

Anti-Asian Hate AND THE COVID-19 PANDEMIC

March 23, 2021



The Asian American community has long struggled for visibility and equity, and now our communities are facing additional physical and mental health harms arising out of the COVID-19 pandemic.

Over the past year, we have seen a sharp increase in anti-Asian hate crimes and hate incidents. [Asian Americans Advancing Justice | AAJC](#) has been working to raise awareness about increased racism and discrimination against Asian Americans who are being wrongly blamed for the coronavirus. This discrimination is taking many forms from hostility and suspicion that Asian Americans are carriers of the coronavirus to verbal abuse, harassment, and even physical violence. Below is a sampling of media coverage of these issues:

- Video: [‘We are crying out for help’: Actors, activist sounding alarm on surging attacks against Asian Americans](#), American Voices - MSNBC, February 7, 2021 (9 minutes)
- News article: [As attacks against Asian Americans spike, advocates call for action to protect communities](#), CNN, February 13, 2021
- News article: [Attacks on Asian Americans during pandemic renew criticism that U.S. undercounts hate crimes](#), Washington Post, February 22, 2021
- News article: [‘Words matter’ as Asian American leaders urge action against hate crimes](#), PBS NewsHour, February 23, 2021
- Video: [Asian Americans: Battling Bias](#), CBS News, October 9, 2020 (27 minutes)

Through our anti-hate work, [Asian Americans Advancing Justice | AAJC](#) strives to ensure that the civil rights and human rights of Asian Americans are protected.

[Advancing Justice | AAJC](#) works to advance laws and policies that address anti-Asian hate, including improvements to hate crimes laws and government data collection, and advocating for increased resources to respond to hate crimes and hate incidents. [Advancing Justice | AAJC](#) works with policy makers on the Hill, in the White House, and in executive agencies; with civil rights advocates, including the Leadership Conference on Civil and Human Rights Hate Crimes Task Force; community leaders, including our Community Partners Network of 160+ AAPI-serving community-based organizations; and the media to address anti-Asian racism and xenophobia.



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What can you do?

01

Report and help us document hate and harassment

We encourage community members who have experienced anti-Asian hate to share their experiences and report to our website [StandAgainstHate.org](https://standagainsthate.org), which is accessible in Chinese, Korean, and Vietnamese.

Asian Americans Advancing Justice created this site in January 2017 to capture information about the increase in hate connected to the 2016 election cycle. Starting in February 2020, the overwhelmingly majority of reports involved accounts of anti-Asian harassment connected to COVID-19. Through Stand Against Hatred, we document hate crimes, harassment, and discrimination experienced by our community. As we state on the site, when people submit reports, they are aiding our efforts to monitor and push back against hate.

"By sharing what you experienced or witnessed, you can educate the public, empower others, show service providers where help is needed, and strengthen advocacy efforts for hate crimes response and prevention."

03

Follow Advancing Justice | AAJC to receive updates about our work, including ways to get directly involved in our advocacy efforts.

- Go to advancingjustice-aajc.org/get-involved, look for "Stay in the Know / Join our email list," and sign up!
- Follow us on social media:
 - Facebook: [@advancingjusticeaaajc](https://www.facebook.com/advancingjusticeaaajc)
 - Twitter: [@AAAJ_AAJC](https://twitter.com/AAAJ_AAJC)
 - Instagram: [@advancingjustice_aaajc](https://www.instagram.com/advancingjustice_aaajc)

02

Learn intervention techniques

Advancing Justice | AAJC has partnered with [Hollaback!](https://www.hollaback.com/) to make training available to equip people with techniques on how to safely intervene when they see or experience anti-Asian harassment. To find an up-to-date list of workshops and register, click on the titles below:

[Bystander Intervention to Stop Anti-Asian/American Harassment and Xenophobia](#)

- Learn about the basics of intervention and the spectrum of disrespect experienced by Asians/Asian Americans. Then, put what you've learned into practice.

[Conflict De-Escalation Training \(Bystander Intervention 2.0\)](#)

- Take your intervention skills a step further by using patience, empathy, and a willingness to listen to directly de-escalate conflict with a harasser.

[How to Respond to Harassment for People Experiencing Anti-Asian/American Harassment](#)

- This training is for Asians and Asian Americans to learn how to trust their instincts, reclaim their space, and practice resilience following an act of hate.

04

Additional resources:

- [Coronavirus / COVID-19 Resources to Stand Against Racism](#)
- [Resources for the Asian American Community on Anti-Blackness](#)
- For local resources, please see – [and continue to add to](#) – this crowd-sourced document that Asian Americans Advancing Justice | AAJC put into circulation right before the Lunar New Year:
 - [AAPI Anti-Hate Community Resources](#)

