

Anti-Asian Racism Resource Guide for Families with Children, Young Adults or Elders

Updated on Saturday, May 15, 2021. 9:20pm (US Pacific Time).

Curated by Julius Paras* of [The Parenting Asian America Project](#) (FB).

Short URL: <http://bit.ly/aarff>

Intentions. This document is intended for those who want to (i) be informed by a wide range of Asian American voices & allies and (ii) have real conversations with those they care for and who care for them. We're more interested in transformative change, the work of anti-racism.

Hopefully, this resource can help you talk frankly with the people in your immediate social circles. These are your relationships in real life, not on social media. This includes your families, fellow parents and educators, your children's teachers, work colleagues, and close friends with the hope that "the work" becomes part of your everyday life together.

This document is produced with donated labor and time. After reviewing it, we'd love to hear about how you used it, e.g. with your parenting group, PTA or school, your own children, your CEO, etc. Please DM via Facebook at <http://www.facebook.com/parentingasianamerica> or via Twitter (@twoasianparents) with your stories. Thank you.

Brief Background on Discussing Race with Children

Excerpt from the American Psychological Association press release "[Children Notice Race Several Years Before Adults Want to Talk About It](#)" from August 27, 2020. h/t Dr. Betty Choi, The Chalk Academy.

"In an online study with a nationally representative sample, more than 600 participants were asked the earliest age at which they would talk with children about race. They were also asked when they thought children first develop behaviors and cognitive abilities relating to race and other social factors. More than half of the participants were parents while 40% were people of color. The research was published online in the Journal of Experimental Psychology: General®.

The participants believed conversations about race should begin near a child's fifth birthday even though children begin to be aware of race when they are infants. Previous research has shown that 3-month-old babies prefer faces from certain racial groups, 9-month-olds use race to categorize faces, and 3-year-old children in the U.S. associate some racial groups with negative traits. By age 4, children in the U.S. associate whites with wealth and higher status, and race-based discrimination is already widespread when children start elementary school."

"Sesame Workshop releases a major new study on the role of social identities in children's lives." (October 2019)

"Research shows that understanding and valuing one's identity – and the identities of others – can help children develop into more confident and accepting adolescents and adults. But overall, according to "The Sesame Workshop Identity Matters Study," parents aren't regularly talking to children about their own social identities."

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Unique in its magnitude and approach, “[The Sesame Workshop Identity Matters Study](#)” surveyed 6,070 parents or caregivers of children ages three to 12 and 1,046 educators of U.S. students in prekindergarten through 5th grade on their attitudes, experiences, and approaches to helping children learn about identity. Data were collected in February and March 2019.

“Many adults believe that if they don't talk about social categories like race, religion, or social class, their children won't notice them, but they are misinformed,” said Beverly Daniel Tatum, Ph.D., President Emerita, Spelman College. “Even young children notice group differences and learn quickly to assign social value to those differences, just as adults do. When parents are silent about these issues, they risk leaving their children without the understanding they need to recognize and reject negative stereotypes about themselves or other people. Children are then vulnerable to internalizing those negative messages without the buffer of parental guidance. For those children from stigmatized groups, it is especially important to feel affirmed in those identities to offset the devaluing messages the wider society is likely to send them.”
<https://www.sesameworkshop.org/press-room/press-releases/sesame-workshop-releases-major-new-study-role-social-identities-childrens>

I. For families & educators (in preparation for talking with kids)

“Many parents never discussed racism at home...” Elyse Pham, TODAY.com. May 11, 2021.
<https://www.today.com/parents/how-asian-american-parents-are-talking-kids-about-racism-t217308>

“Discussing Racism in the Primary Care Office,” Dr. Joannie Yeh, Physician's Weekly, April 8, 2021.
<https://www.physiciansweekly.com/discussing-racism-in-the-primary-care-office/>

“After attacks on Asian American elders, here's how to talk to your kids about racism against us,” Dr. Suzane Song, Director, Division of Child, Adolescent & Family Psychiatry, George Washington University Medical Center. March 30, 2021.
<https://www.nbcnews.com/think/opinion/after-attacks-asian-american-elders-here-s-how-talk-you-r-ncna1262487>

