

快速應變工具組

Chinese Traditional

亞裔美國人基金會快速應變工具組 (Asian American Foundation Rapid Response Toolkit) 是針對亞裔美國人、夏威夷原住民與太平洋島民 (AANHPI) 社群和盟友所製作的安身處，可橫跨非營利組織、媒體管道、倡導團隊和公共安全團體，保護各地的 AANHPI。

更好的未來是多方面努力的成果。若要進一步瞭解 TAAF 贊助的專案，以支援在多種產業的 AANHPI，請造訪 www.taaf.org。



The
Asian American
Foundation

Rapid Response Toolkit

Chinese Traditional

The Asian American Foundation Rapid Response Toolkit was created as a landing place for our Asian American, Native Hawaiian & Pacific Islander (AANHPI) communities and allies to mobilize at scale across nonprofits, media outlets, and advocacy and public safety groups, to protect AANHPIs everywhere.

A better future is a multi-faceted effort. Learn more about TAAF-sponsored projects that support AANHPIs across a variety of sectors at www.taaf.org.



The
Asian American
Foundation

AANHPI 安全與防護現況

廣泛的騷擾： 因性別和種族而成為目標

亞裔美國人是最不可能通報仇恨犯罪的團體。



只有 30% 的亞裔美國人和 36% 的太平洋島民認為他們可以「很安心」向執法機關通報仇恨犯罪。(資料來源: AAPI 資料, Pew)

為什麼？



- 擔心再度遭受攻擊
- 擔心家人遭到報復
- 擔心沒人相信
- 尷尬/羞愧
- 擔心正義是否能伸張
- 擔心在與警察接觸時又受到傷害，或見過他人受到傷害



有三分之一的成員
擔心威脅和實際攻擊



80% 的 AAPI
認為他們受到的
暴力行為不斷增加

Current State of AANHPI Safety and Security

Widespread Harassment: Targeted by gender and race

Asian Americans are the least likely group to report hate crimes.



Only 30% of Asian Americans and 36% of Pacific Islanders responded that they were “very comfortable” reporting a hate crime to law enforcement authorities.

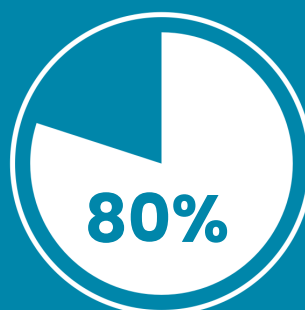
WHY?



- Fear of being attacked again
- Fear of retaliation towards family
- Fear of not being believed
- Embarrassment/shame
- Concern over whether justice will be served
- Concerns about harm they've experienced or observed with others during police encounters



AAPIs fear threats and physical attacks



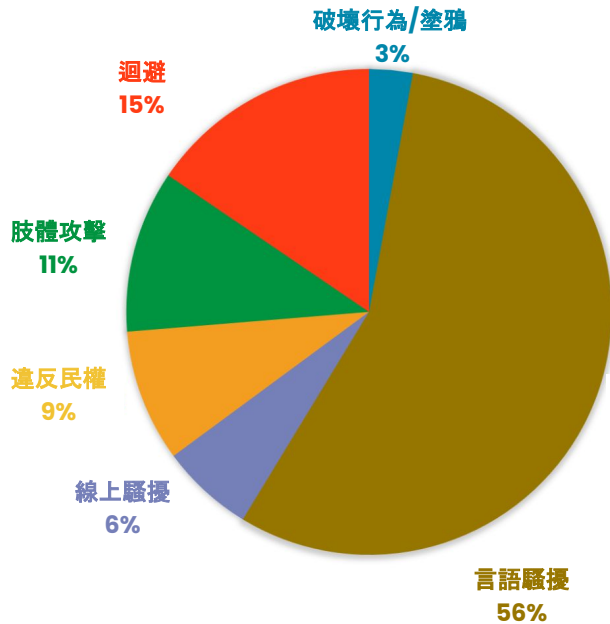
of AAPIs feel violence against them is rising

Source: [AAPI Data](#), Pew

AANHPI 安全與防護現況

仇恨事件類型

來源: [Stop AAPI Hate](#)



