

What does AAPI stand for?

AA= Asian American

PI= Pacific Islander

*This included all people of Asian, Asian American, or Pacific Islander ancestry who trace their origins to the countries, states, jurisdictions and/or the diasporic communities of these geographic regions. *

5 Facts that you probably didn't know:

1. Chinese immigrants came in the mid-19th century to work on the railroads and gold mines, making them the first to arrive.
2. The Spirit of “aloha” is a law that all Hawaiians, including tourists, must follow and respect by emoting good feelings for others.
3. More than half of all Pacific Islanders live in two states- Hawaii and California
4. Hawaii has the largest Asian American population – nearly 800,000.
5. 36% of Asian Americans say religion is very important in their lives.

Why is AAPI Heritage Month important?

1. It honors immigrants
 - a. Asian American immigrants and Pacific Islanders contribute greatly to the U.S. economy. This is a time to recognize how they have strengthened our communities.
2. We learn about diversity
 - a. Events and activities give us a glimpse of Asian American and Pacific Islanders' rich cultures.
3. It emphasizes racial equality
 - a. Celebrations like these keep the healthy dialogue between different races alive.

Books to read that relate to AAPI Heritage

Month:

Age 0-4 years:

- One, Two, Three Dim Sum: A Mandarin-English Counting Book by Rich Lo

3-6 years:

- The Twins' Blanket by Hyewon Yum

3-7 years:

- No Kimchi For Me! By Aram Kim

4-8 years:

- Eyes That Kiss in the Corners By Joanna Ho & Dung Ho
- Maya Lin: Artist-Architect of Light and Lines by Jeanne Walker Harvey

Adult Books:

- Naturally Tan by Tan France
- Minor Feelings: An Asian American Reckoning by Cathy Park Hong
- The Prince and the Dressmaker by Jen Wang

Resources at your fingertips:

The ELCA has its own Facebook Page dedicated to Asian American and Pacific Islanders. Here, you can find resources, information, and stay up-to-date on what our denomination is doing to fight the injustice and inequality between our cultures. You can find their page by typing “AAPI ELCA” into the search bar. OR you can scan the QR code below:



Fact or Myth?

“Asian Flush”

- FACT!

- “Some East Asians have a genetic variance in ALDH2, in which this enzyme is inactive. This leaves acetaldehyde in the bloodstream for longer than usual, and a buildup of acetaldehyde triggers the release of histamine. Histamine causes blood vessels to dilate and the face to heat up and turn red. Beyond physical appearance, other symptoms include nausea, headaches, dizziness, red eyes, and rapid heart beat. While these are perhaps what a hangover feels like, these symptoms are immediately noticeable and paired with intensely flushed skin.”

- Sourced from: <https://www.nycpainspecialists.com/blog-1/2020/2/13/the-science-behind-the-asian-flush>

“All Asians are good at math”

- MYTH!

- While it is true that some Asian Americans may be good at math, that has nothing to do with them as an Asian American. This goes along with the saying “model minority” which is extremely harmful and pervasive. It says that “Asian Americans are a highly achieving racial minority that has assimilated well into American Society through hard work, obedience to social mores, and academic achievement”.

- Sourced from: <https://www.apa.org/monitor/2019/12/countering-stereotypes>

FAQ:

If it is OK to say Englishman and Frenchman, why not Chinaman? And what does “Oriental” mean if not “Asian”?

- It's certainly fine to describe people as being "from China," but the label "Chinaman" has a long and racist history that was used to demonize and then discriminate against Chinese immigrants and Chinese Americans.
"Chinaman" was a racial stereotype; a foreign (and unassimilable) menace who competed with whites for jobs, had a lower standard of living, and was racially inferior to whites. The "Chinaman" became a stock character in popular culture and public discourse.
- Before Asian Americans starting calling themselves "Asian Americans," others used the demeaning term "Oriental." This label also has a long and racist history. During the age of European exploration and colonization, the diverse regions of Asia, including southwest Asia, were lumped together as the "Orient," an exotic place that was seen as Europe's opposite. It was full of fabulous riches, but also savage heathens and backward civilizations. It was destined to be conquered and ruled by the more advanced and superior European powers.

