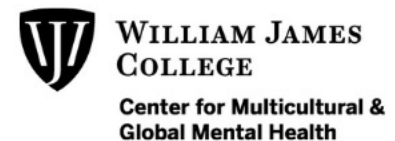




**COVID-19 has dramatically impacted our
Asian community**

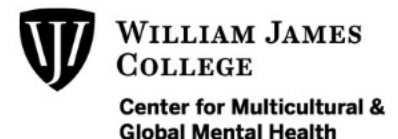
**how are you and your children
talking about racism?**

05:00



Talking to Teens about Anti-Asian Discrimination in the Era of COVID-19

- Welcome
- History & Background
- COVID-19: Here & Now
- Guide for Parents
- What More Parents Can Do
- Q&A
- Closing Remarks



Talking to Teens about Anti-Asian Discrimination in the Era of COVID-19: Guidance from Research and Practice



Justin Chen, MD



H. Chris Hahm, PhD



Cindy H. Liu, PhD



Michelle Mu



Catherine Vuky, PhD



Ellen Yang, MA

Model Minority or Yellow Peril?

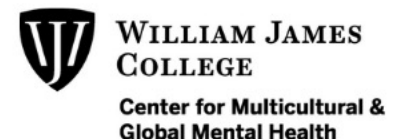
Anti-Asian Racism in the US and Mental Health Risks for our Youth



Justin Chen, MD

Executive Director, MGH Center for Cross-Cultural Student
Emotional Wellness

Medical Director, Ambulatory Psychiatry, Mass General Hospital
Assistant Professor, Harvard Medical School



'NO CHINESE ALLOWED' Coronavirus fuels racist backlash with calls to 'nuke' China and shops banning Chinese customers over killer bug

Felix Allen
30 Jan 2020, 10:19 | Updated: 30 Jan 2020, 11:57

Woman wearing face mask attacked in possible coronavirus hate crime

By Anabel Sosa and Lee Brown February 5, 2020 | 8:46am | Updated

Asian woman with a face mask attacked in NYC in possible hate crime

NEW YORK POST

Search US edition

The Guardian

Calla Wahlquist and Australian Associated Press
@callapilla
Wed 26 Feb 2020 21:13 EST

373

Doctors and nurses at Melbourne hospital racially abused over coronavirus panic

Parents at the Royal Children's hospital have refused to let doctors and nurses of 'Asian appearance' treat their children, hospital

Coronavirus crisis - live updates

Chinesin (23) von zwei Frauen rassistisch beleidigt, bespuckt und verprügelt



The Star

Leaks, Taps, Bathrooms, Ball Valves, Blocked Drains & Guttering.

News > Crime

Chinese student attacked in Sheffield over coronavirus

A community leader has pleaded for greater understanding between different groups after a Chinese student was attacked in Sheffield for trying to protect herself and...

Dr. Nadia Alam @DocSchmadia

Today my son was cornered at school by kids who wanted to "test" him for #Coronavirus just because he is half-Chinese. They chased him. Scared him. And made him cry.

I was the same age when I was bullied for being Pakistani.

It's 2020. I thought things had changed by now... 💔

9:21 PM · Jan 29, 2020 · Twitter for iPhone

6.4K Retweets 31.8K Likes

npr 89.7 WGBH Boston's Local NPR

SIGN IN NPR SHOP DONATE NOW

NEWS ARTS & LIFE MUSIC SHOWS & PODCASTS SEARCH

CODE SWITCH

When Xenophobia Spreads Like A Virus

March 4, 2020 · 12:37 AM ET

NATALIE ESCOBAR

25-Minute Listen

... faster than coronavirus in assaults and ignorant attacks against Asians

atasha Chen and Dushyant Naresh, CNN

3:02 PM ET, Fri February 21, 2020

ian assaults a woman wearing a face mask, calling

an proclaims Chinese people are filthy and says from China."

ormation about the novel coronavirus, experts say, ic attacks against fellow Americans or anyone in

... can Teen Assaulted in After Bullies Accused of Coronavirus

been released, was reportedly taken to the emergency

08:05 PM

ES
iral &
I

STOP
AAPI
HATE

9/17/20: Stop AAPI Hate Youth Report

- 341 of 2500 self-reported hate incidents involved AAPI youth nationally (16%)
 - >50% involved anti-Chinese hate speech
 - 24 (7%) involved physical assault
 - Although adults were present in 48% of the cases, bystanders intervened in only 10%



// The constant feeling that I must have a heightened awareness of my surroundings whenever my family and I go outside made me feel vulnerable. //