根據以性別為基礎的資料, 女性遭受仇恨事件的數字接近男性的 2 倍。⁴

美國華人佔 AAPI 的 23%, 但僅通報 43.7% 的仇恨事件, 其次為韓國人 (16.6%)、菲律賓人 (8.8%) 及越南人 (8.3%)。^{3 5}

心理健康危機: 壓力和創傷突增



每 5 位曾經歷種族歧視的亞裔美國人中, 就有 1 位會出現種族創傷, 即因種族歧視而造成的心理和情緒傷害。⁶



經歷種族歧視的亞裔美國人更容易出現憂鬱、焦慮、壓力和身體上的症狀。⁶

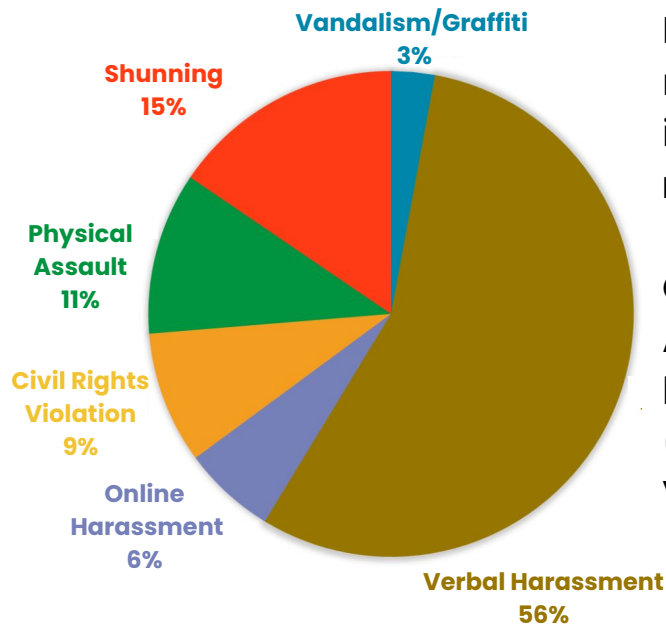
亞裔美國人尋求心理健康照護的可能性比美國白人少 3 倍。⁷

為什麼？

- 語言、文化, 以及接受治療和談及心理健康的 污名化相關障礙
- 難以找到具有文化敏感性的服務提供者

Current State of AANHPI Safety and Security

Types of Hate Incidents Source: [Stop AAPI Hate](#)



Based on gender data, women report being victims of hate incidents at nearly **2x the rate of men**.⁴

Chinese Americans make up 23% of AAPIs, but have **reported 43.7%** of hate incidents, followed by Koreans (**16.6%**), Filipinx (**8.8%**) and Vietnamese (**8.3%**).^{3 5}

Mental Health Crisis: Spikes in stress and trauma



1 in 5 Asian Americans who have experienced racism display **racial trauma, the psychological and emotional harm** caused by racism.⁶



Asian Americans who have experienced racism have heightened symptoms of **depression, anxiety, stress, and physical symptoms**.⁶

Asian Americans are **3x less likely** to seek mental healthcare than white Americans.⁷

WHY?

- Language, culture, and stigma-related barriers to treatment and talking about mental health
- Difficulty in finding culturally sensitive providers

您準備好加以回應嗎？

如何回應仇恨犯罪和事件

發生期間

☐ 安全第一。

- ☐ 相信自己的直覺、保持冷靜，離開這個區域
- ☐ 在您感到安心時，通報此一情況。

☐ 如有需要，請撥打 911 尋求醫療協助。

- ☐ 如有需要，請要求翻譯人員。
- ☐ 醫師會記錄受傷情形，可用於判斷罪行、和解主張和量刑，但未經同意，不得向執法單位透露此內容。
- ☐ 在您決定是否要提出指控期間，醫院也可以為您暫時保留證據。

事後

☐ 記錄仇恨犯罪或事件的詳細資料。

- ☐ 關鍵細節：犯罪者的性別；年齡；身高；體重；髮色、頭髮長度與髮型；臉部毛髮；體型；刺青；傷疤；衣物。
- ☐ 記下對方提出的威脅或帶有偏見的言詞。

☐ 向警方報案。

- ☐ 取得回應人員的姓名和識別證號碼。
- ☐ 確保該人員將事件報告表單歸檔，並指派個案編號。
- ☐ 如果您認為該事件的動機為偏見，請要求回應人員勾選「仇恨 / 偏見動機」或「仇恨犯罪 / 事件」方塊。
- ☐ 索取警方報告及初步報告的副本。

非法移民可尋求 U 非移民狀態 (U 簽證) 以便保護某些犯罪的受害者，減輕他們與執法單位談話的恐懼。

Are you ready to respond?