“Anti-racism for kids: an age-by-age guide for fighting hate.” (not Asian specific). Parents Magazine. March 17, 2021.
<https://www.parents.com/parenting/better-parenting/advice/how-to-teach-your-kids-to-fight-hate-an-age-by-age-guide/>

“Coming Together: Talking to children about race and identity,” Sesame Workshop
<https://www.sesameworkshop.org/what-we-do/racial-justice>

“Ages and Stages of Racial Understanding,” Traci Baxley, PhD, Sesame Workshop
<https://sesamestreetincommunities.org/activities/never-too-young-ages-and-stages-of-racial-understanding/>

“How you and your kids can stop anti-Asian hate,” Leticia Barr, TechSavvyMama, Fri Mar 26,

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2021. (Parenting Bytes podcast) h/t Virginia Duan.

<https://techsavvymama.com/2021/03/how-you-and-your-kids-can-stop-asian-hate.html>

"#StopAAPIHate Educator's Guide," Stacy Young & Virginia Nguyen, Educate to Empower .
March 25, 2021.

https://docs.google.com/document/d/1yajBqE7rg4UdtMfL1s8-NMgnbxZGAfBEUIJ3Xb_Z2yg/edit

"Violence Against Asian Americans: How Do We Support the Children," Embrace Race
(Recorded webinar and conversation from Wed Mar 24, 2021 at 5:30pm PT)

<https://www.embracepace.org/resources/violence-against-asian-americans-how-do-we-support-the-children>

"How to talk to kids about anti-Asian racism," NPR (podcast interview + transcript)

<https://www.npr.org/2021/03/23/980462478/how-to-talk-to-kids-about-anti-asian-racism>

"How to talk with students about anti-Asian violence," Soul Shoppe (video + resources)

<https://soulshoppe.org/anti-asian-violence-resources/>

"About the impact of anti-Asian hate. I wish I knew what to say to my kids"
(podcast interview with Rep. Andy Kim (D-NJ))

<https://www.washingtonpost.com/podcasts/cape-up/rep-andy-kim-talks-about-the-impact-of-anti-asian-hate-i-wish-i-knew-what-to-say-to-my-kids/>

"Talking to children about anti-Asian bias," NY Times. March 19, 2021.

<https://www.nytimes.com/2021/03/19/well/family/Talking-to-children-anti-Asian-bias.html>

"How to talk to kids about racism," Dr. Betty Choi, Chalk Academy (resource list)

<https://chalkacademy.com/how-to-talk-to-kids-about-racism/>

"Parenting in a climate of anti-Asian racism," Iris Chen, Untigering Mom

<https://untigering.com/parenting-in-a-climate-of-anti-asian-racism/>

"How to talk to kids about anti-Asian racism," Parents Together

<https://parents-together.org/how-to-talk-to-kids-about-anti-asian-racism/>

"How to talk to kids about anti-Asian violence," Connie Chang, Parents.com

<https://www.parents.com/kids/responsibility/racism/how-to-talk-to-kids-about-anti-asian-violence/>

"How to start conversations about anti-Asian racism with your family," Anna Sirriani & Audrie Cornish. March 24, 2021.

<https://kuow.org/stories/how-to-start-conversations-about-anti-asian-racism-with-your-family>

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“How parents can support kids through (and beyond) this latest wave of anti-Asian violence (features interview with Korean American actor/comedian/activist, Margaret Cho,” Christine Koh, CNN. March 18, 2021. h/t Virginia Duan

<https://www.cnn.com/2021/03/18/health/parents-support-kids-asian-hate-crime-wellness/index.html>

“Dr. Carissa Cheh on COVID other harmful social impact: racism, educational delays” Dr. Carissa Cheah, Asian Studies, University of Maryland Baltimore County (podcast, 48min). March 10, 2021.

<https://www.wypr.org/show/midday/2021-03-10/dr-charissa-cheah-on-covids-other-harmful-social-impacts-racism-educational-delays>

“Resources for families to address anti-Asian violence,” San Francisco Unified School District (SFUSD). March 2021.

