

快速响应工具包

Chinese Simplified

亚裔美国人基金会快速响应工具包是为我们亚裔美国人、夏威夷原住民以及太平洋岛民 (**AANHPI**) 社区和盟友建立的一个平台, 可用于在非盈利组织、媒体、宣传和公共安全团体间进行大规模动员, 呼吁大家一起保护各地的 **AANHPI**。

构建美好未来需要多方面共同努力。请访问 www.taaf.org, 了解更多有关 TAAF 发起的支持各行各业 **AANHPI** 的项目。



The
Asian American
Foundation

Rapid Response Toolkit

Chinese Simplified

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 安全保障现状

普遍性的骚扰： 针对性别和种族

亚裔美国人是仇恨犯罪举报率最低的群体。



只有 30% 的亚裔美国人和 36% 的太平洋岛民表示“非常乐意”向执法当局举报仇恨犯罪行为。(来源:亚太裔数据 (AAPI Data)、皮尤研究中心)

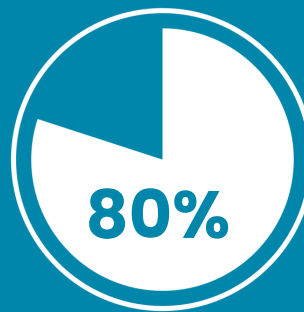
为什么？



- 害怕再次遭受袭击
- 害怕家人受到报复
- 害怕不被信任
- 觉得尴尬/羞愧
- 对正义能否得到伸张感到担忧
- 对自身或目睹他人在遇到警察时遭受的伤害感到担忧



三分之一的受访者
担心会遭到威胁和
人身攻击



80% 的亚太裔
美国人认为针
对他们的暴力行
为正在增加

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.

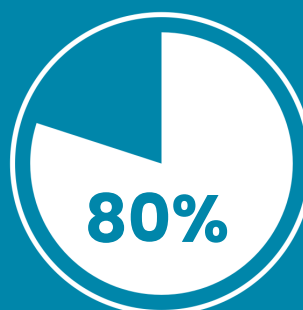
WHY?



- 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



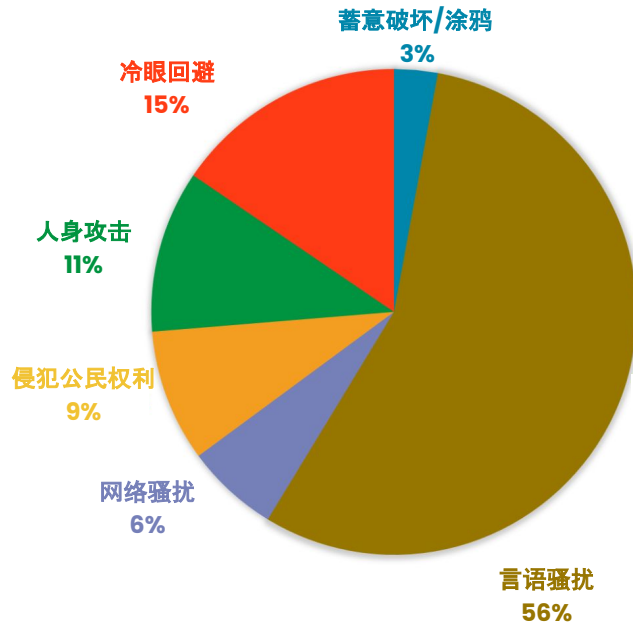
of AAPIs feel violence against them is rising

Source: [AAPI Data](#), Pew

AANHPI 安全保障现状

仇恨事件类型

来源: [Stop AAPI Hate](#)



根据性别数据, 女性成为仇恨事件受害者的比例几乎是男性的 2 倍。⁴

华裔美国人占亚太裔美国人口的 23%, 但对仇恨事件的举报率仅为 43.7%, 其次是韩国裔 (16.6%)、菲律宾裔 (8.8%) 和越南裔 (8.3%)。^{3 5}