How to respond to hate crimes and incidents

During

- ❑ **Prioritize your safety.**
 - ❑ Trust your instincts, remain calm, and leave the area.
 - ❑ Call attention to the situation, if you feel safe to do so.
- ❑ **Call 911 for medical help, if necessary.**
 - ❑ Request a translator if needed.
 - ❑ The doctor will document injuries, which can be used to determine charges, settlement positions, and sentencing, but will not share this with law enforcement without consent.
 - ❑ The hospital can also retain the evidence for a short period of time while you decide to pursue charges.

After

- ❑ **Record details about the hate crime or incident.**
 - ❑ Key details: perpetrator's gender; age; height; weight; hair color, length, and style; facial hair; body type; tattoos; scars; clothes.
 - ❑ Note any threats or biased comments made.
- ❑ **File a police report.**
 - ❑ Get the responding officer's name and badge number.
 - ❑ Ensure the officer files an incident report form and assigns a case number.
 - ❑ If you believe the incident was bias-motivated, ask the officer to check the "hate/bias-motivation" or "hate crime/incident" box.
 - ❑ Request copies of the police report and the preliminary report.

Undocumented immigrants may seek a U nonimmigrant status (U visa), which protects victims of certain crimes, to help ease any fear of talking with law enforcement.

❑ **通報仇恨事件並分享您的故事。**

仇恨犯罪和仇恨事件資料是根據通報 內容而定，而非經歷。社群報告的資料集在有效預防與因應方面十分重要。這是對抗「沒資料就沒問題」虛假敘述的強大方式。

❑ **如果您在網路上（例如在社交媒體上）經歷仇恨事件，請標示該內容，然後直接向平台通報。**

❑ **聯絡具備文化能力且瞭解受創情況的心理健康專業人員。**

❑ **尋求自付費用的補償。**

美國設有犯罪相關費用（例如醫療費用、心理健康諮詢、喪葬費用、工資損失，或支援損失）的受害者補償計畫。請在這裡找到您所在州別的受害者補償計畫。

❑ **指控仇恨犯罪時，請諮詢法務顧問。**

許多以移民為中心的組織（例如 [AALDEF](#) 和 [AAJC](#)）可為受害者無償提供法務服務。在刑事案件中，受害者不需要法務顧問，但及早在警方報案時，即有人擔任代表可能會很有幫助，以便能在公開之前討論是否涉及偏見，並解釋法律程序。在民事案件中，若要尋求金錢 / 損害賠償，強烈建議您雇用律師。

您可以在這裡找到其他心理健康、通報和法務資源。

❑ **Report the hate and share your story.**

Hate crime and hate incident data is based on what's reported, not experienced. Community-reported data collection is critical for effective prevention and response. It offers a powerful way to combat the false "no data, no problem" narrative.

❑ **If you experienced hate online (e.g., on social media), flag and report the content directly to the platform.**

❑ **Reach out to culturally competent, trauma-informed mental health professionals.**

❑ **Seek compensation for out-of-pocket expenses.**

States have Victims Compensation programs for crime-related expenses (e.g., medical costs, mental health counseling, funeral costs, lost wages, or loss of support). Find your state's Victim Compensation program [here](#).

❑ **Seek legal counsel when hate crimes are charged.**

Many immigrant-centered organizations like [AALDEF](#) and [AAJC](#) provide pro bono legal services for victims. For criminal cases, victims do not need legal counsel, but, they may find it helpful to have representation as early as the police report filing to discuss whether bias was involved before going public, and to explain the legal process. For civil cases, those seeking money/damages are strongly encouraged to hire an attorney.

You can find additional mental health, reporting, and legal resources [here](#).

