



**PORTLAND UNITED
AGAINST HATE**

WWW.REPORTHATEPDX.COM

RESILIENCE TO HATE

A Resource Guide for AAPI Anti-Hate Activists, Victims and Survivors of Hate

Asian Pacific American Network of Oregon

APANO UNITES ASIANS AND PACIFIC ISLANDERS TO ACHIEVE SOCIAL JUSTICE.

Our vision is one of a just and equitable world where our communities are fully engaged in the social, economic, and political issues that affect us. Through organizing, civic engagement, community development, political advocacy, and cultural shift, we work towards this vision.

RESPONDING TO HATE DURING COVID-19

Reports of harassment and assaults, as well as rhetoric against Asian Americans have increased during the new coronavirus outbreak. There has been a rise in anti-Asian rhetoric, including the use of terms such as “Chinese virus,” which has created a stigma around Asian communities.

As we face an unprecedented and uncertain time for the U.S. and the world, we must emphasize the fact that this pandemic does not give anyone an excuse to be racist, xenophobic, or biased. The incessant, irresponsible and atrocious naming of COVID-19 as the ‘Chinese virus’ or ‘Wuhan virus’ is endangering the lives of Asian Americans. No one should live in fear for their life because of who they are, what they look like or where they come from. We encourage all victims and survivors of discriminatory actions stemming from this pandemic to report their incidents to www.ReportHatePDX.com and reach out to support systems and/or community based organizations that you trust.

APANO x Portland United Against Hate

Since February 2017, APANO has been a part of the Portland United Against Hate (PUAH) coalition, and continues to do outreach, act as one of the points of contacts, as well as collect and report incidents to ReportHatePDX.com.

PUAH is a community initiated partnership of community organizations, neighborhood associations, concerned communities and the City of Portland. Together, we are building a rapid response system that combines reporting and tracking of hateful acts and providing support and protection our communities need in this uncertain era. We seek to combine our resources, assets and relationships to create an inclusive city that protects, embraces, and celebrates its diverse communities.

As a state with a history of organized White nationalist groups, and a nation with growing populations of immigrants, refugees, LGBTQ people, and communities of color who increasingly face threats of violence, we call on all Oregonians to center healing and develop long-term strategies that will redirect our state towards a world where all people live without fear of discrimination, exclusion, and harm.

This resource guide is another step to organize pathways to healing from hate and trauma. This guide is specifically tailored to those that identify as Asian, Asian American, and Pacific Islander.

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Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

-Audre Lorde

What's Inside

- What is a hate/bias incident?
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- Mental Health + Other Crisis Lines
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- Hate + Trauma Interventions
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WHAT IS A HATE/BIAS INCIDENT?

Concerned communities define and experience hate as any incident that targets individual/group based on their age, color, religion, disability (physical or mental), race, ethnicity, national origin, sex, gender, gender identity, sexual orientation and so on. That can be intolerance, discrimination, hostility, harassment, hate, mistreatment, prejudice, bigotry, injustice, favoritism, homophobia, xenophobia, racism, ageism, privilege, marginalization, retaliation, bullying, incivility, stereotyping, microaggressions. The perpetrator of the incident can be an individual, organization, government agency, etc.

EXAMPLES OF INCIDENTS INCLUDE:

- A person is verbally harassed for being presumed to be from another country.
- A poster is displayed that singles out a racial or ethnic group to intimidate.
- A person shouts an offensive name at you while you're walking down the street.
- A teacher intentionally ridicules another person for the pronouns that person uses.
- A wall is de-faced with anti-Semitic messaging.

Please note that this list is not all encompassing. If you believe you have experienced or witnessed a hate/bias incident you can report it here.

WITNESS OR EXPERIENCE A HATE INCIDENT?

report it online at www.ReportHatePDX.com

TELL US ONLY WHAT YOU WANT TO, IT'S ALL CONFIDENTIAL

This is a reporting service. Reports submitted here may not receive an immediate response, and will not result in an investigation. For emergency assistance, dial 911. If you believe a crime has occurred and want it investigated, contact your local law enforcement agency.