心理健康危机: 压力和心理创伤激增



五分之一经历过种族歧视的亚裔美国人表现出种族创伤, 即种族主义造成的心理和情感伤害。⁶



经历过种族歧视的亚裔美国人会出现抑郁、焦虑、压力等症状加剧的情况, 身体状况也会下降。⁶

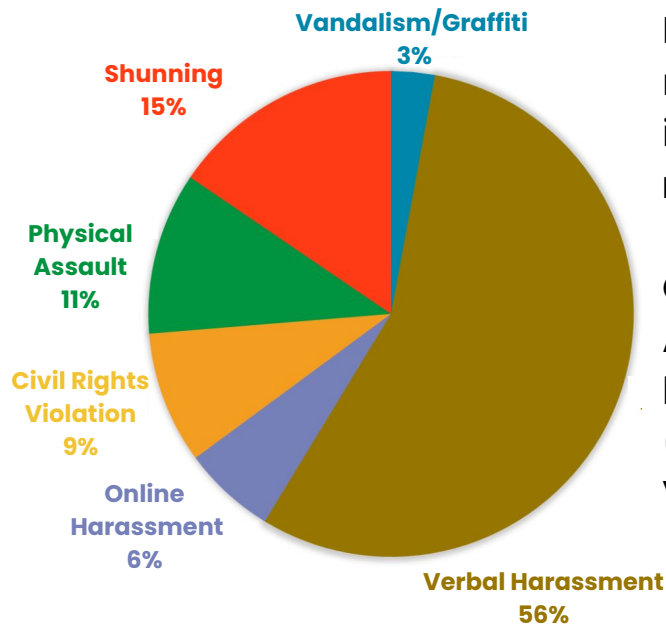
与白人相比, 亚裔美国人寻求心理治疗的可能性要低 3 倍。⁷

为什么?

- 存在语言、文化的差异, 以及对心理治疗抵触和谈及心理健康时觉得耻辱
- 难以找到对文化敏感的医疗机构

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

您准备好作出回应了吗？

如何应对仇恨犯罪和事件

事件发生时

☐ 优先考虑自身安全。

- ☐ 相信自己的直觉，保持冷静并离开现场。
- ☐ 确认安全后，呼吁关注该事件。

☐ 如有必要，请致电 911 寻求医疗帮助。

- ☐ 如果需要，请要求提供翻译员。
- ☐ 医生将记录受伤情况，这些信息可用于确定指控、判定立场和量刑，但未经同意不会与执法部门分享。
- ☐ 在您决定起诉时，医院也可以在短时间内保留证据。

事件发生后

☐ 记录有关仇恨犯罪或事件的详细信息。

- ☐ 关键细节：犯罪者的性别；年龄；身高；体重；头发的颜色、长度和发型；胡须；体型；纹身；疤痕；着装。
- ☐ 记下任何威胁性或有偏见的言论。

☐ 向警方报案。

- ☐ 获取接警员的姓名和警徽编号。
- ☐ 确保该警员提交事件报告，并分配案件编号。
- ☐ 如果您认为事件是出于偏见，请要求警官勾选“仇恨/偏见动机”或“仇恨犯罪/事件”框。
- ☐ 要求获取警方报告和初步报告的副本。

无证移民可以申请 U 非移民身份(U 签证)，以保护某些犯罪事件的受害者，帮助其消除对于与执法部门谈话的恐惧。

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.

□ 举报仇恨并分享您的故事。

只有已举报的仇恨犯罪和仇恨事件才会纳入数据，真实发生的仇恨犯罪数量远非如此。社区举报的数据收集对于有效预防和应对此类事件至关重要。它以一种强有力的方式打击了“没有数据就表示没有问题”的错误说法。

□ 如果您在网络上(例如，在社交媒体上)遇到仇恨事件，请标记并直接向平台举报。

□ 联系具备相关文化能力，并且对心理创伤有一定了解的心理健康专家。

□ 就实付费用寻求赔偿。

[各州都制定了针对犯罪事件相关费用\(例如，医疗费用、心理健康咨询、丧葬费、工资损失或抚养费损失\)的受害者赔偿计划。在此处查找您所在州的受害者赔偿计划。](#)

□ 指控仇恨犯罪时，请寻求法律指导。

许多以移民为中心的组织，如 [AALDEF](#) (亚裔美国人法律辩护与教育基金会)和 [AAJC](#) (亚裔推进正义协会)等，均会为受害者提供无偿的法律服务。对于刑事案件，受害者不需要法律指导，但是他们可能会发现，案件公开前，尽早在警方提交报告前由代理律师参与讨论是否涉及偏见以及解释司法程序将很有帮助。对于民事案件，强烈建议寻求金钱/损失赔偿的受害者聘请律师。

[您可以在此处找到更多的心理健康](#)

❑ **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](#).