—Stop AAPI Hate, Youth Campaign intern Cassie Eng



BRIGHAM AND
WOMEN'S HOSPITAL

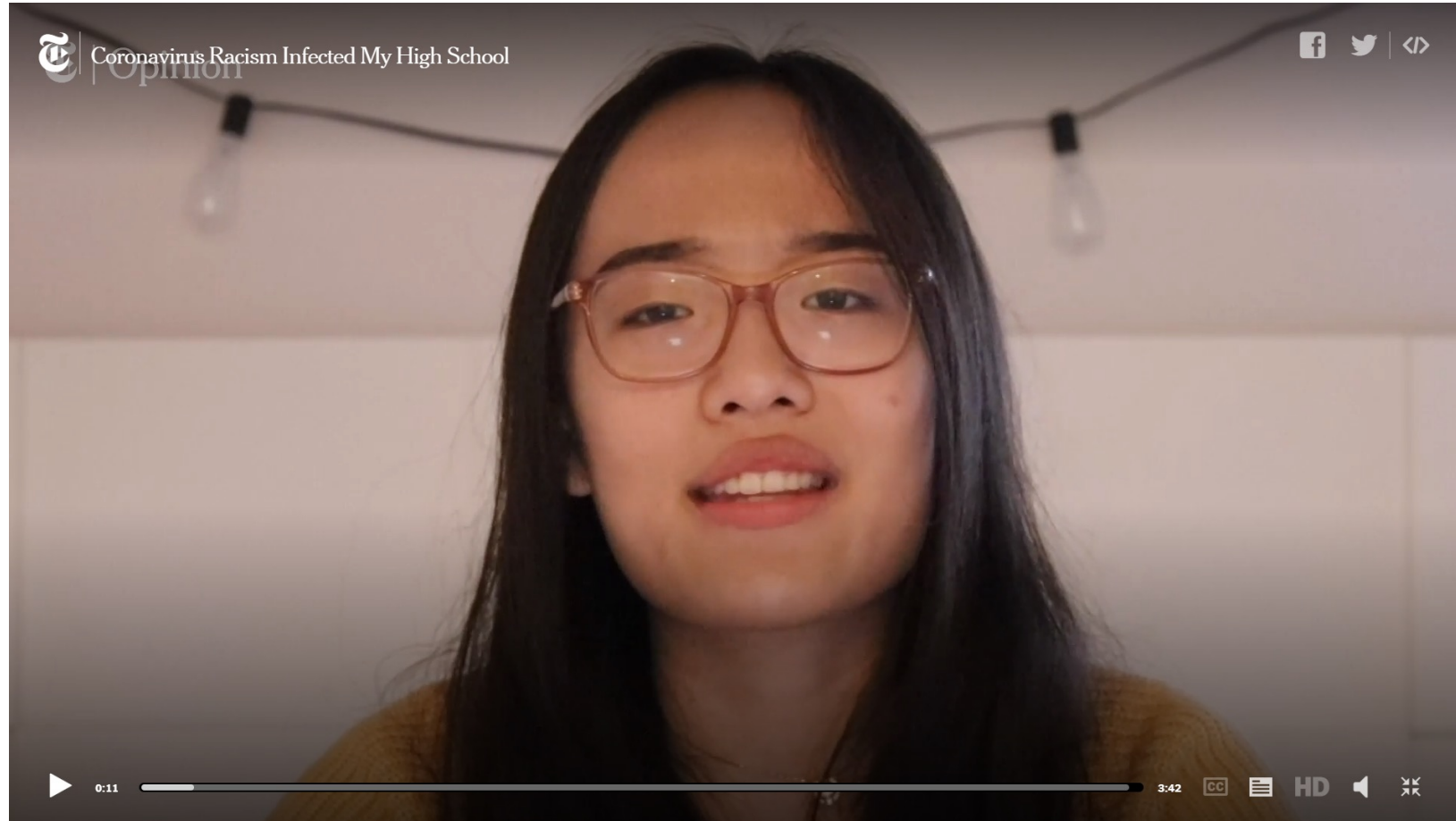


The MGH Center
for Cross-Cultural Student
Emotional Wellness

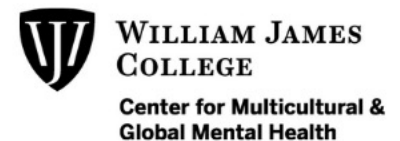


WILLIAM JAMES
COLLEGE
Center for Multicultural &
Global Mental Health

NYT: Coronavirus Racism Infected My High School

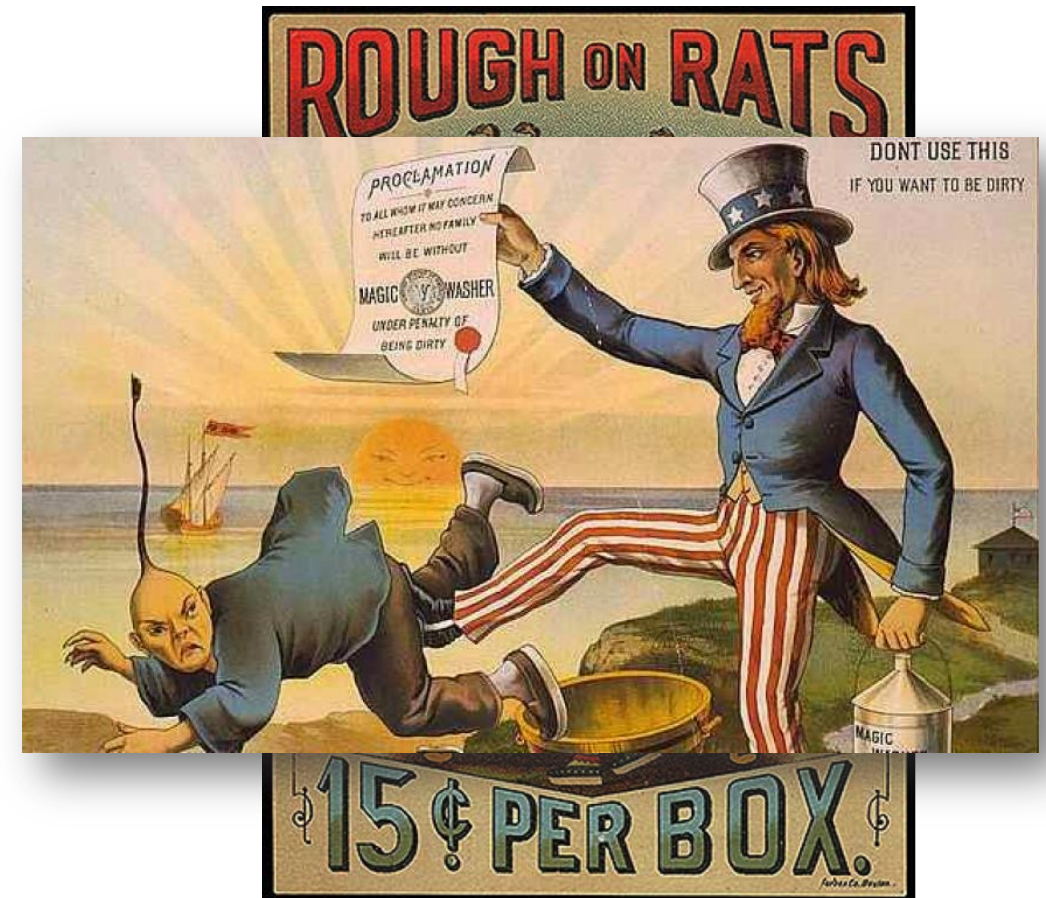


www.nytimes.com/video/opinion/10000007028034/racism-coronavirus-asians.html

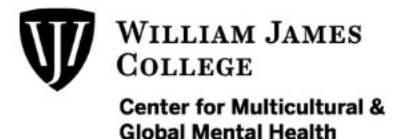


Long history of anti-Asian discrimination in U.S.

