

# TIPS FOR AAPI RESISTANCE

FOR *ABNORMAL* TIMES LIKE THESE

## Know history

Learn the history of AAPI organizers & struggles, like Yuri Kochiyama, Grace Lee Boggs, & Larry Itliong, and understand the criminalization of our communities from the Chinese Exclusion Act to the incarceration of Japanese Americans.

## Support other movements

AAPIs are NOT a model minority and should not be used as a wedge group. As people of color, we need to support each other and campaign around the intersectionality of our identities against systems that commoditize our bodies for profit. Learn more about the Fight for \$15, the Movement for Black Lives, the struggle of Native & Indigenous people, the need for environmental justice, to name a few.

## Donate

While donations to national groups like the ACLU or Planned Parenthood are great, it's the local grassroots AAPI organizations that will be the most impacted. Make a gift to local groups, like those in Grassroots APIs Rising and the Southeast Asian Freedom Network, to support local organizing.

## Run for office

The 2016 Election cycle welcomed more members to the Congressional Asian Pacific American Caucus. Whether its in local, state, or federal government, in a local union, or community group, we need to build a pipeline of new AAPI leaders with groups like the New American Leaders Project.

## Demand disaggregated data

A crucial part of resisting the model minority myth is knowing whom it most greatly impacts. We need more disaggregated data to see inequitable distribution of power and resources within the many ethnic groups that make up "AAPI."

## Join a protest

Sign-on letters are great, but it's time to take it to the streets. Join a local action near you. Keep yourself in the loop by signing up for activist listservs or keep a watchful eye for those events on Facebook!

## Check sources

Make sure to check sources because we do not want to spread misinformation that instills fear into our communities.

## Plan a workshop

Consider organizing a workshop to facilitate a much needed dialogue on race. The Asian American Toolkit has a great curriculum and lots of local examples. See: [www.asianamtoolkit.org](http://www.asianamtoolkit.org).

## Contact your representatives

Your voice matters to your elected officials. Whether confirming a Cabinet nomination with a bad track record or a passing a piece of legislation that restricts immigrants, they are listening to you. After all, they're trying to get re-elected by their constituents. Find your representatives here at: [bit.ly/FindMyElectedOfficials](http://bit.ly/FindMyElectedOfficials)

## Volunteer your language skills

There are 40+ Asian languages spoken in the U.S., and AAPI groups often need translators to make sure we have in-language materials for our communities. If you're bilingual, offer translation services to national & local groups. If you want to volunteer or if you work out an AAPI group in need of interpretation, fill out the form to be connected with a group or volunteer here: [bit.ly/AAPILanguageMatch](http://bit.ly/AAPILanguageMatch).

## Words matter

Words can make things seem normal. Try using "45" or "White House Occupant" instead of "President Trump," and be mindful of how words translate power. Check out this awesome resource on phrasing by the Opportunity Agenda & Advancement Project: [bit.ly/SocialJusticePhraseGuide](http://bit.ly/SocialJusticePhraseGuide)

## Be a woke consumer

Consumer activism is real. The next four years will be a hard fight between the 1% and everyone else. Make your dollar count as another way to voice your opinion, like #DeleteUber, boycotting Under Armour, or shopping at Nordstroms.

## Listen to women, LGBTQ, & gender nonconforming people

Far too many straight white men have taken up places of authority. It's time we listen to women, LGBTQ, and gender nonconforming people who have invaluable knowledge and experience to shape policy, organizing, and advocacy.

## Use art

Very powerful tools, arts & culture are essential in how people express themselves, how communities are united and movement are built, and how to create space for learning and healing. Try your hand at poetry, music, or paint.

## Practice self-care

Times like these can be very taxing on the body and mind. Make sure to take care of yourself, whether that be yoga, a nice dinner out, meditation, or a good book.

#AAPISRESIST #ASIANSRESIST #NOTYOURMODELMINORITY #RESISTANCE #SOLIDARITYIS #SAFEWITHUS