<http://blog.sfusd.edu/2021/03/resources-for-families-to-address-anti.html?m=1>

“What does racism have to do with me?” Katie Li (educator and parent). Adapted from “A Kid’s Book About Racism.” October 2020. (video + worksheet)

<https://www.youtube.com/watch?v=j75eoC9WXrE>

“Talking to kids about racism.” (age-by-age guide, not Asian specific) UNICEF Parenting. June 9, 2020. <https://www.unicef.org/parenting/talking-to-your-kids-about-racism>

“How to talk honestly with kids about racism.” (not Asian specific) PBS Kids. June 9, 2020.

<https://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism>

“Young, Proud & Sung-Jee: A Children’s Book on Fighting Anti-Asian Racism during Covid19.” August 2020.

<https://www.youngproudsungjee.com/>

II. Readings for pre-K to early elementary (positive identity formation)

“Humanizing Asian Americans in the classroom through children’s literature,” Dr. Monisha Bajaj, Learning through Justice. March 26, 2021.

(also includes recommended reading for middle and high school)

<https://www.learningforjustice.org/magazine/humanizing-asian-americans-in-the-classroom-through-childrens-literature>

On book selection, Loving Little Minds (Facebook).

<https://www.facebook.com/lovinglittleminds/photos/pcb.261009045662880/261008935662891/>

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“8 picture books about imagination and identity...,” New York Times. March 26, 2021.
<https://www.nytimes.com/2021/03/26/books/milo-imagines-the-world-matt-de-la-pena-christian-robinson.html>

“Eyes that kiss in the corners,” Joanna Ho. January 2021.
<https://bookshop.org/books/eyes-that-kiss-in-the-corners/9780062915627>

“From the stars in the sky to the fish in the sea,” Kai Yun Ching and Kai Cheng Thom. November 2017.
<https://bookshop.org/books/from-the-stars-in-the-sky-to-the-fish-in-the-sea/9781551527093>

“Noodles for baby,” Jamie Meckell. May 2011.
https://www.amazon.com/Noodles-Baby-BeachHouse-Publishing/dp/1933067403/ref=asc_df_1933067403/

“100 everyday picture books starring Asian American characters,” Vancouver Public Library.
<https://vpl.bibliocommons.com/list/share/205609413/602055937>

Diversebookfinder (searchable collection of Asian American & BIPOC books)
<https://diversebookfinder.org/books/>

"Diverse books to address anti-AAPI racism & empower our AAPI community," Colorful Pages (reading list for kids and youth). March 20, 2021.
<https://colorfulpages.org/2021/03/20/diverse-books-to-address-anti-aapi-racism-empower-our-aapi-community/>

III. Planned curriculum (recommended primarily by homeschooling families)

Teaching Materials. Zinn Education Project. (Recommended by Lauren Connolly).
<https://bit.ly/3o9VPCx>

“Asian Americans” social justice books list. Teaching for Change Project. (Recommended by Lauren Connolly). <https://socialjusticebooks.org/booklists/asian-americans/>

Asian American resources search. PBS Learning Series. (Recommended by Lauren Connolly)
<https://bit.ly/2RSeua0>

“Humanizing Asian Americans in the classroom through children’s literature,” Dr. Monisha Bajaj, Learning for Justice. March 26, 2021. (Recommended by Lauren Connolly)
<https://www.learningforjustice.org/magazine/humanizing-asian-americans-in-the-classroom-through-childrens-literature>

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“Learning together during challenging times,” Smithsonian Asian Pacific American Research Center. <https://smithsonianapa.org/learn>

“A different mirror: a history of multicultural America ” Ronald Takaki, adapted by Rebecca Stetoff. For Young People Series, 2012 (Grades 5-12. Recommended by Michelle Lin). <https://amzn.to/3hml5mk>

“What is Justice?” Fishtank Learning. January 2021. <https://www.fishtanklearning.org/curriculum/ela/kindergarten/what-is-justice/>

“A kids book about racism” <https://akidsbookabout.com/products/a-kids-book-about-racism>

Blossom & Root h/t anonymous

Blossom & Root has part 1 of an American History program that is very inclusive and tells the unwhite washed version. The creator also has a free anti-racism download of resources.

<https://blossomandroot.com/anti-racism-resources/>

Oak Meadow h/t anonymous

Oak Meadow has a text for parents to examine their views on racism, bias, prejudice, and does a really good deep dive with exploring your views as the teacher. It guides you on how you might want to frame your work as the parent/teacher/guide when approaching this with your student/s. I love it and it is not that expensive. For those that do OM as a curriculum it is offered for free on MLK day every year. I think it is maybe \$20 for any other time of year.