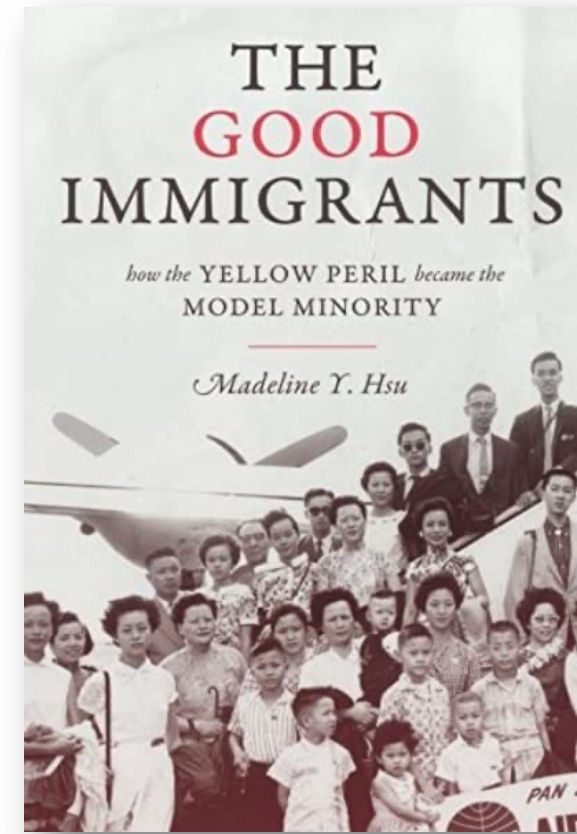
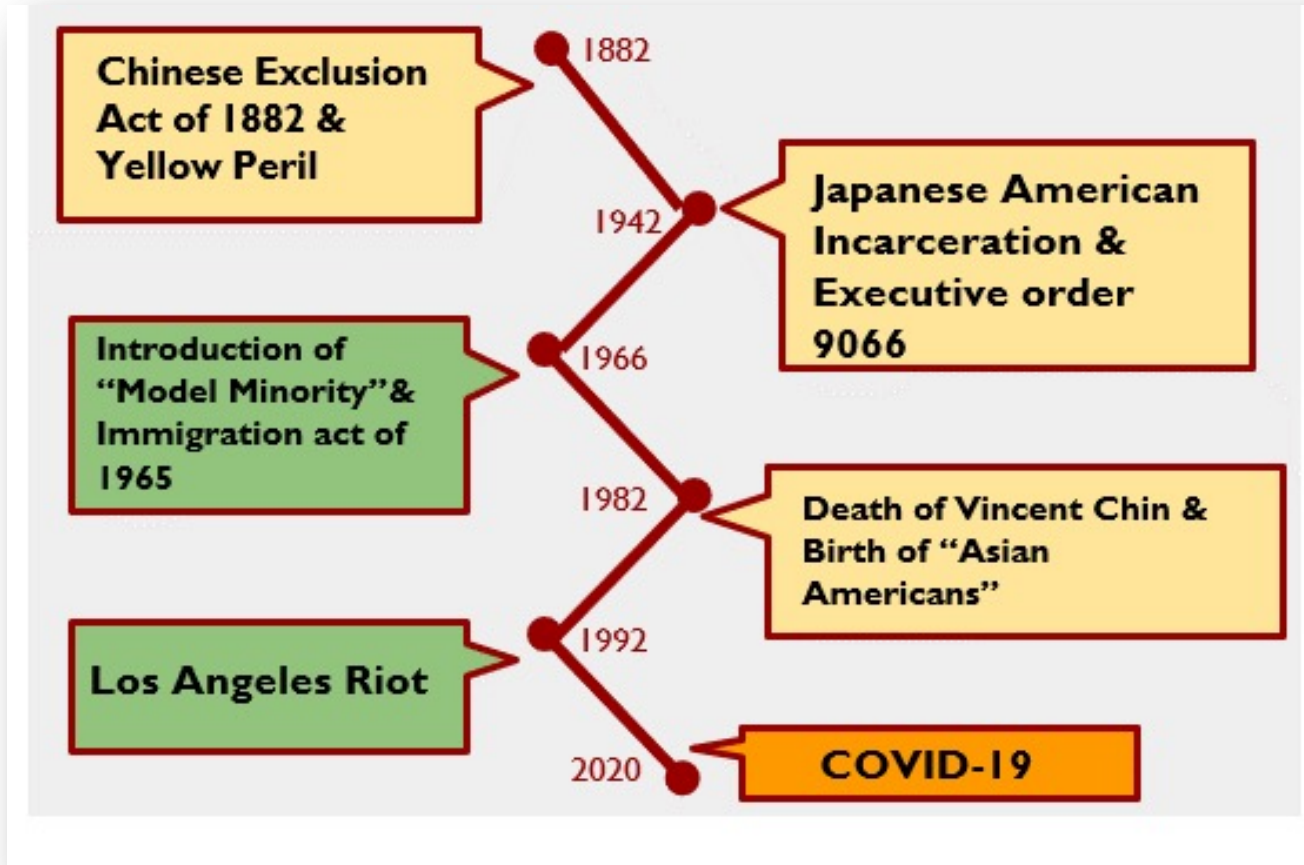
- “Uncivilized, unclean, filthy beyond all conception.” (*New York Daily Tribune*, 1854)
- Associated with vice and disease; “Yellow Peril”
- Anti-Asian immigration restrictions:
 - Chinese Exclusion Act (1882)
 - Immigration Act (1917)
 - Johnson–Reed Act (1924)



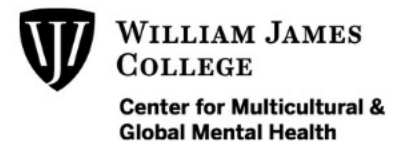
Woolf C. 12/9/15. Retrieved from: <https://www.pri.org/stories/2015-12-09/long-anxiety-about-muslims-americans-feared-yellow-peril-chinese-immigration>
Rough on Rats advertisement. Forbes Co. Boston. 1880s. Retrieved from <https://www.tolerance.org/classroom-resources/texts/rough-on-rats>



Stereotypes reinforce “perpetual foreigner” status



Adapted with permission from Jang Cho, MD



Being a model minority is not enough

wbur

Asian American Doctor On Experiencing Racism During The Coronavirus Pandemic, Feeling 'Powerless' In Helping Patients

April 20, 2020 By [Jeremy Hobson](#) and [Serena McMahon](#)

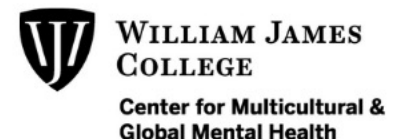


Dr. Chen Fu, a hospitalist at NYU Langone Medical Center, wrote about his experience with racism in the TIME. (Courtesy)

Forbes

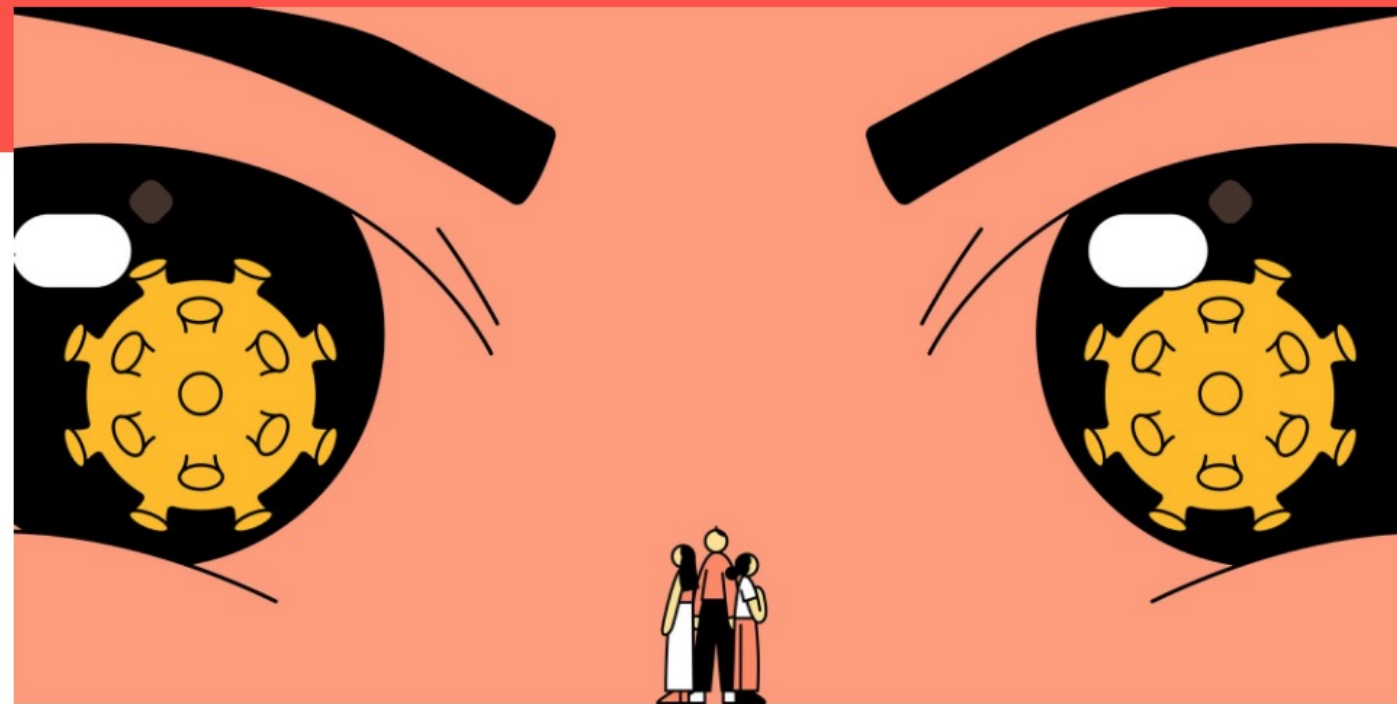
CORONAVIRUS | 48,307 views | Apr 14, 2020, 06:00am EDT

