

Supporting Students, Staff, and Families Impacted by Anti-Asian American and Pacific Islander Racism

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support youth, families, schools, and communities impacted by anti-AAPI (Asian American and Pacific Islander) racism.

American Academy of Pediatrics

[Talking to Children About Racism: The Time is Now](#) This resource will help Parents talk to their children about the very important issue of Racism. As Kids see a lot of new information from a wide array of sources, this resource helps parents communicate with their children about this issue.

The Gay, Lesbian, and Straight Education Network (GLSEN)

[Erasure and Resilience: The Experiences of LGBTQ Students of Color, AAPI LGBTQ Youth in US Schools](#) is one of a series of reports on LGBTQ students of color that examines the school experiences of Asian American and Pacific Islander (AAPI) LGBTQ youth.

Harvard University Counseling and Mental Health Services

[Anti-Asian Racism Resource](#). Since the global spread of the COVID-19, the FBI and news outlets have reported an increase in anti-Asian racism and xenophobia. To help manage, here are some resources and helpful information.

International Social Work (Journal)

[Stand Against Anti-Asian Racial Discrimination During COVID-19: A Call for Action](#). This essay reviews the prevalence and consequences of anti-Asian racial discrimination during COVID-19 and calls for actions in practice, policy, and research to stand against it.

Massachusetts General Hospital Institute of Health Professions

[Let's Talk! Supporting Asian and Asian American Students Through COVID-19](#). This webinar series is a collaboration between MGH Institute of Health Professions, the MGH Center for Cross-Cultural Emotional Student Wellness, and the Harvard Graduate School of Education Let's Talk! Conference.

National Association of School Psychologists (NASP)

[Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators.](#) School personnel need to be prepared to prevent and to intervene quickly and effectively in the presence of abusive behaviors.

[NASP Condemns Violence Against AAPI Communities, Urges Schools to Reinforce Student's Safety, Well-being.](#) NASP addresses the roles of schools in violence prevention and supporting Asian American and Pacific Islander students and provides a resource list.

National Child Traumatic Stress Network

[Addressing Race and Trauma in the Classroom: A Resource for Educators.](#) Helps educators understand how they might address the interplay of race and trauma and its effects on students in the classroom. The guide outlines recommendations for educators and offers a list of supplemental resources. It should be implemented in accordance with individual school policies and procedures.

National Mass Violence and Victimization Resource Center

[The Transcend app](#) was developed by the National Mass Violence and Victimization Resource Center (NMVVC) for survivors, their families, and anyone who would like to support those affected by mass violence. The app provides resources and information about common reactions to mass violence and strategies for recovery.

The New York Times

[Lesson of the Day: A Rise in Attacks on Asian-Americans.](#) In this lesson, you will learn about racism against Asian-Americans, which has increased during the pandemic, and consider what you can do to stop it in your school or community.

National Public Radio and Vice News

[NPR's Ari Shapiro talks with VICE staff writer Bettina Makalintal](#) about the surge in violence against Asian Americans.

Nova Southeastern University Florida

[Webinar: Racism and COVID-19 – Supporting Asian American Youth Throughout the School Year.](#) In this webinar Iryna Kasi, Ph.D., Shannon Worton, Psy.D., Youmeizi (Mable) Peng, James Nguyen, and Jessica Choe discuss supporting Asian American youth in the face of racism during the COVID-19 pandemic.

Perspectives on Urban Education (journal)

[The Voice of Asian American Youth: What Goes Untold](#). This piece is written by high school student Owen Setiawan. "As a member of this generation, I will no longer allow for inequality and injustice to walk free."

Psychological Trauma: Theory, Research, Practice, Policy (Journal)

[Psychological Impact of Anti-Asian Stigma Due to the COVID-19 Pandemic: A Call for Research, Practice, and Policy Responses](#). Researchers discuss the need to consider the potential harms of anti-Asian sentiments through research, practice, and policy.

Society for Research in Child Development

[Addressing Inequities in Education: Considerations for Asian American Children and Youth in the Era of COVID-19](#). School and community leaders must proactively address COVID-19 related social stigma and discrimination, take steps to ensure Asian American children's psychological and physical safety, and address social-emotional and academic needs.

Stop AAPI Hate

[Stop AAPI Hate Resources](#). Safety tips and state and federal laws to support those experiencing or witnessing hate.

Substance Abuse and Mental Health Services Administration

[Disaster Distress Helpline](#). Call or text **1-800-985-5990** (for Spanish, press "2") to be connected to a trained counselor 24/7/365.

Teaching for Justice

[Addressing Anti-Asian Bias](#). Amid the pandemic, Asian American people continue to experience racism, violence and harassment. These resources can help you teach the historical precedents for this moment, introduce ways for students to recognize and speak up against coronavirus racism, and start conversations with even the youngest learners about recognizing and acting to address injustice.

[After Atlanta: Teaching about Asian American Identity and History](#). One LFJ award winner shared the conversation she started with students the day after the attacks in Atlanta and recommends resources anyone can use to teach about Asian American history and identity. **Texas A&M University**

[Culturally-Competent School Counseling With Asian American Adolescents](#). A historical overview of Asian immigration and common cultural beliefs are

discussed. A model for working with Asian American adolescents in the schools is provided as well as suggestions for counseling with Asian American adolescents.

University of Connecticut, Professor Jason Oliver Chang

[This page](#) is intended to gather textual and digital resources to provide easy access to material useful for teach-ins, talking points, and classroom teaching.