Sourced from: <https://www.nbcnews.com/news/asian-america/asian-americans-pacific-islanders-faq-n998661>

Sourced from: <https://www.nativitychurch.org/asian-american-pacific-islander-aapi-heritage-month/>

What is yellowface and whitewashing? Is colorblind casting the solution or the problem? What about white savior narratives?

- Yellowface is the term used to describe non-Asian actors (typically white) putting on makeup, including prosthetics, to look like a stereotyped version of an Asian person.

The prosthetics typically flatten eyelids and slant eyes while the makeup gives a yellow hue to the skin. Similarly, whitewashing describes a non-Asian actor playing an Asian character either with or without the exaggerated makeup.

Colorblind casting means casting actors in roles irrespective of their race. Unfortunately, this has historically meant that white actors can play any role, including characters of color. Rarely has colorblind casting resulted in actors of color playing white characters.

Sourced from: <https://www.nbcnews.com/news/asian-america/asian-americans-pacific-islanders-faq-n998661>

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What was your most fond memory growing up as a member of the AAPI community?

I spent my early childhood growing up in Hawaii and away from my parent's respective families but we were always surrounded by members of the AAPI community. There was a strong sense of community and shared traditions. The family parties were always loud affairs with lots of laughter and more food than all of us can eat. I must have met new "uncles" and "aunties" at each event!

What was your biggest barrier to growing up as a member of the AAPI community?

Because I was young and lived in an Asian / Polynesian-centric area, I didn't realize the AAPI community was any different than other "communities" until I moved to the mainland. It was my first real taste of racial prejudice. Most of it was benign - Tony is Asian so he's smart; the "where are you from" questions; he must know karate (got into a few fights because of that). Eventually, a few racial slurs. Ultimately it added up to starting to feel "different", even in a racially diverse population. Toward my adult years, I realized that much of it was borne out of ignorance and not intended malice but when I saw even a few similar instances that were directed at my daughters, it bothered me more than my own experiences.

What do you wish others would recognize/understand about your culture?

I don't think it's necessarily anything about my culture that I, personally, would want others to understand. All of us have cultural traditions. It's neighborly to educate ourselves of other's traditions. What I would want others to understand is more about my race. I wear it on my face. Unfortunately that sometimes seems to give others the idea that they can ask "where are you from". It shouldn't.

If you're truly interested in why that can be offensive, I would genuinely welcome a constructive conversation.

Do you have any recipes/favorite food from your community that you would be willing to share?

There are so many foods from my youth that I consider “my most favorite”.
Lumpia and Sinigang are my all-time favorites!



Scan to find an online recipe for Lumpia



Scan to find an online recipe for Sinigang

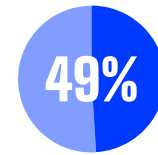
QR Code to the video: “Asian Americans Who Made Military History”



Key Findings

1. Nearly half (49%) of Asian Americans and Pacific Islanders nationwide have experienced discrimination or unfair treatment that may be illegal.

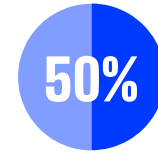
- This discrimination, which is usually based on race or ethnicity, happens when they dine at restaurants, shop for groceries, and ride public transit, as students at school and employees at work, when renting and buying homes, when voting, and when interacting with government employees, including members of law enforcement or staff at the Department of Motor Vehicles.



of Asian Americans and Pacific Islanders nationwide have experienced discrimination or unfair treatment that may be illegal

2. Discrimination negatively affects the mental health and well-being of Asian Americans and Pacific Islanders.

- Half (50%) of Asian Americans and Pacific Islanders experiencing discrimination report feeling sad, stressed, anxious, or depressed as a result.
- 45% say it negatively changed their sense of belonging to their school, workplace, or other community, and nearly a third (31%) say it negatively changed their behavior, such as switching schools, jobs, or where they shop.



of Asian Americans and Pacific Islanders experiencing discrimination report feeling sad, stressed, anxious, or depressed as a result

3. Asian Americans and Pacific Islanders know they have rights and want accountability for unlawful discrimination, yet few who experienced what they believed to be a civil rights violation report it.

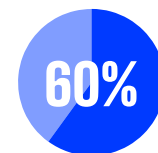
- Only one in five (21%) Asian Americans and Pacific Islanders who experienced discrimination said they reported it.
- A majority (60%) of those who experienced discrimination and reported it say the reporting process was difficult.
- Half (52%) of those who experienced discrimination but did not report it thought reporting would not make a difference.