WHY WE TRACK IT

The very communities most likely to be targets of hate violence are also the least likely to report their experiences to law enforcement. Undercounting of hate crimes can therefore create the impression that all is well. Communities experience hate motivated violence in a variety of ways and there's a need for a documentation process that enables those most impacted to be able to track hate incidents in a trusted manner.

REPORTING HATE/BIAS INCIDENTS ALLOWS US AS A COMMUNITY TO:

- Raise awareness to the general public about what is going on with hate in Portland.
- Raise awareness among communities affected by hate to report and get support.
- Advocate for legislation around hate violence.
- Advocate for policies that dismantle racism and white supremacy that targets the roots of hate, gang prevention, mental health, and policing alternatives.
- Advocate with systems and institutions that can use this policy to change their practices such as schools, mental health services, law enforcement.
- Advocate for additional policies or actions that indirectly affect hate actions in our communities.

Oregon Department of Justice Non-Emergency Hotline

1-844-924-BIAS

(1-844-924-2427)

Trauma-informed operators are standing by, 9 a.m. - 5 p.m.
Pacific Time, Monday - Friday

Hearing Impaired? Dial 711 for Oregon Relay

Mental Health Crisis Lines

- **YouthLine:** Call 1-877-968-8491 / Text teen2teen to 839863
 - **Trans Lifeline:** 1-877-565-8860
 - **The Trevor Project:** 1-866-488-7386
 - **Friends For Survival, Inc.:** 1-916-392-0664
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- **Multnomah County Mental Health Call Center:** 503-988-4888
 - **Washington County Crisis Line:** 503-291-9111
 - **Clackamas County Crisis and Support Line:** 503-655-8585

Other Crisis Lines

- **National Domestic Violence Hotline:** 800-799-7233
- **National Sexual Assault Hotline:** 800-656-4673
- **Self-Injury Hotline:** 800-366-8288

Clinics and Services

- **Asian Health and Service Center:** AHSC provides a safe and culturally sensitive place for Asians who seek trauma informed care. It has culturally competent and linguistically appropriate services that are offered in Cantonese, English, Korean, Mandarin or Taiwanese. Staff members of their programs are multilingual and multicultural professionals who have extensive experience in the healthcare fields. www.ahscpdx.org | 503-872-8822
- **IRCO Asian Family Center:** Established in 1994, IRCO Asian Family Center (AFC) was the very first culturally and linguistically specific one stop community center focused on the diverse needs of Asians and Pacific Islanders. Guided by an advisory board and multilingual multicultural staff, AFC ensures that its services reflect our local Asian and Pacific Islander (API) cultures. AFC's mission is to provide and promote culturally relevant services to API families and to contribute rich cultural values and unique experiences that enhance the overall quality of community life.

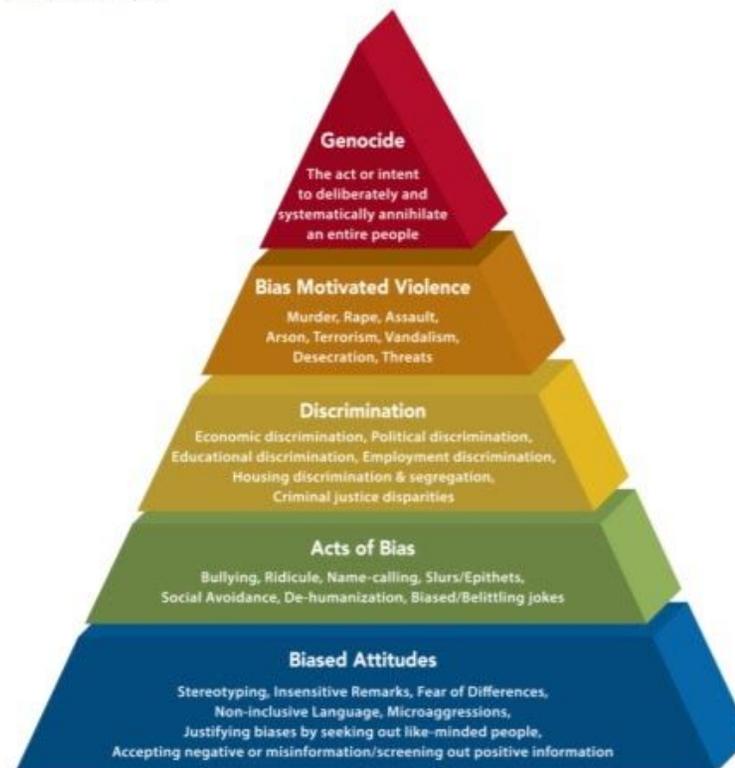
Hate x Trauma Interventions for AAPI Communities

