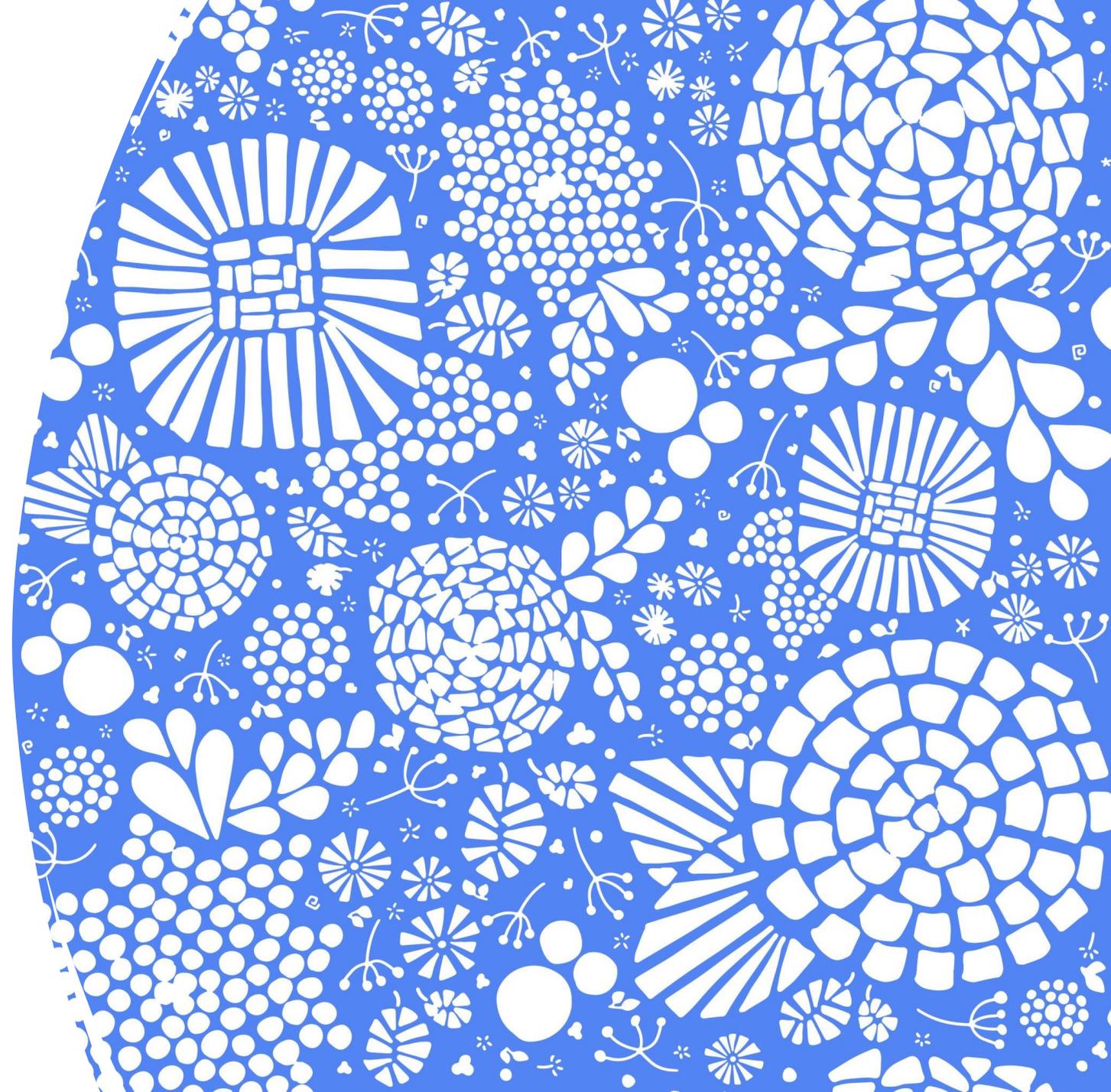


Supporting East Asian Canadian Youth Dealing with Anti-Asian Racism

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Learning Objectives

- To understand microaggressions that East Asian youth deal with and how to respond to them
- To understand the sociohistorical backdrop that situates anti-Asian racism in Canada
- To provide key considerations when supporting East Asian youth mental health
- To provide an overview of a self-reflexive resource for East Asian youth dealing with anti-Asian racism

A scenic landscape featuring a mountain range in the background, a dense forest of evergreen trees in the middle ground, and a calm lake in the foreground that perfectly reflects the surrounding scenery. The sky is a clear, deep blue. The entire image is framed by a white, hand-drawn style border.