Asian Americans and Pacific Islanders who experienced discrimination reported it

4. Asian Americans and Pacific Islanders want a better understanding of how to enforce their rights and want new laws to protect their civil rights.

- A majority (60%) of Asian Americans and Pacific Islanders want to learn more about their rights and how to enforce them.
- Asian Americans and Pacific Islanders trust community, advocacy, and civil rights organizations serving their respective communities (57%) and government agencies responsible for enforcing civil rights (54%) to learn more about their rights.
- A majority (67%) believe new civil rights laws are needed.



of Asian Americans and Pacific Islanders want to learn more about their rights and how to enforce them

Recommendations

Stop AAPI Hate joins the ranks of Asian Americans and Pacific Islanders nationwide who believe that new and more comprehensive civil rights laws are needed to address the ongoing, pervasive, and unchecked discrimination against our communities. This report offers policy recommendations for federal and state governments to address the discrimination that plagues all communities of color and other historically marginalized groups, as well as reflections and recommendations for researchers looking to study our diverse communities.

More information is available at https://stopaapihate.org/civil_rights_report.

FINDINGS

More than 11,000 acts of hate against Asian Americans and Pacific Islanders have been reported to Stop AAPI Hate since the start of the COVID-19 pandemic.³² Many more acts continue to go unreported, making the actual number much higher — potentially in the millions.³³ The vast majority of reports to Stop AAPI Hate do not involve a crime, let alone a hate crime. Instead, they are hate incidents involving harassment, bullying, shunning, and discrimination.

To better understand experiences with discrimination showing up in our data, Stop AAPI Hate commissioned the nonpartisan and independent research organization NORC at the University of Chicago to conduct a nationally representative survey of Asian American and Pacific Islander adults.³⁴ (For more information, see [Reflections on the Research](#) in this report.) This landmark study confirms what community reporting to Stop AAPI Hate tells us: Asian Americans and Pacific Islanders face discrimination in their everyday lives.

Nearly half (49%) of Asian Americans and Pacific Islanders nationwide have experienced discrimination or unfair treatment that may be illegal.

This discrimination, which is usually based on race or ethnicity, happens when they dine at restaurants, shop for groceries, and ride public transit, as students at school and employees at work, when renting and buying homes, when voting, and when interacting with the police, Department of Motor Vehicles (DMV), and other government employees.