“Fred Korematsu,” curriculum on his life. Korematsu Institute. <http://www.korematsuinstitute.org/fred-t-korematsu-lifetime>

Heritage Packs: Multicultural Lesson Guides

(none specific to Asian Americans or Pacific Islanders)

<https://heritagemom.com/index.php/heritage-packs-multicultural-homeschool-enrichment/>

IV. Planned curriculum (elementary school)

“Addressing Anti-Asian Racism: A Resource for Educators,” Elementary Teachers’ Federation of Ontario (ETFO), Toronto District School Board (TDSB)

<https://www.tdsb.on.ca/Portals/0/docs/Addressing%20Anti-Asian%20Racism%20Resource%20Booklet%20final%20web%20Jan%2024.pdf?fbclid=IwAR0c5storOLrmVCDfP4MQl4XtSD-I2tmYyaJycQzLfl0g78gDdNYrGIseL0>

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“Curriculum/Lesson Plans (K-12),” Asian American Advancing Justice
<https://www.advancingjustice-la.org/what-we-do/curriculum-lesson-plans>

V. Teaching older kids (middle & high school)

“What to do if you or your kids experience racism...,” Virginia Duan, Mom.com. April 28, 2021.
<https://mom.com/kids/what-to-do-if-you-and-or-your-kids-experience-racism/anti-racism-resources-for-kids-and-parents>

“Student voice: Here’s why my high school and others must address anti-Asian racism.” Amy Zhai. Hechinger Report. April 6, 2021 (written by a graduating high school senior)
<https://hechingerreport.org/student-voice-heres-why-my-high-school-and-others-must-address-anti-asian-racism/>

“What Asian American student activists want,” Frances Diep, Chronicle of Higher Education. April 6, 2021.
<https://www.chronicle.com/article/what-asian-american-student-activists-want>

“After Atlanta: Teaching About Asian American Identity & History,” Liz Kleinrock. March 17, 2021. (middle school)
<https://www.learningforjustice.org/magazine/after-atlanta-teaching-about-asian-american-identity-and-history>

“I don’t deserve to be called that...,” Mark Conley. March 21, 2021. (for teenagers)
<https://lookout.co/santacruz/coronavirus/pandemic-life/story/2021-03-21/asian-american-teens-santa-cruz-county-racial-stereotypes>

“Two Asian American kids bullied over COVID19 at Aptos skatepark” (middle schoolers)
<https://kion546.com/news/2020/07/16/two-asian-american-kids-bullied-over-covid-19-at-aptos-skatepark/>

“AAPI Student Processing Space,” Leticia Abeyta (3rd grade teacher), Presidio Hill School, San Francisco, and Jennifer Young (4th grade teacher), San Mateo Foster City School District.
https://docs.google.com/presentation/d/1ETxXKyWphtxYMIBSFyf9Q6W5QAh4e9jy4RAXXHJO-Wc/edit?fbclid=IwAR3kBSr_bpQcOexiHxmKZOKjoKZZGOSfRVECE8TI77EiebawuWTaI3-GOm_o#slide=id.gca20fcb6b2_1_49

“Curriculum/Lesson Plans (K-12),” Asian American Advancing Justice
<https://www.advancingjustice-la.org/what-we-do/curriculum-lesson-plans>

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VI. Talking with elders

“In a role reversal, Asian American [sic] parents seek to protect their parents from hate,”
Vanessa Hua, March 26, 2021.

<https://www.nytimes.com/2021/03/26/well/family/asian-american-hate-racism.html>

“Talking to elders about anti-Asian racism,” Dr. Jenny Wang via Dr. Betty Choi, Chalk Academy
(Chinese, Korean, English languages)

<https://chalkacademy.com/talk-to-asian-elders-about-racism-chinese-korean/>

“She publishes booklets in seven languages to help others... ..” Alaa Elasaar. March 21, 2021.

<https://www.cnn.com/2021/03/21/us/asian-american-hate-crime-booklet-trnd/index.html>

“Want to have better talks with parents about racism...” Sarah Maccammon, NPR. June 9, 2020.