Boston Doctor Becomes Victim Of COVID-19 Racism. Here Is How We Should Respond



Coronavirus fears show how 'model minority' Asian Americans become the 'yellow peril'

While viruses and other pathogens do not discriminate between hosts based on race, ethnicity, nationality or immigration status – stigma and misinformation certainly do.

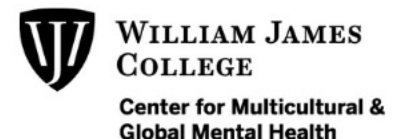


Racism is bad for health and mental health

- Japanese internment, 9/11
- Decreased well-being, life satisfaction, and self esteem; increased anxiety, depression, and suicidal ideation
- Increased cardiac disease, respiratory conditions, pain, disability, and all-cause mortality

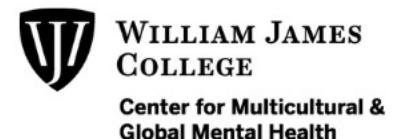


Chen, Zhang, Liu.. *Am J Pub Health*. 2020.



What can we do about racism?

- Report it
- TALK ABOUT IT
- Support those who have experienced it
- Stand up and speak out for everyone who is attacked, including non-Asians
- Get engaged in the community



Violent attacks on elderly Asian Americans in Bay Area leaves community members 'traumatized'

A community leader say there have been at least 20 attacks.

By **Kiara Brantley-Jones** and **Stacy Chen**

February 11, 2021, 4:44 PM • 11 min read



Network and cable news largely ignore wave of anti-Asian violence

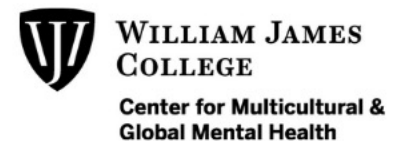
MSNBC gave almost 20 minutes to the issue. While ABC, NBC, and Fox aired just a few minutes of coverage, CNN and CBS have not covered the story at all.

WRITTEN BY **COURTNEY HAGLE**

PUBLISHED 02/11/21 11:31 AM EST

SHARE

COMMENT

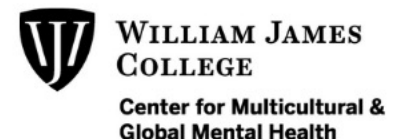


COVID-19 Anti-Asian Discrimination and a Call to Action



Hyeouk "Chris" Hahm, PhD

Chair and Associate Professor, Social Research Department
Boston University, School of Social W



母子 美國



BRIGHAM AND
WOMEN'S HOSPITAL



The MGH Center
*for Cross-Cultural Student
Emotional Wellness*



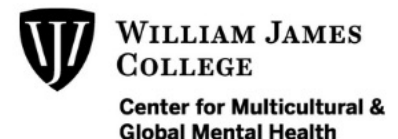
**WILLIAM JAMES
COLLEGE**
Center for Multicultural &
Global Mental Health

The COVID-19 Pandemic and Asians

Anxiety of being Asian Americans:

Hate crimes and negative biases during COVID-19

- Normalization of violence and dehumanization of AA
- School children being bullied, young adults, health care workers -- "Go back to your country!"
- Surge in slurs on Twitter since late Jan 2020 (Chen et al., 2020), "Wuhan Virus," "China Virus," and "Kung Flu"



Asians only

Prevalence

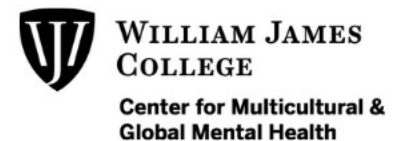
Mental Health

**COVID-19
Anti-Asian
Discrimination**

Asians + non-Asians

Types

Reactions

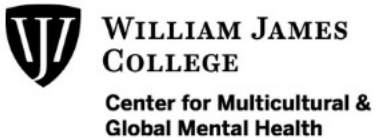
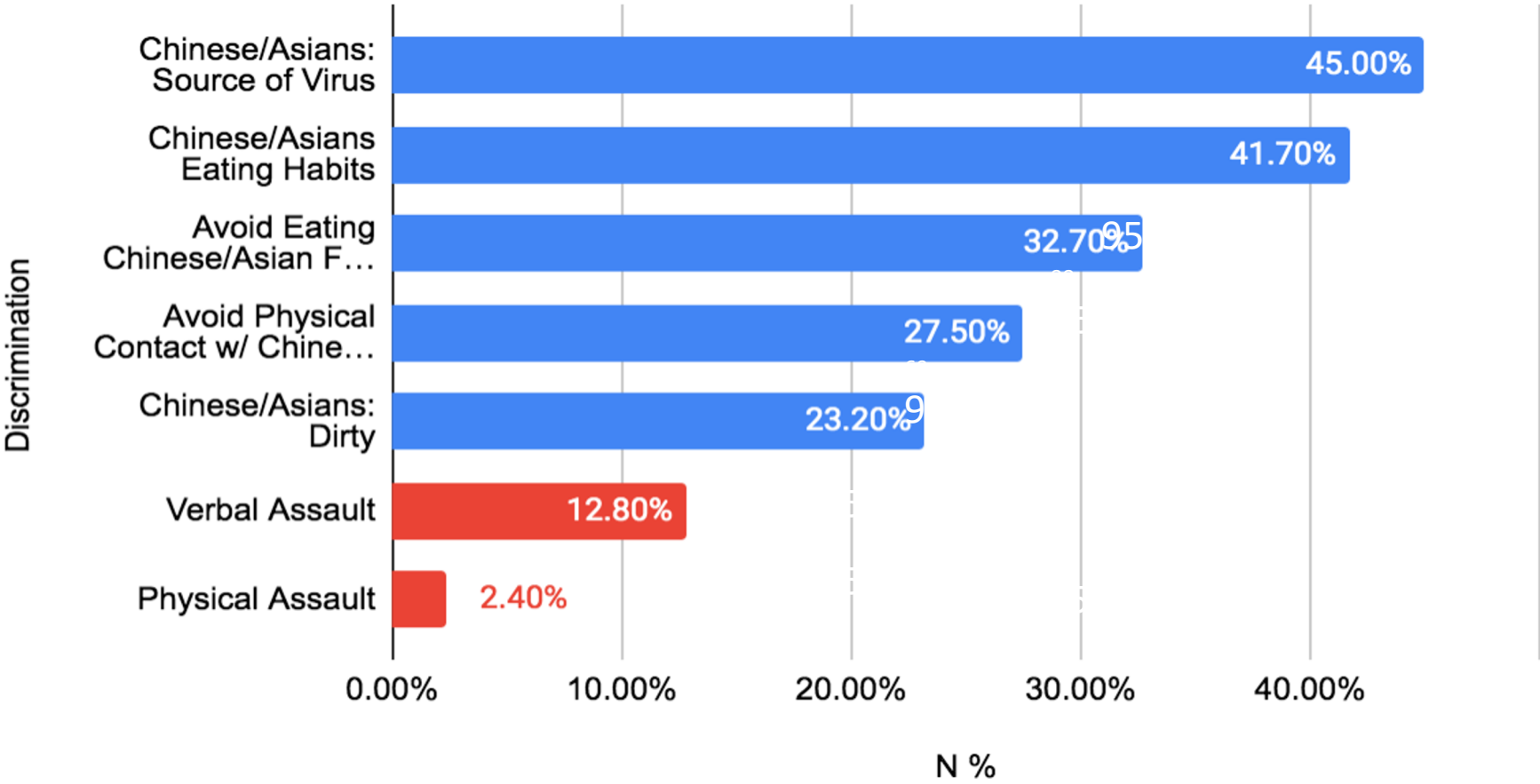