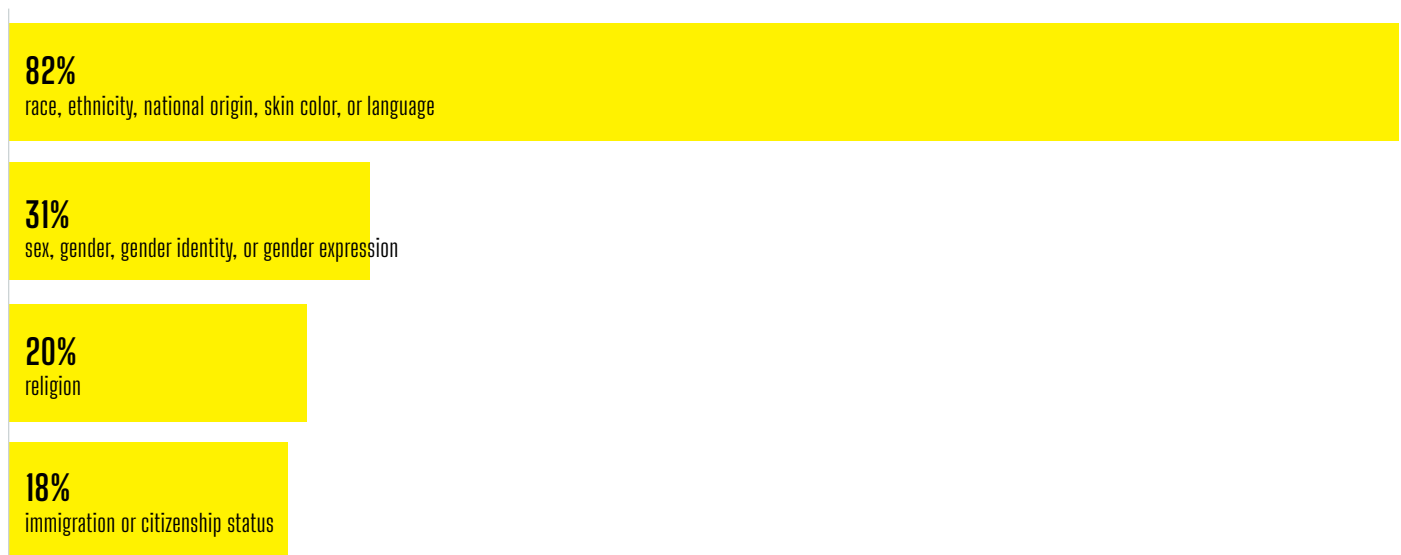


What is discrimination?

“Discrimination” can mean a range of different, inferior, and prejudicial treatment that harms a person, from being called names to denied services. Not all discrimination is illegal under civil rights laws. The Stop AAPI Hate survey conducted by NORC defined discrimination to mean experiences of discrimination that may violate civil rights laws: being discriminated against or treated unfairly because of a protected characteristic, such as race or sex, in a specific setting, such as a customer at a store or an employee at work.

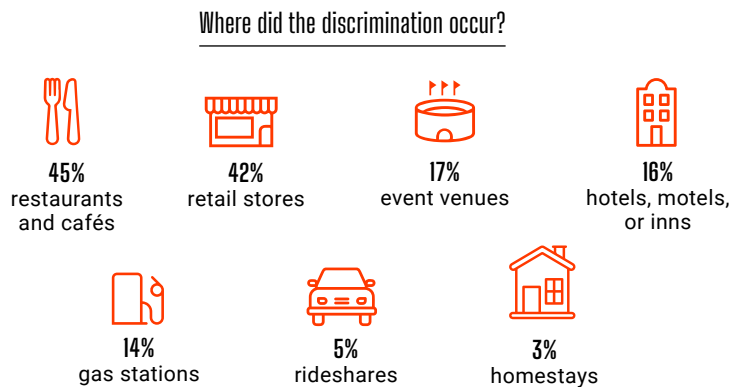
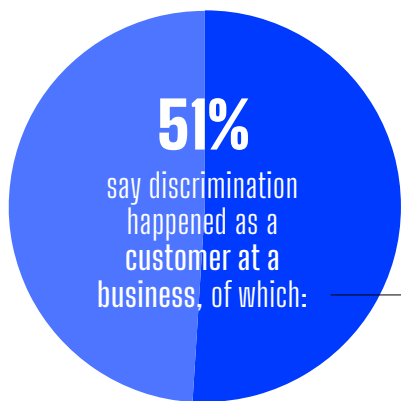
WHY DO AAs AND PIs FACE DISCRIMINATION?

Of the 49% of Asian Americans and Pacific Islanders who report experiencing discrimination, they say they were discriminated against because of their:*



* Percentages may add up to more than 100 where survey takers could select more than one option.

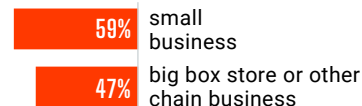
OF THE ASIAN AMERICANS AND PACIFIC ISLANDERS WHO EXPERIENCED DISCRIMINATION:*



Who discriminated against you?