您個人可以做什麼

社群安全始於您。在攻擊發生前，我們越瞭解狀況就越能做好準備，讓我們有能力保護自己和彼此。

行動步驟

1. 隨時掌握 AANHPI 最新消息

- [The Asian American Foundation \(亞裔美國人基金會\)](#)
- [NBC 新聞網: Asian America \(亞裔美國人專欄\)](#)
- [「NextShark」網站](#)
- [「AsAm News」網站](#)
- [「The Conversation」網站: Asian Americans \(亞裔美國人專欄\)](#)
- [The Huffington Post Asian Voices \(哈芬登郵報亞裔專欄\)](#)
- [The New York Times \(紐約時報\): Asian Americans \(亞裔美國人專欄\)](#)
- [「The Yappie」網站](#)
- 別忘了當地新聞來源和社群媒體！

2. 接受旁觀者介入訓練。

[亞裔推進正義協會 \(Asian Americans Advancing Justice\)](#) 夥同 [Hollaback!](#) 舉辦免費的虛擬工作坊，[以因應反亞裔騷擾](#)。在此註冊。和朋友一起參加，或鼓勵他們在私人時間完成活動！

3. 在 [Stand Against Hatred](#) or [Stop AAPI Hate](#) 頁面分享您的故事，以及 /或在仇恨犯罪資料庫中留下報告，以便分享 AAPI 經歷的見解。

What you can do as an individual

Community safety begins with you. The more informed we are before an attack, the more prepared and empowered we will be to protect ourselves and each other.

Action Steps

1. Stay informed on the latest AANHPI news.

- [The Asian American Foundation](#)
- [NBC: Asian America](#)
- [NextShark](#)
- [AsAm News](#)
- [The Conversation: Asian Americans](#)
- [The Huffington Post Asian Voices](#)
- [The New York Times: Asian Americans](#)
- [The Yappie](#)
- *Don't forget local news sources and community media*

2. Take bystander intervention training.

[Asian Americans Advancing Justice](#), with [Hollaback!](#), hosts free, virtual workshops to respond to anti-Asian harassment. Sign up [here](#). Take them with a friend or encourage them to take one on their own time!

3. Share your story with AAAJ's [Stand Against Hatred](#) or [Stop AAPI Hate](#) and/or file a report to hate crime databases to provide insight into the AAPI experience.

4. 擔任鄰里守望團體的義工

鄰里守望團體是參與奧克蘭、洛杉磯和紐約等地公共安全工作的 絕佳方式。
[Oakland, Los Angeles](#), and [New York](#).

5. 擔任當地互助網絡的志工或捐款。

互助網絡可連結鄰里和當地組織。他們經常使用 Slack、Facebook 和 WhatsApp 等應用程式來搜尋要求、招募志工，並保持組織井然有序。

在這裡可以找到位於奧克蘭、洛杉磯和紐約的 AANHPI/移民專用的互助網絡。
[here](#).

6. 鼓勵民選代表提倡 AANHPI 社群的需求。

[請在這裡找到您當地的代表。](#)

7. 捐款給積極對抗反亞裔仇恨的社會司法組織和類似團體：

- [亞裔推進正義協會 \(Asian Americans Advancing Justice\)](#)
- [「Stop AAPI Hate」網站](#)
- [全國亞太裔婦女論壇 \(National Asian Pacific American Women's Forum, NAPAWF\)](#)

8. 捐款給或分享受害者資金或募款活動

(例如, [GoFundMe](#)) 協助受害者及其家人支付反亞裔攻擊事件中的自付費用。

4. Volunteer with a neighborhood watch group.

Neighborhood watch groups are a great way to participate in local public safety efforts like in [Oakland, Los Angeles](#), and [New York](#).

5. Volunteer or donate to a local mutual aid network.

Mutual aid networks connect neighbors and local organizers. They often use applications such as Slack, Facebook, and WhatsApp to source requests, recruit volunteers, and stay organized.

Find AAPI/immigrant-focused mutual aid networks in Oakland, Los Angeles, and New York [here](#).

6. Encourage elected representatives to advocate for the needs of our AANHPI communities.

Find your local representative [here](#).

7. Donate to social justice organizations and affinity groups that are actively combating anti-Asian hate:

- [Asian Americans Advancing Justice](#)
- [Stop AAPI Hate](#)
- [National Asian Pacific American Women's Forum \(NAPAWF\)](#)

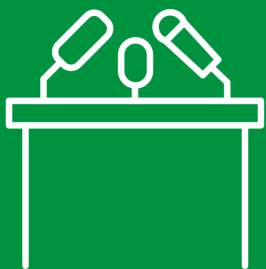
8. Donate to and share victim funds or fundraisers

(e.g., [GoFundMe](#)) to help victims and their families cover out-of-pocket costs that result from anti-Asian attacks.