COVID-19 Adult Resilience Experiences Study (CARES)

- Total of 1,331 young adults (aged 18-30 years) completed 30-minute online survey between April-September 2020
- Total of 212 Asians and Asian Americans

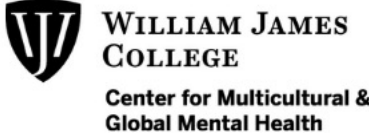
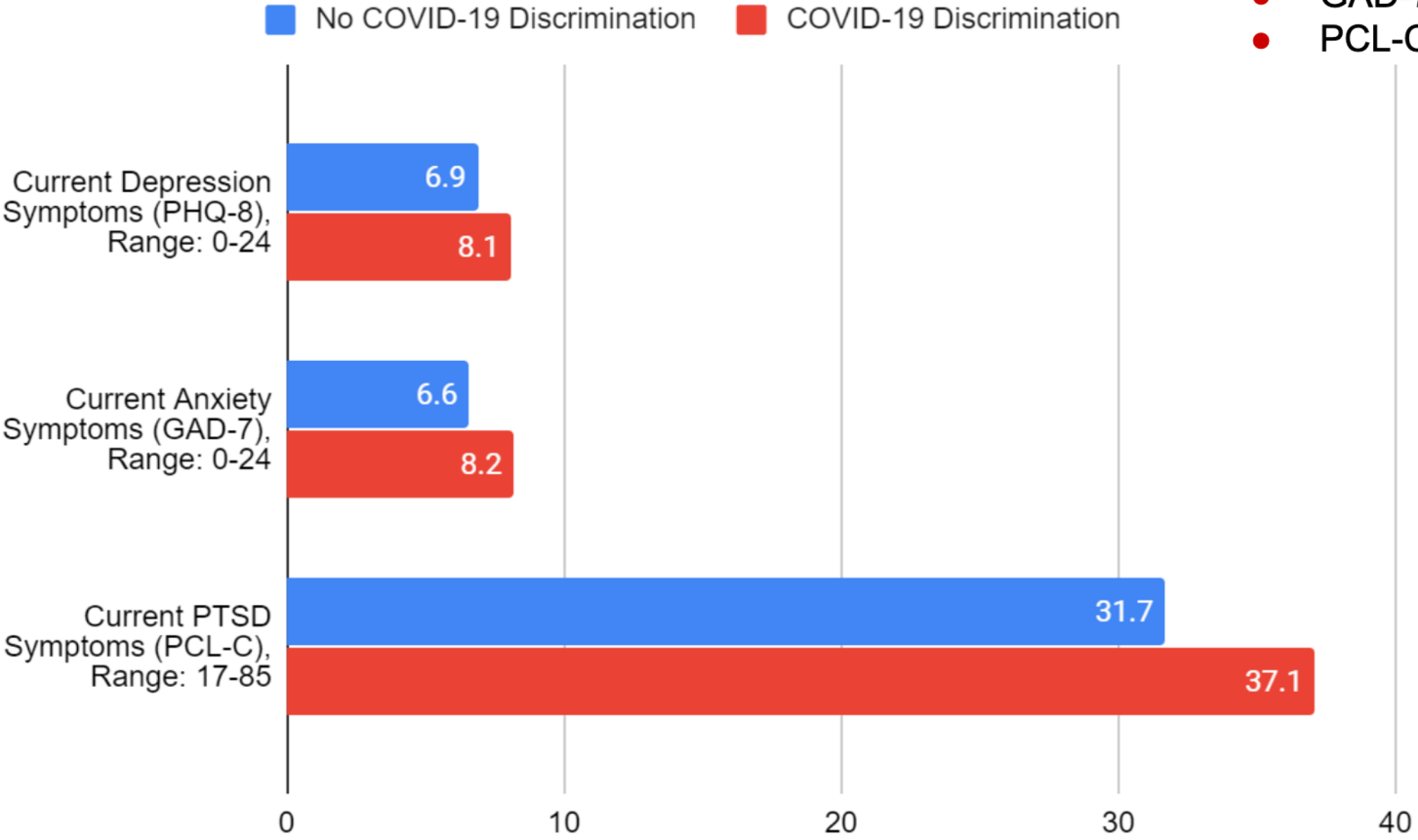


COVID-19 Adults Resilience Experience Study (CARES)



COVID-19 Adults Resilience Experience Study (CARES)

p value:
 ● PHQ-8: p=0.140
 ● GAD-7: p=0.041
 ● PCL-C: p=0.015



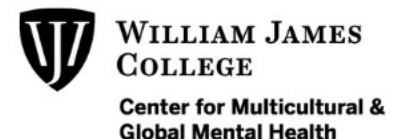
Current PTSD Symptoms

	Model 1			Model 2		
	β	SE		β	SE	
Perceived discrimination						
COVID-19 discrimination	1.331132*	.5174198		1.09738*	.49470	
Lifetime discrimination	.4091199***	.3955401		.122523	.3811886	
Predisposing factors						
Sex						
Female		
Male	-5.73646*	2.283637		-4.804419*	2.181333	
Trans/binary	25.47852***	7.761488	0.001	20.39203**	7.46232	0.007
Age	.1715552	.3147291	0.586	-.0022006	.30166	0.994
Birth place	-1.676394	1.865909	0.370	-2.073382	1.77690	0.240
Socio-economic status						
Employed	-2.248723	2.02707	0.260	-2.67198	1.93030	0.168
Stable Housing	-5.097651*	2.461417	0.040	-5.178441*	2.341406	0.028
Pre-existing PTSD DX				10.86101***	2.319031	0.000
Adjusted ΔR^2 (Model p- value)	0.1358 (0.000)			0.2181 (0.000)		