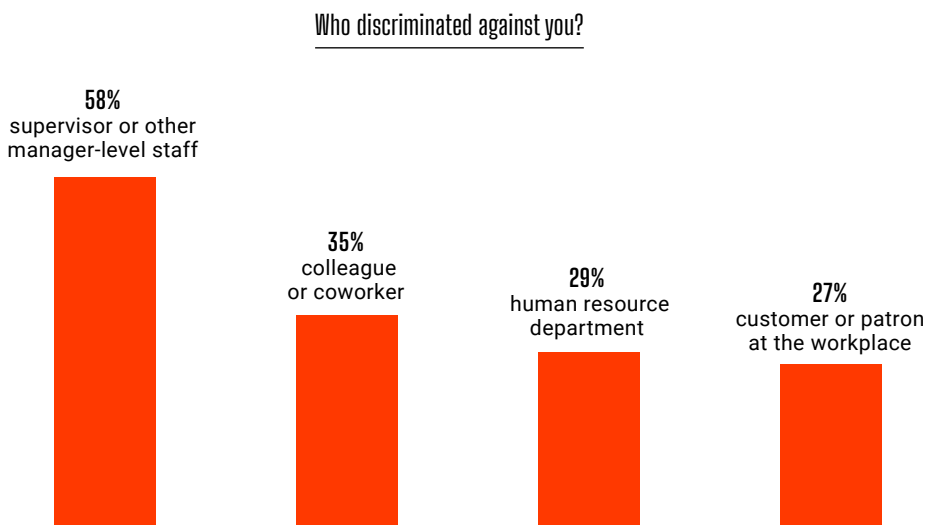
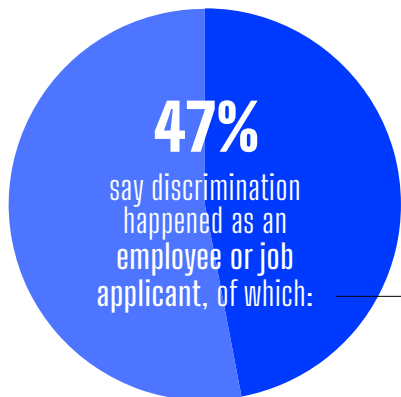


At what type of business?



! KNOW YOUR RIGHTS

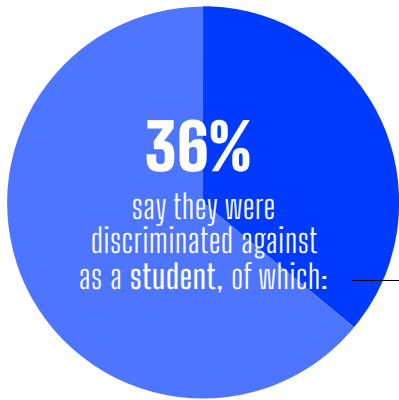
Title II of the Civil Rights Act of 1964 is a federal law that protects you as a customer from discrimination based on race, color, religion, or national origin (including language) at businesses called “public accommodations,” such as restaurants and hotels.³⁵



! KNOW YOUR RIGHTS

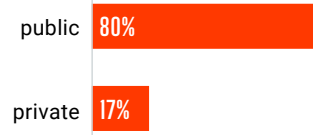
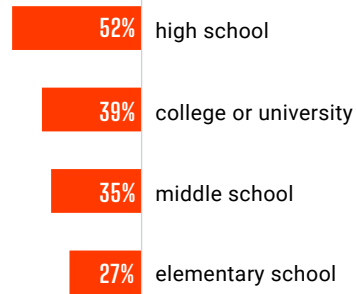
Federal law protects you as a job applicant or employee from being discriminated against at work based on your race, color, national origin (including language), religion, sex, disability, and age.³⁶

* Percentages may add up to more than 100 where survey takers could select more than one option.

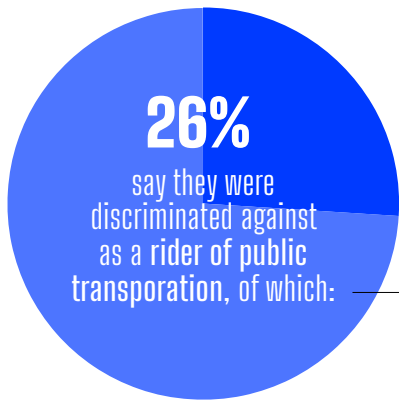


The vast majority say the discrimination occurred in public school, which most AA and PI students attend³⁷

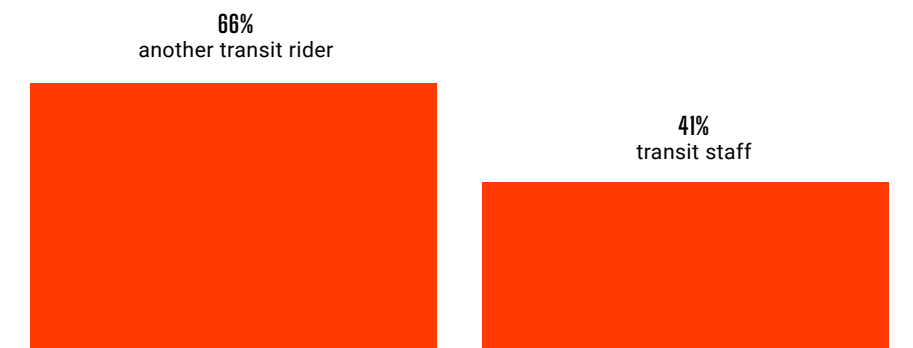
Where did the discrimination occur?



