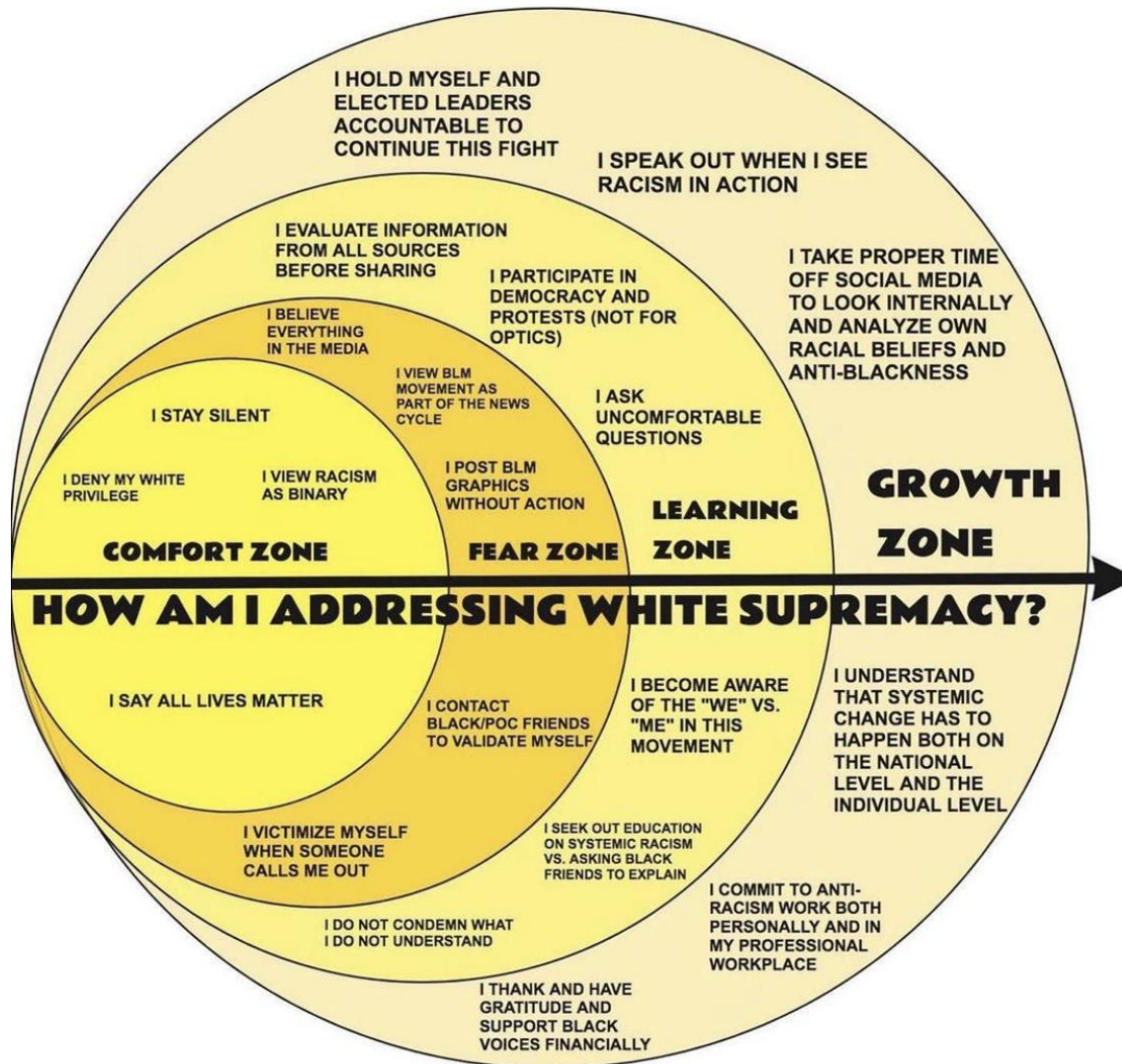
General Resources:

[White supremacy culture](#)

Youtube: <https://www.youtube.com/watch?v=h8jUA7JBkF4>

[How racist is Boston?](#) The Daily Show

Infographics:



ANTI-RACISM: FIXED TO GROWTH MINDSET

@HOLISTICALLYGRACE

FIXED - COMFORT

"I DON'T KNOW WHERE TO START OR WHAT TO SAY"

"I DON'T WANT TO GET IT WRONG OR GET CALLED OUT"

"IT WON'T MAKE A DIFFERENCE WHAT I DO, NOTHING IS GOING TO CHANGE"

"I DON'T GET INVOLVED IN POLITICS. I DON'T HAVE TIME"

GROWTH - COURAGE

"FIRST I WILL LISTEN/READ/WATCH. I WILL SPEAK AGAINST INJUSTICE"

"I WILL MAKE MISTAKES, NO DOUBT ABOUT IT. I WILL BE GRATEFUL FOR THE LESSON"

"THINGS HAPPEN WHEN I TAKE RISKS AND BECOME PART OF SOMETHING BIGGER"

"THIS IS A HUMAN RIGHTS ISSUE. THIS MATTERS, I WILL MAKE TIME"

#StopAsianHate

STOP ASSUMING

that all Asian people have the same identities, language, skills, preferences, or lived experiences.