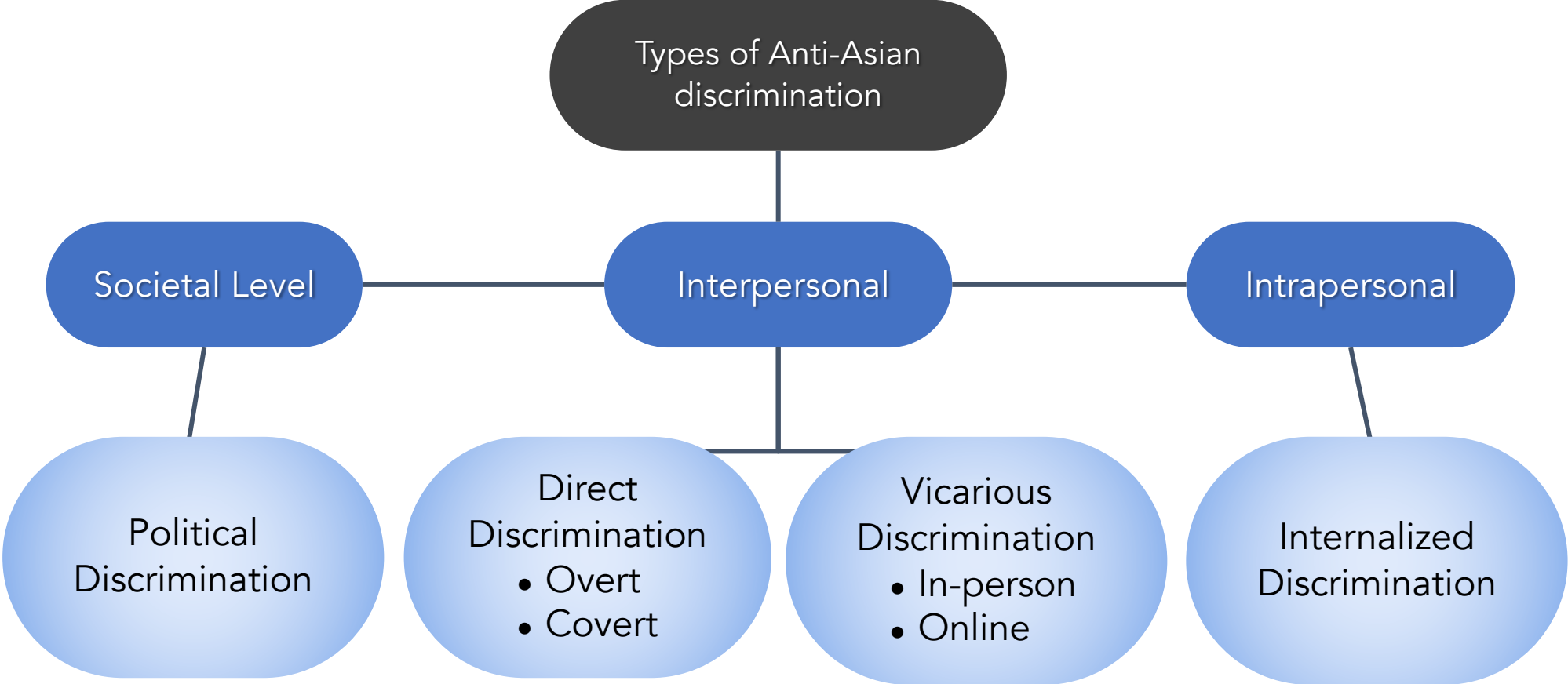
Fearful and Traumatic Events Among Asian Americans

*“My dad sent me a text about an Asian woman who got acid thrown at her and tells me to be careful. I tell him I live in a predominantly Asian neighborhood so it's ok, but **in reality, I'm scared.... We live in fear.**”*

*“I haven't faced discrimination, but I also haven't left the house in close to for 4 weeks....In fact, **I fear leaving the house** because I have heard reports of multiple attacks in and around my neighborhood.”*



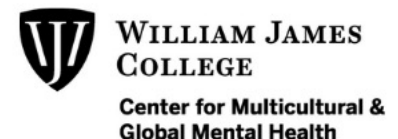
Types of COVID-19 Anti-Asian discrimination



Fearful and Traumatic Events Among Non-AA

*“My youngest cousins are 2 and 5 years old and have been kicked out of their preschool **because of their race.**”*

*“It is **exhausting and almost makes me feel hopeless.** Even though racism is being exposed in institutions, public figures, and authority, there is denial and resistance to reform them which makes me feel distressed about it.”*



Moving Forward:

Our history should not be our future

We need to develop a **long-term vision** to fight against discrimination and bias

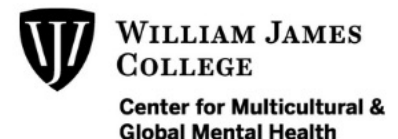
Allocate resources equitably

Build solidarity within and between the diverse racial and ethnic groups

Create networks to support each other

Devote time to take actions when you see injustice

Educate children, colleagues, others on the richness and complexity of Asian history and current lived experiences



Guide for Parents: Why and How to Talk About Racism With Teens



Catherine Vuky, PhD

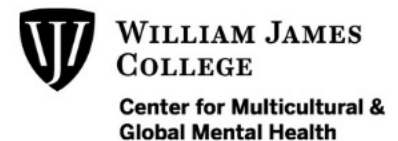
Assistant Professor, William James College
Director of Asian Mental Health



Ellen Yang, MA



Michelle Mu



Guide for Parents

Guide for Parents of Asian /
Asian American Adolescents

*COVID-19 has dramatically
impacted our Asian community*



how are
you and
your
children
talking
about
racism?



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The MGH Center for
Cross-Cultural Student
Emotional Wellness

Hướng Dẫn cho Cha Mẹ của Trẻ Em
Gốc Á / Mỹ Gốc Á

COVID-19 đã có một ảnh
hưởng đáng kể đến cộng
đồng Châu Á của chúng ta



Bạn và các
con của bạn
nói về việc
phân biệt
chủng tộc
như thế
nào?



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Global Mental Health



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Cross-Cultural Student
Emotional Wellness

アジア系アメリカ人の親
コロナウイルスによる人種差別ガイド

新型コロナウイルスは私たち
の社会に酷く影響を及ぼして
います。



アジア人とし
て、
貴方は子供と
どうやって人
種差別のこ
とを語り合
いますか?



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Global Mental Health



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Cross-Cultural Student
Emotional Wellness

아시아계/동양계 미국 청소년
자녀들과 부모들을 위한 안내서

코로나 바이러스는
아시아 사회에 큰
영향을 끼쳤습니다



부모님들은
자녀들과
인종차별에
대해 어떻게
이야기하고
계십니까?