身為社群領導人，您可以做什麼。

社群領導從此處開始。發生危機時，社群領導人可在當地社群提供指引、支援並促進同盟合作。

1. 社群動員行事。



在發生仇恨犯罪之後，
儘快發出公開聲明譴責仇恨行為。

1

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保留安全的空間讓社群成員齊聚一堂，
處理他們的情緒，以及
表達他們的想法。



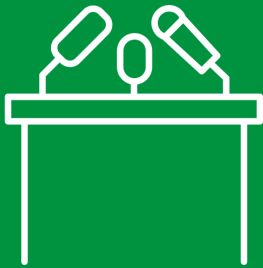
邀請社群成員參與為受害者及其家人提供協助的個人行為（例如烹飪和送餐、寫信鼓勵、組織募款活動等）。

3

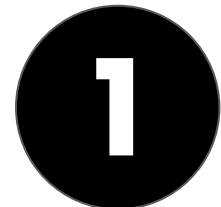
What you can do as a community leader.

Community leadership starts here. During times of crisis, communities leaders can provide guidance, offer support, and facilitate coalition building in their local neighborhoods.

1. Mobilize our communities.



Issue a public statement denouncing hate as soon as possible after the hate crime.

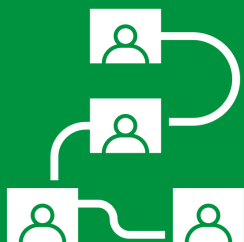


Hold safe spaces for community members to come together, process their emotions, and express their thoughts.



Invite community members to participate in personal acts of support for the victim and their family (e.g., cook and deliver meals, write letters of encouragement, organize a fundraiser).





為社群型組織指派負責處理特定職務或工作的角色（例如媒體聯絡、受害者支援）。

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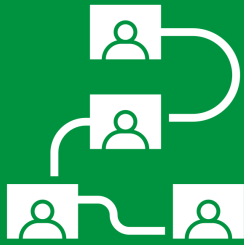
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透過資源分享、知識共享和訊息散佈，
與價值觀相符的社群組織團結一致。
ADL's regional offices 的區域辦公室和
Not in our Town 組織在反仇恨空間方面
有數十年的工作經驗。



組織公眾會議，邀請民選官員、執法機關、各方領導、當地媒體和社群成員
公開討論社群需求，以及如何確保承擔責任。

6



Designate roles for community based organizations to handle specific roles or tasks (e.g., media outreach, victim support).

4

5

Build solidarity with other values-aligned community organizations through resource sharing, knowledge sharing, and message amplification. ADL's regional offices and Not in our Town have decades of experience working within the anti-hate space.



Organize a town hall and invite electeds, law enforcement, fellow leaders, local media, and community members to openly discuss the community's needs and how to ensure accountability.

6

2. 推動媒體發布我們的故事。

提醒您當地的媒體，他們必須對您負責，並必須報導 AANHPI 社群的正確故事。

身為值得信賴的主管機關，社群組織和盟友是絕佳的媒體來源，有助於提倡 AANHPI 社群的需求。

TAAF 可快速召集組織，為社群提供談話重點與資源。附件為我們在 [CAPAC](#)、[AAJA](#) 和 [AAPIP](#) 的合作夥伴提供的實用指南，讓您瞭解如何在危機時刻與記者互動。

訊息：避開讓 AANHPI 社群仇恨加劇的語言。

3. 使用社交媒體傳達消息。

社交媒體是敘事變更的強大工具。它可以讓人意識到肇因或事件，並將人員轉往資源。

最佳做法：

- 製作值得紀念的主題標籤，以消弭向社群造成傷害的訊息（例如 #stopasianhate）。
- 製作容易閱讀、容易分享的內容，讓社群能加以分享及參與其中。
- 在讓人感到自在的程度下，分享自身故事以教育觀眾並建立同理心。

2. Push the media to tell our story.

Remind your local media they are accountable to you and need to report accurate stories about the AANHPI community.

