

Resources to Help You & Family Process Past and Current Anti-Asian Racism

COVID19 Family Assessment:

<https://therapyredeemed.files.wordpress.com/2020/03/covid-19-family-assessment-1.pdf>

See full selection of COVID19 Resources:

<https://therapyredeemed.wordpress.com/covid-19/>

Info related to the shooting in Atlanta:

https://en.wikipedia.org/wiki/2021_Atlanta_spa_shootings

Learn more about the victims:

<https://www.theguardian.com/us-news/2021/mar/19/atlanta-spa-shootings-victims-named>

GoFundMe for Atlanta victims:

<https://www.thecut.com/2021/03/atlanta-spa-shooting-victims-what-we-know.html?fbclid=IwAR1qnjK4t46zIpyTWvfWi-nl0-oeG2wafCVoDMqLIMVJeStQ-WA0W-6zWEc>

Consider ways to support:

<https://time.com/5947603/how-to-help-fight-anti-asian-violence/>

Respond to anti-Asian violence with Asian American Christian Collab:

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

Learn more about "Stop AAPI Hate":

<https://stopaapihate.org/>

Learn more about the history of "Asian America":

<https://www.hannahjmatthews.com/product-page/heytra-s-31-takeaways-for-asian-american-history-month>

Anti-racism is urgent for people of color as well as their white peers:

<https://www.nacac.org/resource/seven-tasks-for-parents/>

Learn more about the impact of trauma on the body:

<https://www.childtrauma.org/>

...and the biological response to stress:

<https://therapyredeemed.wordpress.com/2019/05/17/what-could-a-red-balloon-teach-us-about-trauma/>

Access additional anti-racism resources:

<https://therapyredeemed.wordpress.com/2020/05/27/anti-racism-resources/>

Articles

By Faith Magazine: Struggling to Untangle the Atlanta Shooting (thanks to my former pastor for sharing!):

https://byfaithonline.com/struggling-to-untangle-the-atlanta-shooting/?fbclid=IwAR0STwVMfmsKW5tlaaHHWn2ccYDqBbPXaiFy95GT5-VRCGfgROF0W_zRrDE

Time Magazine | Nicole Chung: My White Adoptive Parents Struggled to See Me as Korean. Would They Have Understood My Anger at the Rise in Anti-Asian Violence?

https://time.com/5948949/anti-asian-racism-white-adoptive-family/?fbclid=IwAR3UrvW4dhYJOH99IWNc8760XYh5E7TSj5fle9sJPQAEkVmf_xtjuE2sooc

Vox Magazine | by Jerusalem Demsas and Rachel Ramirez: The history of tensions — and solidarity — between Black and Asian American communities, explained. How white supremacy tried to divide Black and Asian Americans — and how communities worked to find common ground.

https://www.vox.com/22321234/black-asian-american-tensions-solidarity-history?fbclid=IwAR2a4P_4G3lbKDgsV2AFkV2yLuF5o_0RZYwEwSZxH4dWHrlf3f-kIkx58Dc

Tara Vanderwoude: I'm Not an Exotic Asian

<http://www.taravanderwoude.com/running-thoughts/2014/5/27/im-not-an-exotic-asian?fbclid=IwAR0QSOLg7vxiDILbeDdx9YavpUV46zCz67zQ2VFuAhpmS2Ur98eH8pEAqzY>

Roxanne Gay: A White Man's Bad Day

https://audacity.substack.com/p/a-white-mans-bad-day?fbclid=IwAR1K0i9hE4EjG7hmpZa6spX6wssTFzWfL_zSSC1d48APBoGnG6DZ7DFqtE

CNN | Ashley Vaughan: Attacks against Asian Americans are on the rise. Here's what you can do.

https://us.cnn.com/2021/03/05/us/how-to-support-the-aapi-community-iyw-trnd/index.html?fbclid=IwAR18zCO_dn7If0EyqJr7gCXB9CuTFSe1JgF13iGbgc7ZaaGYgBSq1KCQU4I

Huffpost | Sarah Ruiz-Grossman: First Korean American Congresswoman Urges People To Call Racist Anti-Asian Violence What It Is: Rep. Marilyn Strickland said of the mass shooting of Asian women in Georgia: "We must stop making excuses or rebranding it as ... sexual addiction."

https://www.huffpost.com/entry/strickland-first-korean-american-congresswoman-georgia-shooting-racism_n_60524dbdc5b6f2f91a2e5e51

Washington Post | Joe Heim: The author of 'Just Mercy' says we've made talking about race political — and that has to change.

https://www.washingtonpost.com/lifestyle/magazine/the-author-of-just-mercy-says-weve-made-talking-about-race-political--and-that-has-to-change/2021/03/11/a7eaa70e-7069-11eb-85fa-e0ccb3660358_story.html

Medium | Tony Hynes: I Am the Black Adoptee of White Parents: What George Floyd Taught Me About Race and the Adoption Industry
<https://medium.com/hynes-on-adoption/i-am-the-black-adoptee-of-white-parents-what-george-floyd-taught-me-about-race-and-the-adoption-5052180d8b56>

Medium | Rachel Koelzer: Asian Adoptees: Asserting Our Place in the AAPI Community
<https://rachel-koelzer.medium.com/asian-adoptees-are-asian-asserting-our-rights-to-our-stories-experiences-and-lives-ca927cf6598f>

AAPI History Starter Pack | living document with additional resources (thank you to my friend Amber for sharing!!)

[https://docs.google.com/document/u/0/d/](https://docs.google.com/document/u/0/d/1tFCx2XP74MMMbPWuWN8teaCX5_i3VEvubWlC8DUHQFw/mobilebasic)

[1tFCx2XP74MMMbPWuWN8teaCX5_i3VEvubWlC8DUHQFw/mobilebasic](https://docs.google.com/document/u/0/d/1tFCx2XP74MMMbPWuWN8teaCX5_i3VEvubWlC8DUHQFw/mobilebasic)

