

## **Parent and Family Resources - How to Talk to Children about Recent Events in Atlanta (March 2021)**

*This document was created by the Travell DEI Committee for Travell parents and families to support them in how to talk about last week's events in Atlanta. Contact the Travell DEI committee at [TravellDEI@gmail.com](mailto:TravellDEI@gmail.com) with any questions.*

Herein you'll find resources organized in the following categories:

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### **Talking to Your Kids About Racism**

#### [Anti-Racism for Kids: An Age-by-Age Guide to Fighting Hate](#)

In an era rife with division, bias incidents darken our news feeds and escalate our anxiety. We asked leading experts how parents can shield their children from—and shepherd them through—a world that seems hell-bent on hate.

[Viral Tik Tok Video Models Parent-Child Discussion on Anti-Asian Violence](#) This ABCNews video features a Korean-American mother talking to her kids about the recent murders in Atlanta. The article goes on to suggest tips for how to have these same conversations with our children.

#### [Dancing Panda Blog: Helpful Script for Discussing the Atlanta Violence with Young Kids](#)

Dancing Panda Founder & CEO--and Travell mom--Deb Lee shares how she spoke to her young children about the events in Atlanta.

[NPR: How to Talk to Kids about Anti-Asian Racism](#) Audio (8:12) and transcript of a conversation between NPR anchor Audie Cornish, author and *Slate* advice columnist Nicole Chung, and neuroscientist and parenting book author Christine Koh, about discussing anti-Asian racism and discrimination with their children.

#### [Guide for Parents of Asian/Asian American Adolescents in Discussing Anti-Asian Racism](#)

The William James College Center for Multicultural and Global Mental Health (CMGMH) Asian Mental Health Program, in collaboration with the Massachusetts General Hospital (MGH) Center for Cross Cultural Student Emotional Wellness, has developed a Guide to provide parents with the knowledge and skills to effectively support their older children. The guide is provided in [multiple languages](#).

[Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers \(nasponline.org\)](#) The National Association of School Psychologists shares tips for combatting Covid-related stigma and other anti-Asian racism in our children's community.

[How to Talk to Your Child About the News \(for Parents\) - Nemours KidsHealth](#) Children may worry about current events and need an adult to help make sense of what's happening. Help your child understand the news and feel more at ease by taking these steps:

### **Books for Kids on Anti-racism**

[Young, Proud, and Sung-jee by Joyce Y. Lee and Emily Ku](#) A picture book to help generate meaningful discussions between adults and young children about anti-Asian racism. The book is available now free to download.

[All the Colors We Are by Katie Kissinger](#) Offers children a simple, scientifically accurate explanation about how our skin color is determined by our ancestors, the sun, and melanin. It's also filled with colorful photographs that capture the beautiful variety of skin tones. Helps kids build positive identities as they accept, understand, and value our rich and diverse world. Unique activity ideas are included to help you extend the conversation with children.

### **Mental Health Resources and Support Groups**

[13 Mental Health & Wellness Resources For Asian-American Communities:](#) A list of mental health and wellness resources for AAPI communities that aim to shatter the stigma around mental health and help people get the support they need.

[Asian Mental Health Collective:](#) It is the mission of the Asian Mental Health Collective to normalize and de-stigmatize mental health within the Asian community. The Asian Mental Health Collective aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.

[The Asian Mental Health Project:](#) In many Asian American communities, and in the greater American population, there exists a general lack of knowledge about mental health and mental illnesses. Because many of the symptoms of suffering are "invisible," it is often harder for mental illnesses to be acknowledged. There is a misconception that struggling with mental health is a choice or a sign of weakness. The Asian Mental Health Project aims to dispel this belief and provide resources that are accessible to all.

[SouthAsianTherapists.org:](#) Home of the largest global community of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghani and Nepali heritage. Here you can find culturally competent South Asian mental health professionals to help you get the support you're looking for.

## **Want to Learn More? Listen and Learn About the Asian American Experience**

Resources for Parents on Anti-Asian Bias, Its Historical Context, and Present-day Manifestations

### **READ:**

[“Anti-Asian Racism Has Families Fearing For Their Safety”](#) *Parents* magazine article on how families across the country are experiencing racism and xenophobia in their daily lives—plus how we can all work to stop Asian hate.