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Emotional Wellness

家长指南

供在美国的亚裔孩子的父母参考

新冠疫情
严重地影响了我们的亚裔社区



该如何跟你的亚
裔子女谈论关于
种族歧视的话
题?



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CONVERSATIONS HELP

PARENTS ARE ESSENTIAL



Self-Esteem

School Engagement

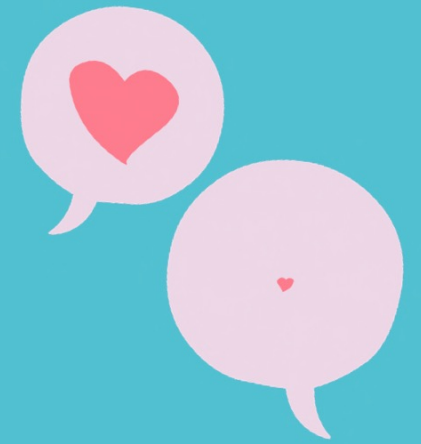
Family Cohesion

It's okay if you don't know all the answers, you don't know what to say, or even if you're scared you may traumatize your child by talking about racism.

Listening and validating your child's feelings and experiences are important ways to help build resilience. Plus, nobody is ever done learning, so maybe you can figure things out together!

LET'S START LISTENING & LEARNING

14



bring it up

be open

be curious and respectful

validate feelings

create opportunities for your child to talk



encourage their voice

A REMINDER...

**DON'T
REACT**

**DON'T
JUDGE**

**Keep your face
neutral/calm**

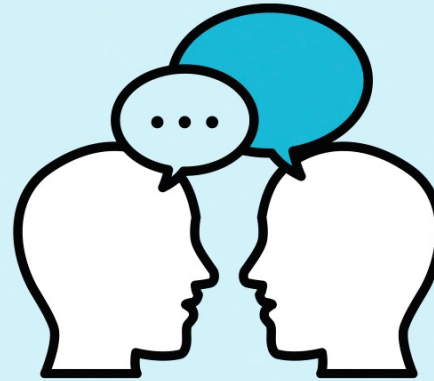
**Don't tell kids and teens what
they should or shouldn't feel**

**JUST
LISTEN**

IDEAS TO START THE CONVERSATION

Do you feel safe at school? What will help make you feel safe?

Have you felt angry about how Asians are treated and didn't know what to do with it?



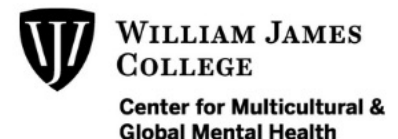
Have you ever experienced anyone call you a name or a slur like "Lingling*"?

Do you worry about being looked at differently because you're Asian?

*Lingling is a derogatory word used in high schools and on tiktok towards all Asian groups.

Guide for Parents: Takeaways

- Not talking about racism is more psychologically and emotionally harmful to your children than talking about it.
- It's ok if you don't know as long as you stay open and curious.
- Listen, Listen, Listen.
- You don't need to problem solve.
- Parents are essential in their child's social emotional development. YOU MATTER.

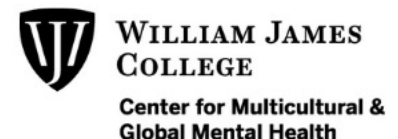


What More Parents Can Do: The PRAISE Study

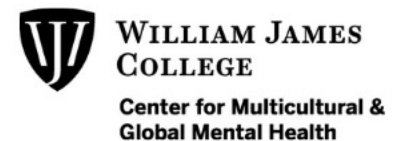


Cindy H. Liu, PhD

Assistant Professor, Harvard Medical School
Director of the Developmental Risk and Cultural Resilience
Program, Brigham and Women's Hospital



What is the value of research?





BRIGHAM AND
WOMEN'S HOSPITAL



The MGH Center
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Emotional Wellness*



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COLLEGE**
Center for Multicultural &
Global Mental Health

Our Team
우리 연구팀
研究团队



Hyeouk Chris Hahm, PhD, LCSW



Cindy H. Liu, PhD



Justin A. Chen, MD, MPH



Juliana H. Chen, MD



Why participate in a research study?



PRAISE 프로젝트:

Now Recruiting Participants!

현재 참가자 모집 중!



EN

Project PRAISE

Pandemic Resilience in Asian Immigrants: Study of Experiences (PRAISE)

[Home](#) [About](#) [Team](#) [Resources](#) [Media](#) [Contact](#) [PARTICIPATE](#)



WELCOME

Pandemic Resilience in Asian Immigrants: Study of Experiences (PRAISE) Study

The goal of our research study is to learn more about the experiences of Asian immigrant parents during the COVID-19 pandemic. Through online surveys, we hope to learn more about family COVID-19 experiences, parenting, stress, social support, and resilience during this difficult time.

[PARTICIPATE](#)

PRAISE Study 研究计划: Now Recruiting Participants! 正在招募亚裔家长!



EN

Project PRAISE

Pandemic Resilience in Asian Immigrants: Study of Experiences (PRAISE)

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[PARTICIPATE](#)

Pandemic Resilience in
Asian Immigrants: Study of
Experiences (PRAISE)

亚裔移民在疾病全球大流行中的韧性：
经验研究(PRAISE)研究计划

We hope to learn more
about the family experiences, parenting,
stress, social support, and resilience of
Asian Immigrant parents during the
COVID-19 pandemic.

我们希望更多的了解亚裔家长在新冠病毒
疫情中，关于家庭体验，育儿方式，压力，
社会支持的经验及韧性

Pandemic Resilience in
Asian Immigrants: Study of
Experiences (PRAISE)

아시아 이민자들의 팬데믹 탄력성 및
경험을 조사하는 프로젝트

We hope to learn more
about the family experiences, parenting,
stress, social support, and resilience of
Asian Immigrant parents during the
COVID-19 pandemic.

온라인 설문조사를 통해 COVID-19 경험 및
육아, 스트레스, 사회적 지원, 그리고 힘든 과정
속 부모님들의 탄력성을 알아보려고 합니다.



Eligibility 参与资格

We are looking for parents who:
我们希望招募符合以下条件的家长：

Are ethnically Chinese or Korean
是华裔或韩裔

Are Asian Immigrants (Born in and
Immigrated from Asian countries)
是亚裔移民 (在亚洲国家出生，并从
亚洲国家移民)

Have at least one child
aged 18 or under
至少有一名十八岁或以下的孩童

Currently live in the
U.S. or Canada
目前居住在美国或加拿大



Eligibility 자격요건

We are looking for parents who:
우리가 찾고 있는 부모님들은 :

Are ethnically Chinese or Korean
한국 또는 중국 분 이시고

Have at least one child
aged 18 or under
18살 미만의 아이(들)이 있고

Are Asian Immigrants (Born in and
Immigrated from Asian countries)
아시아에서 이민을 오셨고 (아시아
국가에서 출생 및 이민 오신 분)

Currently live in the
U.S. or Canada
현재 미국 또는 캐나다에서
거주하시는 분 입니다



What is involved? 研究包括什么？

A **30-minute online survey** about COVID-19 experiences, parenting, stress, and well-being

Some participants may also be asked to complete an **in-depth interview** or **follow-up online surveys** at a later date

Participants will receive a **\$10 Amazon gift card** upon completion of the online survey

一份关于新冠病毒疫情期间的**经验**，育儿方式，社会支持，**韧性**，以及情感健康的**线上问卷**，将耗时**30分钟**

部分参加者会在之后被邀请参与**深度访谈**或完成**回访线上问卷**

参加者在完成**线上问卷**后将获得价值**\$10亚马逊礼品卡**



What is involved? 참여를 하신다면

A **30-minute online survey** about COVID-19 experiences, parenting, stress, and well-being

Some participants may also be asked to complete an **in-depth interview** or **follow-up online surveys** at a later date

Participants will receive a **\$10 Amazon gift card** upon completion of the online survey

약 **30분 정도 소요되는** COVID-19 경험 및 육아, 스트레스, 그리고 웰빙에 대한 **온라인 설문조사**를 하게 됩니다.