STOP FETISHISING

Asian women; stop de-sexualising Asian men.

STOP CHERRY-PICKING

"trendy" parts of Asian culture (eg. certain foods) whilst undervaluing others.

STOP YOUR FRIENDS

when they say something racist or derogatory.

STOP STEREOTYPING

Asian workers and students.

STOP PERPETUATING

the Model Minority Myth.

STOP THE MISCONCEPTION

that identity is based solely on race. Every human's identity is made up of many parts; race is just one.

STOP YOURSELF

when you assume something about someone you don't know (ask yourself: where did that come from?).

STOP JUDGING

someone's expression of their Asian identity in the binary of "authentic" / "inauthentic."

NOTES BY @VANLOWVANLOW

Share Asian Support

THINK OF

your Asian friends, colleagues and family who may be struggling. Reach out to them or keep an eye on them, in case they signal they need support.

EXPLORE ASIAN CULTURE

Asia is the largest continent in the world, consisting of an incalculable variety of customs, languages, cuisines, histories, stories, innovations and inspiration.

SHARE ASIAN CULTURE

that you enjoy - this could be a meal, film, novel, artist, game, craft, podcast, fashion label, store, journalist, musician, sport, YouTuber, museum, landmark, historical fact etc.

SUPPORT ASIAN-RUN-BUSINESSES

Make your dollar count by spending with your favourite stores, restaurants or service providers. For many Asian diasporic communities, self-employment is the main way people are able to support themselves and their families.

NOTES BY @VANLOWVANLOW

ANTI-ASIAN RHETORIC, HATE CRIMES, & HATE INCIDENTS

A BRIEF HISTORY

This isn't new

- Anti-Asian rhetoric, discrimination, and hate incidents **aren't new**
- There are many cases in which our communities have been targeted before by various entities

What is a hate crime?

- A hate crime is a **criminal offense** against a person or property **motivated in whole or in part by an offender's bias** against a race, religion, disability, sexual orientation, ethnicity, gender, or gender identity.

What is a hate incident?

- A hate (or bias) incident is non-criminal conduct that is perceived by the victim or any other person as being motivated by prejudice or hate.

1800s

- **1875-76:** Chinese Americans in San Francisco's Chinatown were blamed for a smallpox outbreak. This was the start of the **"Yellow Peril"** narrative
- **1882:** The Chinese Exclusion Act barred Chinese individuals from immigrating to the U.S. This was the first law to prohibit an entire group of people based on nationality/ethnicity
- **1899:** In Honolulu during a plague outbreak, officials quarantined and eventually burned down Chinatown. Its residents ended up in refugee camps

1900s

- **1900-1904:** During the San Francisco bubonic plague, 30K Chinese residents were forcibly quarantined behind barbed wire without evidence
- The U.S. justifies colonization of the Philippines due to their supposed medical unruliness, which "lead to higher incidents of 'tropical diseases'"
- **1942:** During WWII, Japanese Americans were suspected as enemies and incarcerated in camps

1900s cont.

- **1970s-1980s:** Increased discrimination in reaction to increased Asian American populations and perceived economic threat of Asian automobile manufacturers
- **1982:** The murder of Vincent Chin, a Chinese American automotive industry worker
- **1989:** The Cleveland Elementary School shooting incident where 5 Southeast Asian American children were killed

2000s - present

- **2001:** Following 9/11, Arab, Muslim, and South Asian Americans are scapegoated and become targets of harassment, discrimination, and hate incidents
- **2019-2021:** COVID-19 has caused a spike in Asian Americans being targeted in public
 - Vicha Ratanapakdee: Thai elder who was murdered in CA
 - Christian Hall (Chinese youth killed by the police amidst a mental health crisis)
 - Angelo Quinto: (Filipino American man killed by the police amidst a mental health crisis)

Partner Organizations

- Anti-Defamation League (ADL)
- Asian Americans Advancing Justice - AAJC
- Asian Americans Advancing Justice - Chicago
- Asian Americans Advancing Justice - Los Angeles
- Asian Pacific American Labor Alliance (APALA)
- Asian & Pacific Islander American Health Forum (APIAHF)
- Japanese American Citizens League (JACL)
- League of United Latin American Citizens (LULAC)
- National Asian Pacific American Bar Association (NAPABA)
- National Council of Asian Pacific Americans (NCAPA)
- OCA-Asian Pacific American Advocates
- South Asian Americans Leading Together (SAALT)

*source: [Instagram](#)

Diversity & Inclusion in International Education

[Diversity Abroad -- Diversity Network Resources](#)

Suggestions & Opinions:

(Anonymous staff suggestion: "I would like to see more awareness of events for people of color posted throughout MIT including our Center. More activities or talks regarding the issues people of color are facing on a daily basis.")