As trusted authorities, community organizations and allies are great go-to sources for the media and can help advocate for the needs of our AANHPI communities.

TAAF can quickly convene organizations and provide talking points and resources for the community. Enclosed is practical guidance from our partners at [CAPAC](#), [AAJA](#), and [AAPIP](#) for how to interact with journalists during times of crisis.

Messaging: Steer away from language that exacerbates hate against our AANHPI communities.

3. Use social media to get the word out.

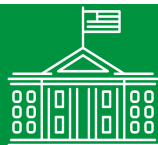
Social media is a powerful tool for narrative change. It can generate awareness about a cause or incident, and route people to resources.

Best Practices:

- Create a memorable hashtag to drown out messagings that are harmful for the communities (e.g., #stopasianhate).
- Create easy-to-read, shareable content that your community will engage with and save.
- To the extent individuals involved feel comfortable, share their stories to educate your audiences and build empathy.

4. 讓民選官員參與。

民選官員可以利用他們的平台擢升社群領導人、參與團結成果、召集社群成員，並增加資源的可及性。



請聯絡白宮

- [寫信或致電白宮以說出您的疑慮](#)：(202) 456-1111。
- [亞裔美國人、夏威夷原住民與太平洋島民白宮倡議 \(White House Initiative on Asian Americans, Native Hawaiians & Pacific Islanders, WHIAAPI\)](#)，是聯邦政府和 AANHPI 社群的連結點，主辦 AANHPI 相關政策之簡報和活動。



請聯絡您的國會議員

- [請洽您的代表為您的疑慮發聲](#)：(202) 224-3121
- [聯絡或關注美國國會亞太裔黨團 Congressional Asian Pacific American Caucus](#)



聯絡您的州官員

- [請洽您當地的州代表](#)
- [請洽您的州檢察長](#)



請聯絡當地民選官員

- [請洽您當地的市長](#)

4. Get elected officials involved.

Elected officials can use their platform to elevate community leaders, join solidarity efforts, convene community members, and increase accessibility of resources.



Contact the White House

- [Write](#) or call the White House to voice your concerns: (202) 456-1111.
- [The White House Initiative on Asian Americans, Native Hawaiians & Pacific Islanders](#) (WHIAAPI), a connection point between the federal government and our AANHPI communities, hosts briefings and events relating to policies that affect AANHPIs.



Contact your Congressional Members

- [Find your Representatives](#) to voice your concerns: (202) 224-3121
- Contact or follow the [Congressional Asian Pacific American Caucus](#)



Contact your State Officials

- [Find your local state representatives](#)
- [Find your State Attorneys General](#)
- [Find your Governor](#)



Contact Local Elected Officials

- [Find your local mayor](#)

關於亞裔美國人基金會 (The Asian American Foundation)

亞裔美國人基金會 (Asian American Foundation) 是致力加速亞裔美國人及太平洋島民社群機會和繁榮的召集者、培養者和創始者。我們致力於催化美國境內 2,300 萬名 AAPI 的力量

如欲進一步瞭解亞裔美國人基金會，請造訪 www.taaf.org。

如有任何問題、機會和新聞稿，請傳送電子郵件至 hello@taaf.org。

這套工具組是在亞裔美國人、夏威夷原住民與太平洋島民社群倡議者和領導者的廣大協助下製成，並與下列項目相關：



特別感謝 Vaibhav Jain 和 Natasha Jen (設計); Krystie Yen、Peter Li、Priscilla Guo、Beverly Liang (撰寫) 以及 Aryani Ong (顧問)。

About The Asian American Foundation

The Asian American Foundation is a convener, incubator, and funder committed to accelerating opportunity and prosperity for Asian American and Pacific Islander communities. We strive to be a catalyzing force for belonging for the 23 million AAPIs across the U.S.

To learn more about The Asian American Foundation, visit www.taaf.org. For questions, opportunities, and press, please email hello@taaf.org.

This toolkit was made possible by generous assistance from Asian American, Native Hawaiian & Pacific Islander community advocates and leaders, in association with:



Special thanks to Vaibhav Jain and Natasha Jen (Design); Krystie Yen, Peter Li, Priscilla Guo, Beverly Liang (Writing); and Aryani Ong (Advising).