- **Neil Panchmatia, MS, LPC-I, NCC:** multilingual therapist that prioritizes healing and well-being through a brave/safe acknowledgement of social and personal barriers and an augmentation of individual strengths and abilities. <https://sanctumcounseling.com/about-neil>
- **Sikh Healing Collective:** a community based-mental health response developed following the 2012 shooting in a Sikh gurdwara in Oak Creek, Wisconsin.

Additional information available at: <http://tinyurl.com/lwa8vj9>

- **Southeast Asian Teen Village:** a program designed primarily for teenage girls in the Hmong community, and counseling is administered in a group modality that addresses spiritual, immigration, and trauma-related factors.
- **Su Yim, MSW, LCSW:** therapy for adults in Portland. Experienced licensed clinical social worker, LGBTQ affirming, and trained in trauma-informed treatment. <http://www.suyim.com/about-su>
- **Theralane, LLC:** therapists to help Asian Americans heal and thrive, to move beyond the survival / achievement dichotomy, to have choices, to feel free, embodied and empowered. <https://theralane.com/>

The *Pyramid* shows biased behaviors, growing in complexity from the bottom to the top. Although the behaviors at each level negatively impact individuals and groups, as one moves up the pyramid, the behaviors have more life-threatening consequences. Like a pyramid, the upper levels are supported by the lower levels. If people or institutions treat behaviors on the lower levels as being acceptable or "normal," it results in the behaviors at the next level becoming more accepted. In response to the questions of the world community about where the hate of genocide comes from, the *Pyramid of Hate* demonstrates that the hate of genocide is built upon the acceptance of behaviors described in the lower levels of the pyramid.



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Definitions

- **Aggressor:** Someone who says or does something harmful or malicious to another person intentionally and unprovoked.
- **Anti-Immigrant Bias:** The marginalization and/or oppression of people who are of immigrant origin, transnational or outside the dominant national identity or culture.
- **Anti-Muslim Bias:** The marginalization and/or oppression of people who are Muslim based on the belief in stereotypes and myths about Muslim people, Islam and countries with predominantly Muslim populations.
- **Anti-Semitism:** The marginalization and/or oppression of people who are Jewish based on the belief in stereotypes and myths about Jewish people, Judaism and Israel.
- **Anti-Trans Bias:** The marginalization and/or oppression of people who are transgender and/or non-binary (identifying as neither a man nor a woman) based on the belief that cisgender (gender identity that corresponds with the sex one was assigned at birth) is the norm.
- **Bias:** An inclination or preference either for or against an individual or group that interferes with impartial judgement.
- **Bigotry:** An unreasonable or irrational attachment to negative stereotypes and prejudices.
- **Bullying:** Repeated actions or threats of action directed toward a person by one or more people who have (or are perceived to have) more power or status than their target in order to cause fear, distress or harm. Bullying can be physical, verbal, psychological or any combination of these three. Bullying behaviors can include name-calling, obscene gesturing, malicious teasing, rumors, slander, social exclusion, damaging a person's belongings, threats and physical violence.
- **Bystander:** Someone who sees bias or bullying happening and does not say or do anything.
- **Classism:** The marginalization and/or oppression of people who are from low-income or working-class households based on a social hierarchy in which people are ranked according to socioeconomic status.
- **Cultural Appropriation:** When people use specific elements of a culture (e.g., ideas, symbols, images, clothing) that misrepresents and/or disrespects the culture of that marginalized group of people. It usually happens when one group exploits the culture of another group, often with little understanding of the group's history, experience and traditions.