<https://www.npr.org/2020/06/09/873054935/want-to-have-better-conversations-about-racism-with-your-parents-heres-how>

VII. For parents & educators (in conversation)

“What is ABAR?” Liz Kleinrock, Heinemann Publishing.

<https://blog.heinemann.com/what-is-abar-by-liz-kleinrock>

“How to stop hatred aimed at Asian Americans,” Manjusha Kulkarni, Cynthia Choi and Russell M. Jeung, Stop AAPI Hate. March 30, 2021.

<https://www.usatoday.com/story/opinion/2021/03/30/how-stop-rise-hatred-aimed-asian-americans-column/7044033002/>

“A history of exclusion, of erasure, or invisibility...,” TIME magazine.

<https://time.com/5949028/asian-american-history-schools/>

“Dear Educators, It is time to fight for Asian America,” Wayne Au & Moe Yonamine, Common Dreams. March 23, 2021.

<https://www.commondreams.org/views/2021/03/23/dear-educators-it-time-fight-asian-america>

“Learning to be diverse,” Learning for Justice (formerly Teaching Tolerance)

<https://www.learningforjustice.org/learning-plan/learning-to-be-diverse-0>

“Resources for Anti-Asian Discrimination,” We Are Teachers

<https://www.weareteachers.com/resources-anti-asian-discrimination/>

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"Race in America: The Conversation (Part 3) with Liz Kleinrock," NBC Bay Area (video)
<https://www.nbcbayarea.com/news/local/race-in-america-the-conversation-part-3-march-18-2021/2497077/>

"How some teachers are shining light on xenophobic tone of COVID19,"
(podcast interview with Dr. Tommy Chang, Great Public School, Los Angeles)
<https://www.bamradionetwork.com/track/how-teachers-are-shining-a-light-on-the-xenophobic-tone-of-covid19how-teachers-are-shining-a-light-on-the-dark-underbelly-of-covid-19/>

"Roots of anti-Asian hate," Viet Thanh Nguyen, Democracy Now (interview)
https://www.democracynow.org/2021/3/22/anti_asian_hate_atlanta_killings

"Why this wave of anti-Asian racism seems different," Cathy Park Hong, The Atlantic
<https://www.theatlantic.com/ideas/archive/2021/03/cathy-park-hong-anti-asian-racism/618310/>

"No Witness: 'Warrior' and the histories of anti-Asian violence," Min Hyoung Soong, LA Review of Books (essay on 'Warrior' streaming series on Netflix & HBO Max)
<https://lareviewofbooks.org/article/no-witness-warrior-and-the-histories-of-anti-asian-violence/>

"Anti-Asian Violence and Black-Asian Solidarity Today," Tamara K. Nopper, Center for Critical Race & Digital Studies, Asian American Writers Workshop (AAWW). March 23, 2021.
(2 hr video, in-depth lecture)
<https://www.youtube.com/watch?v=MGpo9419ViE&t=2s>

"The history of tensions (and solidarity) between Black and Asian American communities, explained," Jerusalem Demsas & Rachel Ramirez, Vox. March 16, 2021. h/t Virginia Duan
<https://www.vox.com/22321234/black-asian-american-tensions-solidarity-history>

"PBS honors Asian American & Pacific Islander communities through ongoing educational programming." March 2021.
<https://www.pbs.org/about/about-pbs/blogs/news/pbs-honors-asian-american-and-pacific-islander-communities-through-ongoing-educational-programming/>

"A guide to equity and anti-racism for educators," Edutopia. June 2020.
<https://www.edutopia.org/article/guide-equity-and-antiracism-educators>

VIII. On self-care, mental health & wellness

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“Can therapy ease the trauma of US racist attacks and systemic racism?” April 30, 2021.

<https://www.reuters.com/world/us/can-therapy-ease-trauma-us-racist-attacks-systemic-racism-2021-04-29/>

“How surge in hate crimes is pushing Asian Americans to stand up for mental health,” Allyson Escobar & Deepa Bharath. Press-Enterprise. April 22, 2021.

