



How to support the Asian-American and Pacific Islander (AAPI) community

This past year has seen a dramatic rise in hate, bigotry and violence directed at Asians, Asian-Americans, and Pacific Islanders. In a recent report, Stop AAPI Hate documented 3,795 hate incidents in the past year. Verbal harassment and shunning were the most common, followed by physical violence. (For the full report, including individual stories, please [read here](#).)

In response, individuals can take action, raise awareness, and lend their support to AAPI individuals and groups. See below for how you can get involved and have an impact.

- **Report incidents.** Stop AAPI Hate is a coalition of organizations tracking and documenting incidents of violence, harassment, discrimination and bullying against Asians and Pacific Islanders. They have also compiled safety tips and resources. To report an incident or learn more, visit www.stopaapihate.org.
- **Donate.** Community groups across the country are working to fight anti-Asian discrimination and support AAPI communities. These efforts range from escort services in response to increased violence to business and neighborhood support.
 - **SUPPORT LOCAL:** [King Strength and Performance Fitness](#) has designed a #StopAsianHate shirt, with 100% of proceeds going to Stop AAPI Hate. Purchase at the link and show support for a Cranford Asian-owned business.
 - [“61 Ways to Donate in Support of Asian Communities”](#)
- **Educate yourself.** While the pandemic has brought an increase to AAPI hate, as well as more focus on it, there is a long history of anti-Asian discrimination in the US. Understanding this history helps those who are unfamiliar to better recognize signs of hate and speak out against it. To learn more, see:
 - [Asian Americans](#): PBS documentary on the “history of identity, contributions, and challenges faced by Asian Americans.”
 - [The History of Anti-Asian Sentiment in the US](#): NPR, 4 minutes
 - [“Ignoring the History of Anti-Asian Racism is Another Form of Violence”](#), essay by Connie Wun, co-founder of AAPI Women Lead
- **Intervene and stand up for others.** What do you do if you see anti-Asian bigotry? Here are some resources to learn how to stand up with those targeted.
 - Asian-American Foundation [“Stay Safe from Hate”](#) resource
 - Asian Americans Advancing Justice is offering bystander intervention training. To register for specific dates, [visit here](#).



- [COVID-19 Related Anti-Bias Education Resource Guide](#): Links and resources from the NYC Department of Education on how to combat bias in the classroom.
- [“How to be an ally to the Asian community”](#), USA Today