참가자들 중 몇 분은 추후에 **심도 있는 인터뷰** 또는 **추가적인 온라인 설문조사**를 해 달라는 부탁을 받을 수 있습니다.

온라인 설문조사 작성 후, **\$10 아마존 기프트 카드**를 받게 됩니다.



Participate today! 今天就参与吧!
오늘 참여하세요!

To learn more, please visit our study website

前往研究计划网页获取更多资讯

자세한 내용은 아래 웹사이트를 방문해 주세요.

www.projectpraise2020.com



Q&A

질문과 답변

问答环节



BRIGHAM AND
WOMEN'S HOSPITAL

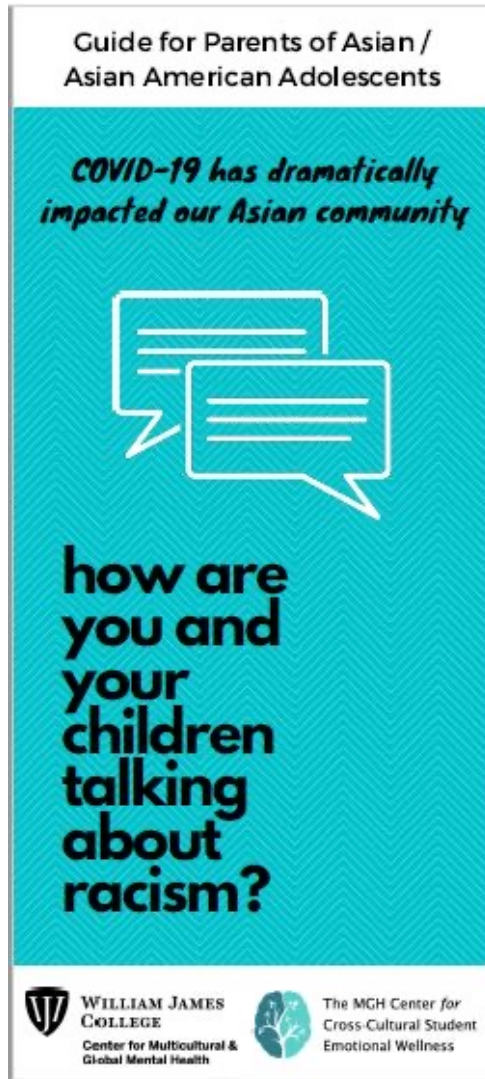


The MGH Center
for Cross-Cultural Student
Emotional Wellness



**WILLIAM JAMES
COLLEGE**
Center for Multicultural &
Global Mental Health

To learn more and/or to obtain the Guide for Parents, please visit us:



**WILLIAM JAMES
COLLEGE**

www.williamjames.edu/parentguide



The MGH Center
for Cross-Cultural Student
Emotional Wellness

Available:
Chinese
English
Japanese
Korean
Vietnamese



mghstudentwellness.org



[@mghstudentwellness](https://www.facebook.com/mghstudentwellness)



info@mghstudentwellness.org

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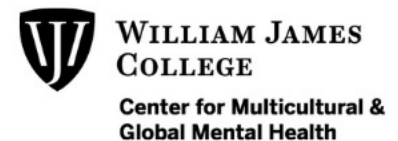
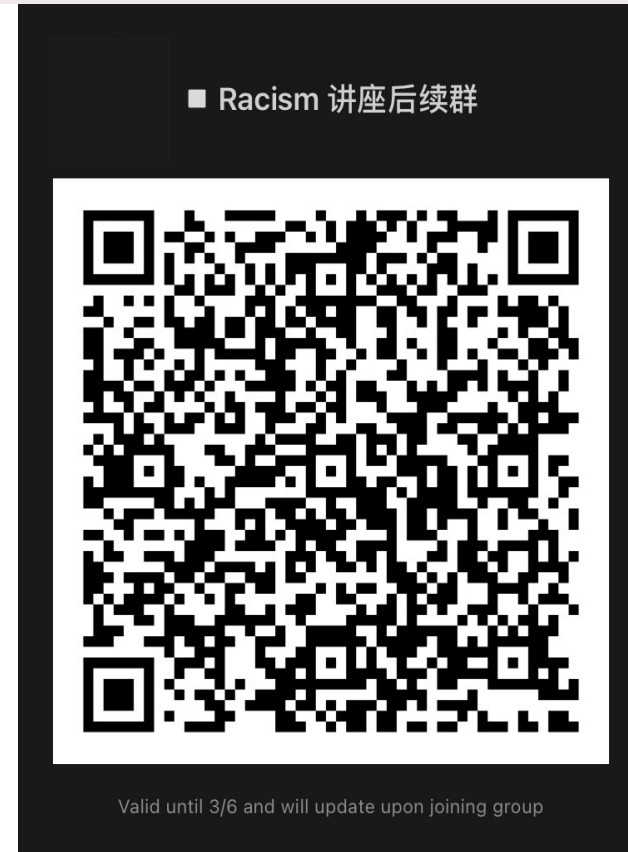
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www.projectpraise2020.com



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The MGH Center
for Cross-Cultural Student
Emotional Wellness

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**We support the emotional
wellness and long-term
success of diverse students.**

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**MASSACHUSETTS
GENERAL HOSPITAL**



**HARVARD MEDICAL SCHOOL
AFFILIATE**

STOP
AAPI
HATE



- Anti-Racism Resources for Asian Americans
<https://tiny.cc/AntiRacistAsAmResources>
- Asian Americans Advancing Justice (AAJC)
www.advancingjustice-aaajc.org
- Asian American Racial Justice Toolkit
www.asianamtoolkit.org
- Asians4antiracism
asians4antiracism.org
- Stop AAPI Hate
<https://stopaapihate.org>



ASIAN AMERICANS
ADVANCING
JUSTICE



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WOMEN'S HOSPITAL



The MGH Center
for Cross-Cultural Student
Emotional Wellness



WILLIAM JAMES
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Center for Multicultural &
Global Mental Health

***Stand up and Speak out.
Keep listening and talking.***

Thank you
감사합니다
谢谢



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Emotional Wellness*



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Global Mental Health



**COVID-19 has dramatically impacted our
Asian community**

**how are you and your children
talking about racism?**

Thank you
감사합니다
谢谢



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