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- **Cyberbullying:** The intentional and repeated mistreatment of others through the use of technology, such as computers, cell phones and other electronic devices. Cyberbullying includes, but is not limited to, sending mean, hurtful or threatening messages or images about another person; posting sensitive, private information about another person for the purpose of hurting or embarrassing the person; and pretending to be someone else in order to make the person look bad and/or to intentionally exclude someone from an online group.
 - **Discrimination:** The denial of justice, resources and fair treatment of individuals and groups (often based on social identity), through employment, education, housing, banking, political rights, etc.
 - **Explicit Bias:** The conscious attitudes, stereotypes and overt intentional action (positive or negative) toward members of a group merely because of their membership in that group.
 - **Genocide:** The act of or intent to deliberately and systematically annihilate an entire religious, racial, national or cultural group.
 - **Hate:** An extreme dislike for something, someone or a group. Hate that is based on an aspect of someone's identity (e.g., race, religion, sex, gender expression or identity, ability, sexual orientation, etc.) can result in interpersonal bias, discrimination, hate incidents, hate crimes and/or involvement in an organized hate group.
 - **Hate Crime:** A criminal act against property, a person or group where the victim is intentionally targeted because of their actual or perceived race, religion, sexual orientation, national origin, disability, gender/gender identity or ethnicity.
 - **Heterosexim:** The marginalization and/or oppression of people who are lesbian, gay, bisexual, queer and/asexual, based on the belief that heterosexuality is the norm.
 - **Implicit Bias:** The unconscious attitudes and stereotypes and unintentional actions (positive or negative) toward members of a group merely because of their membership in that group.
 - **Inequality:** An unjust situation or condition when some people have more rights or better opportunities than other people.
 - **Inequity:** refers to a lack of fairness or justice; unfair and avoidable differences in treatment or experience.
 - **Injustice:** A situation in which the rights of a person or a group of people are ignored, disrespected or discriminated against.
 - **Islamophobia:** Prejudice and/or discrimination against people who are or who are perceived to be Muslim, and a fear or dislike of Islamic culture.

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- **Marginalization:** The treatment of a person, group or concept as secondary, unimportant, inferior or abnormal compared with those who hold more power in society.
 - **Microaggressions:** The everyday slights, indignities, put-downs and insults that people of color, women, LGBTQ populations and other marginalized people experience in their day-to-day interactions. Microaggressions can appear to be compliments but often contain a “metacommunication” or hidden insult to the target group. Microaggressions are often outside the level of conscious awareness of the people who say them, which means they can be unintentional. Microaggressions may be communicated verbally and/or nonverbally.
 - **Oppression:** A system of mistreatment, exploitation and abuse of a marginalized group(s) for the social, economic or political benefit of a dominant group(s). This happens within a social hierarchy where people are ranked according to status, often based on aspects of social identity.
 - **Prejudice:** A premature judgment or belief formed about a person, group or concept before gaining sufficient knowledge or by selectively disregarding facts.
 - **Racism:** The marginalization and/or oppression of people of color based on a socially constructed racial hierarchy that privileges white people.
 - **Religious Bias:** The marginalization and/or oppression of people who belong to one or more religious groups or no religious group based on the belief in a correct or sanctioned faith system.
 - **Scapegoating:** Blaming an individual or group for something based on that person or group’s identity when the person or group is not responsible. Bias, prejudicial thinking and discriminatory acts can lead to scapegoating.
 - **Segregation:** The separation or isolation of race, class or other group by enforced or voluntary restriction of their access to housing, schools, etc. or by other discriminatory means.
 - **Social Justice:** A set of conditions and principles that ensure every person has equitable economic, political and social rights, access and opportunities.
 - **Stereotype:** An oversimplified generalization about a person or group of people without regard for individual differences.
 - **Target:** Someone against whom mistreatment is directed.