LAND ACKNOWLEDGEMENT & INVITATION

Self- Location & Positionality

What is it?

How does intersectionality apply?

Why is it important from a counselling perspective?

Learning from you:

Your self-location and positionality

- Questions for self-location:
 - How do you locate and identify yourself – where are you located physically, socially, and historically? What is our race/ethnicity? What is your understanding of your culture?
 - Other considerations profession, age, sex/gender, class, ability, etc.
- Questions for positionality:
 - How does your self-location, culture, and professional position contribute to insider/outsider experience when working with an East Asian student dealing with racism?
- What have you witnessed when it comes to anti-Asian racism in schools? What are the individual and systemic challenges?

Current Situation of Anti-Asian Racism

Statistics and current landscape

- Survey of Canadians of Chinese descent experiences of racism (June, 2020), n = 516
 - 50% reported being called names or insulted
 - 43% reported feeling threatened
 - 55% respondents believe that Asian children will be bullied in school due to COVID-19
- Anti-Asian racism reports in Canada since COVID-19 onset (as of September 2020)
 - 600+ incidents
 - ~30% of incidents were assault (spitting, physical, directed cough)
 - 65% verbal harassment
 - 83% experienced by East Asian
- Role of media

The narrative of COVID-19 anti-Asian racism

- Comes from a historical perspective
 - Xenophobic racism and public health: "the yellow peril" (Asian American Feminist Collective, 2020; Shah, 2001)
 - Canadian history
- Associated concepts and internalization of racism (see Trieu, 2019)
 - Perpetual foreigner
 - Model minority myth

The Impact of Anti-Asian Racism

- Racism impacts mental and physical health
 - Meta-analysis of 293 studies – experiences of racism associated with poorer mental health (depression, anxiety, psychological stress; Paradies et al., 2015)
 - Studies on Asian populations found significant association between racism and mental distress (Gee et al., 2007; Lee & Ahn, 2011)
 - Microaggressions that individuals of Asian ancestry in North America experience include:
 - Feeling dismissed
 - Excluded
 - Treated like second class citizens
 - Treated as foreigners
- Neurobiological impact of racial discrimination (Berger & Sarnyai, 2015)

Microaggressions

Every day acts of
discrimination and bias

- Intentional or unintentional, they cause harm
- Their impact can accumulate

Three categories

- Microassaults promote exclusion
- Microinsults target difference
- Microinvalidations undermine experience

Responding to Microaggressions

Clarify

- Make the invisible visible

Disarm

- Disagree
- Disapprove
- Share values

Educate

- Why it's harmful
- Explore bias

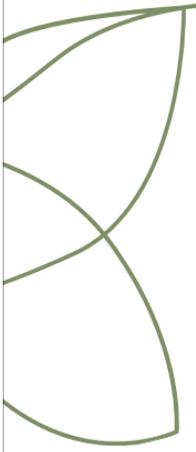
External

- Report
- Get support

Note: Different strategies will work for different people

Zine: Cultivating Growth and Solidarity

- An interactive and educational anti-racism zine for Asian youth
- Considers mental health, holistic wellness, and race within larger contexts



Can you remember a time when you experienced a microaggression? How did it impact you?