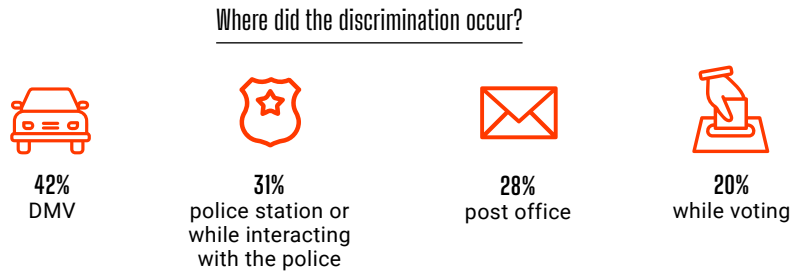
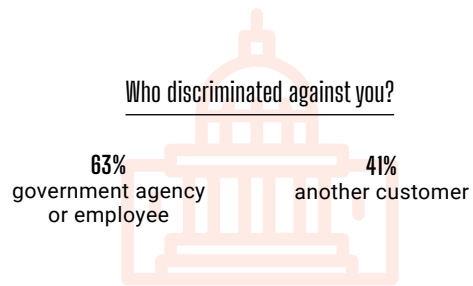
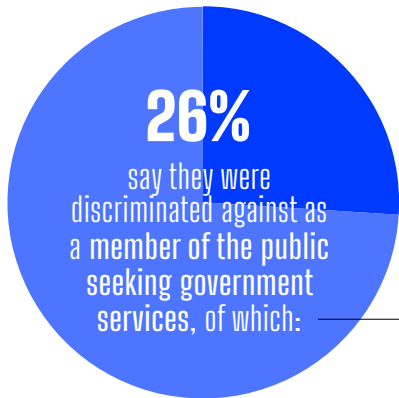
Federal law protects you as a student from discrimination at school based on your race, color, national origin (including language), sex, disability, and age.³⁸



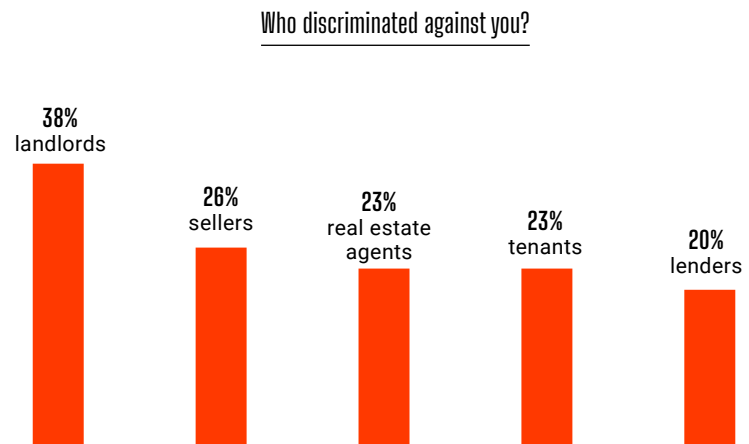
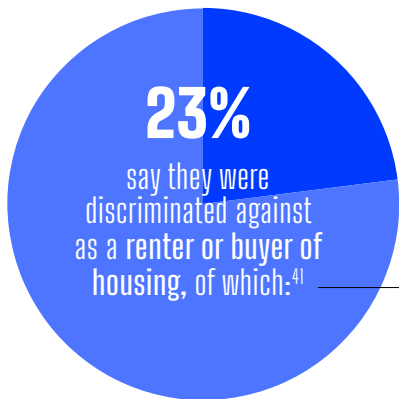
Who discriminated against you?



Federal law protects you from discrimination on public transit.³⁹



! KNOW YOUR RIGHTS Federal, state, and local governments may not discriminate against you when you are seeking services or benefits.⁴⁰



! KNOW YOUR RIGHTS Federal law protects you from discrimination based on race, color, national origin (including language), religion, sex, familial status, and disability, when you are renting or buying a home, getting a mortgage, and seeking housing assistance.⁴²