[Anti-Asian racism and COVID-19 | Colorado Arts and Sciences Magazine | University of Colorado Boulder](#) Dr. Jennifer Ho, Professor of Ethnic Studies at UC Boulder and President of the Association for Asian American Studies, succinctly outlines the history of anti-Asian racism in the US and ties it to the recent spate of harassment experienced by the AAPIA community in the wake of the Covid pandemic.

[What Is the Model Minority Myth?](#): This article explains the model minority myth and how it drives a wedge between Asians and BIPOC groups.

[The Making of Asian America by Erika Lee](#) A “comprehensive...fascinating” (The New York Times Book Review) history of Asian Americans and their role in American life, by one of the nation’s preeminent scholars on the subject.

### **WATCH:**

[Daniel Dae Kim Testifies Before Congress](#)

Daniel Dae Kim’s testimony (5:33) touches on the wide array of Asian-American experiences, the Model Minority Myth, the erasure of Asian stories from American history, and lends his support for anti-hate crime legislation currently making its way through Congress. (We recommend parent preview first.)

[“A Conversation With Asian-Americans on Race” - the New York Times \(nytimes.com\)](#)

A short film (7:19) featuring Asian-Americans discussing their personal experiences and perspectives on racial discrimination and stereotyping, as part of the [“A Conversation on Race” Series from the New York Times](#).

[PBS's Asian American Documentary Series](#)

PBS has made their entire collection of documentaries about Asian American History in the US available to stream for free (recommended for older children viewing with parents).

### **LISTEN:**

[Asian Enough](#) From the Los Angeles Times, “Asian Enough” is a podcast about being Asian American -- the joys, the complications and everything else in between.

## Want to Do More? Opportunities for Action and Allyship

[USA TODAY: "Here's how to be an ally to the \[Asian\] community."](#) This *USA Today* article offers advice for non-Asian families on how to go about organizing with, advocating for, and supporting your Asian and Asian-American community members.

### DONATE:

- [NAPAWF ATL](#) has been working to support Asian women in Atlanta on the ground for years. They also have chapters around the country if you prefer to keep your donations local.
- [Asian Americans Advancing Justice in Atlanta](#) is raising funds for the victims' families.

### ADVOCATE:

- Are the organizations to which you belong working to foster inclusion and eliminate anti-Asianness? Let's be sure they're making it a priority.
- Do you feel prepared to call out racist/misogynistic behavior when you see it? If not, several organizations offer tips on safe and effective ways to step in when you witness harassment. (See [Hollaback!](#) and their current offerings for bystander training.)
- Learn about what your local Asian community needs and show up to city council meetings to talk about it

### SUPPORT:

- Buy from local Asian restaurants and businesses, particularly gift certificates from Asian-owned spas, given the nature of the Atlanta tragedy.
- Attend the #StopAsianHate Rally tentatively planned for mid-afternoon on Saturday, April 10, 2021 at Van Neste Square Memorial Park in Ridgewood, NJ.

**#StopAAPIHate: 5 Things To Consider When Experiencing Hate**

- 1 SAFETY FIRST:** Trust your instincts and assess your surroundings. If you feel unsafe and you are able to, leave the area.
- 2 STAY CALM:** Take a deep breath, limit eye-contact, and maintain neutral body language.
- 3 SPEAK OUT (if you can do so safely):** In a calm and firm voice establish physical boundaries, and denounce their behavior and comments.
- 4 SEEK IMMEDIATE SUPPORT:** Ask bystanders for support or intervention.
- 5 SEEK EMOTIONAL SUPPORT:** Once you feel safer, take time to recover and reach out to someone to talk about what happened. Remember this is not your fault, and you are not alone.

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Report incidents at [stopaapihate.org](http://stopaapihate.org)

## #StopAAPIHate: 5 Ways To Help If You Are Witnessing Hate

- 1 TAKE ACTION:** Approach the targeted person, introduce yourself, and offer support.
- 2 ACTIVELY LISTEN:** Ask before taking any actions and respect the targeted person's wishes. Monitor the situation if needed.
- 3 IGNORE ATTACKER:** Using your discretion, attempt to calm the situation by using your voice, body language, or distractions.
- 4 ACCOMPANY:** If the situation escalates, invite the targeted person to join you in leaving.
- 5 OFFER EMOTIONAL SUPPORT:** Help the targeted person by asking how they're feeling. Assist them in figuring out what they want to do next.



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