19

- Although it was created with Asian youth in mind, others will also benefit from the zine, including adults

Guide for Adults – how to use the zine

Prepare yourself with
cultural humility

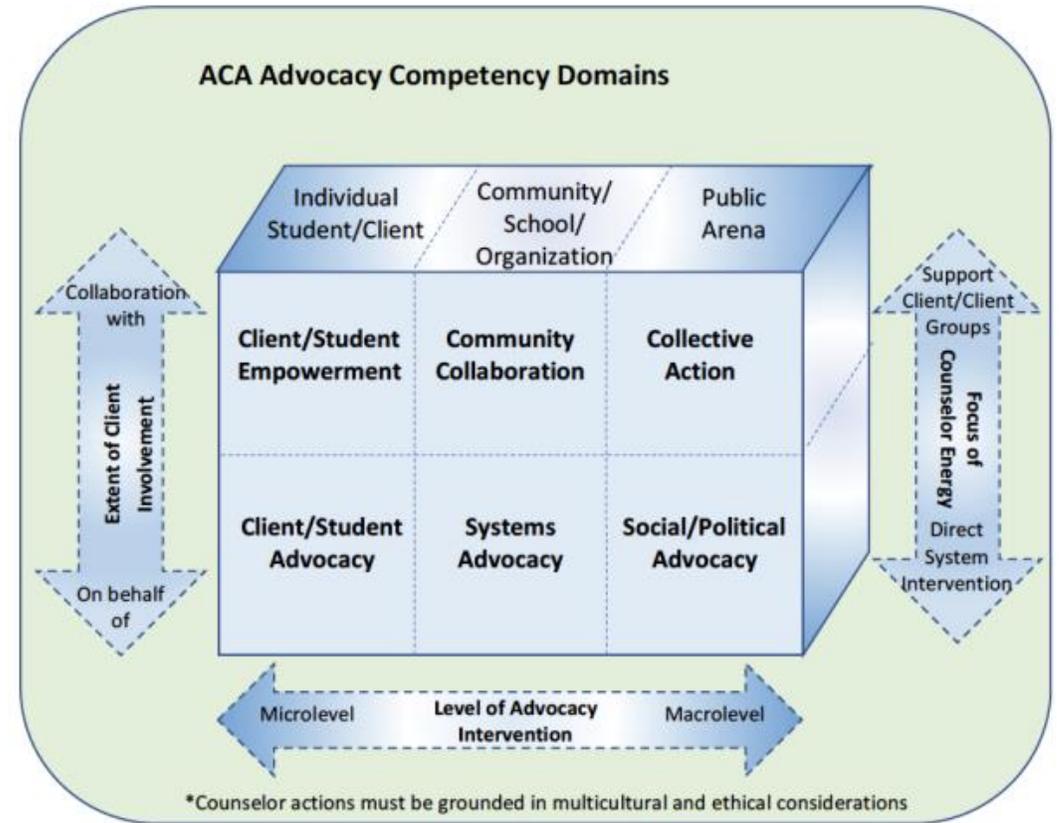
Dedicate time

Maintain an open,
invitational approach

Be mindful of
privacy

Advocacy Competencies

- Healing requires recognition (Bryant-Davis, 2007)
- ACA Advocacy competencies (Toporek & Daniels, 2018): An ecological approach
 - Individual intervention
 - Community/School intervention (systemic)
 - Public sphere (systemic)



Original model by Lewis, Arnold, House & Toporek (2003) updated by Toporek & Daniels (2018)

Figure 1. ACA Advocacy Competencies

Solidarity

- Anti-Asian racism is interconnected with other forms of oppression/racism
- Important reminder that while facing harm, we can also perpetuate it
- While healing and growth are necessary, racial justice also requires solidarity and action

Brainstorming Together: Creative Solutions

- What has been helpful or has been unhelpful with clients and/or in your community?
- What else needs to be done from a systemic perspective?

Resources

- Growth and Solidarity Zine - www.growthandsolidarity.ca
- Project 1907 - <https://www.project1907.org/>
- Eliminate - <https://www.eliminate.org/>
- Project PROTech - <https://projectprotech.ca/>
- Asian Mental Health Collective - <https://www.asianmhc.org/>
- COVID-19 Anti-Asian Racism Reporting
 - <https://www.stopthespread.ca/>
 - <https://www.covidracism.ca/>

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Statistics on reported incidents of racism - <https://www.project1907.org/reportingcentre>

QUESTIONS AND DISCUSSION