<https://www.pe.com/2021/04/22/how-surge-in-hate-crimes-is-pushing-asian-americans-to-stand-up-for-mental-health/>

“The collective trauma of anti-asian hate: we talk to 5 mental health experts,” Josie Huang. April 1, 2021.

https://laist.com/2021/04/01/collective_trauma_anti-asian_hate_mental_health_experts.php

“What’s driving the surge in anti-Asian hate crimes...” Everyday Health. March 25, 2021

<https://www.everydayhealth.com/emotional-health/whats-driving-the-surge-in-anti-asian-crimes-and-how-can-we-help-the-victims/>

“The talk my Chinese parents never had with me,” Karen Yuan. March 25, 2021.

<https://www.theatlantic.com/health/archive/2021/03/asian-parents-silence-racism-atlanta/618412/>

“Searching for ‘opportunities to heal’ amidst anti-Asian violence” Tenzing Chosang. March 24, 2021.

<https://yr.media/news/searching-for-opportunities-to-heal-amidst-anti-asian-violence/>

Self-care for Asian Americans & Pacific Islanders amid racial trauma, Lyra. March 22, 2021

<https://www.lyrahealth.com/blog/self-care-asian-americans-pacific-islanders-amid-racial-trauma/>

“Amid attacks, Asian Americans challenge traditions that discourage speaking out, seeking therapy,” Marian Lu. March 22, 2021.

https://www.washingtonpost.com/lifestyle/wellness/asian-attacks-therapy-atlanta-shooting/2021/03/22/8e3aa65a-88f2-11eb-8a8b-5cf82c3dffe4_story.html

“Grief, anguish and healing after the Atlanta spa murders,” Dr. Ravi Chandra, Psychology Today

<https://www.psychologytoday.com/us/blog/the-pacific-heart/202103/grief-anguish-and-healing-after-the-atlanta-spa-murders>

“Anti-Asian hate: ‘eating bitterness’ and empathy,” Dr. Yenting Chen, Medical News Today

We need to feel comfortable sharing our own painful personal stories. This is how communication begins.

<https://www.medicalnewstoday.com/articles/anti-asian-hate-eating-bitterness-and-the-role-of-empathy>

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East Bay Meditation Center People of Color Sangha, Thursday nights. Oakland CA via Zoom.
<https://poc.eastbaymeditation.org/>

IX. Mutual aid

1. Asian American Support Resource List (New York City)
https://docs.google.com/spreadsheets/d/1QVYClvH2IT9IWSD7aWaVHW9qp0G8F5paztJYG_UUk7E/edit?fbclid=IwAR0G-DheEpUgxFqw-hxxC5LqTrfRB8zFcl-IOUXZpANexbCa8sWKaEKDCzU#gid=0
2. Compassion in Oakland (walking buddies for elders)
<https://compassioninoakland.org/about-us>
3. San Jose Japantown (California)
<https://www.kqed.org/news/11866642/japantown-prepared-wants-to-keep-san-jose-asian-seniors-safe>

Community-Based Organizing, Business & Political Initiatives

“By-Stander Intervention Training,” iHollaback & Asian Americans Advancing Justice (FREE.Ongoing. Registration required.)
<https://www.ihollaback.org/bystanderintervention/>

Asian American Racial Justice Toolkit (comprehensive 250-page PDF from 14 organizations)
https://drive.google.com/file/d/1uFustjTpFrL46DvIfu-XnI_6UswRfAPn/view
“National Day of Action” (USA). March 26, 2021.
<https://www.asianamericandayofaction.com/>

“In show of bipartisan solidarity, 25 governors and more than 60 former officials condemn anti-Asian attacks,” Seung Ming Kim & David Nakaumra. March 26, 2021.
https://www.washingtonpost.com/politics/more-than-60-former-officials-condemn-anti-asian-attacks/2021/03/25/8b024ca0-8dc4-11eb-aff6-4f720ca2d479_story.html

“I’m not a virus: Silicon Valley lawmaker unveils plan to combat anti-Asian hate,” San Jose Spotlight, March 24, 2021
<https://sanjosespotlight.com/im-not-a-virus-silicon-valley-lawmaker-unveils-plan-to-combat-anti-asian-hate/>

House Judiciary Hearing on violence against Asian Americans. March 18, 2021.

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<https://www.youtube.com/watch?v=wTX5H6mFP8c>

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