作为个人，您可以做些什么

社区安全，从您做起。我们在受到袭击前了解的越多，就越有准备，也更有能力保护自己和他人。

行动步骤

1. 及时了解最新的 AANHPI 新闻。

- [The Asian American Foundation \(亚裔美国人基金会\)](#)
- [美国全国广播公司 \(NBC\): 亚裔美国人](#)
- [「NextShark」](#)
- [「AsAm News」](#)
- [《The Conversation》: 亚裔美国人](#)
- [The Huffington Post Asian Voices《赫芬顿邮报亚洲之声》](#)
- [《纽约时报》: 亚裔美国人](#)
- [「The Yappie」](#)
- 不要忘记本地新闻来源和社区媒体！

2. 参加旁观者干预培训。

[亚裔推进正义协会](#)与 [Hollaback!](#) 联手举办了一场免费的虚拟研讨会，[介绍应对反亚裔骚扰的知识](#)。在此处注册。与朋友一起参加，或鼓励他们在方便的时间参加！

3. 与亚裔推进正义协会的“[反对仇恨](#)”和“[停止仇恨亚太裔](#)”组织分享您的故事和/或向

仇恨犯罪数据库提交报告，以提供针对 AAPI 经验的见解。

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. 担任邻里监督小组的志愿者。

邻里监督小组是参与当地公共安全工作的绝佳方式，例如在奥克兰、洛杉矶和纽约。[Oakland, Los Angeles](#), and [New York](#).

5. 担任志愿者或向当地的互助网络捐款。

互助网络可以在当地居民和当地组织之间建立联系。这些组织经常使用 Slack、Facebook 和 WhatsApp 等应用程序来寻找请求、招募志愿者，并保持组织有序运行。

在此处查找位于奥克兰、洛杉矶和纽约的 AANHPI/以移民为中心的互助网络。
[here](#).

6. 鼓励民选代表为我们 AANHPI 社区的需求进行宣传。

[在此处查找您的当地代表。](#)

7. 向积极打击反亚裔仇恨的社会正义组织和同道团体捐款：

- [亚裔推进正义协会 \(Asian Americans Advancing Justice\)](#)
- [停止仇恨亚太裔](#)
- [全国亚太裔美国妇女论坛 \(NAPAWF\)](#)

8. 捐赠和分享受害者基金或筹款活动

(例如 [GoFundMe](#)) 帮助受害者及其家人支付因反亚裔攻击而产生的实际费用。

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 \(NAPAWF\)](#)

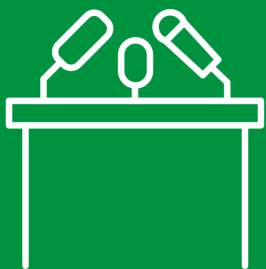
8. Donate to and share victim funds or fundraisers

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

作为社区领导者，您可以做些什么。

社区领导从这里开始。在危机期间，社区领导者可以提供指导和支持，并促进在当地社区建立联盟。

1. 动员我们的社区。



在仇恨犯罪发生后，
尽快发表公开声明谴责仇恨犯罪行为。

1

2

为社区成员提供安全的聚集空间，
安抚他们的情绪和
表达他们的想法。



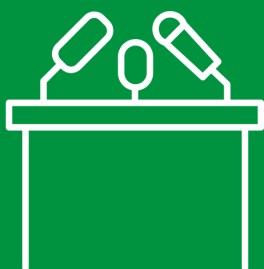
邀请社区成员通过个人的行动帮助
受害者及其家人(例如，做饭和送餐、
写鼓励信、组织筹款活动)。

3

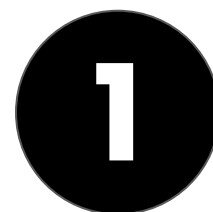
What you can do as a community leader.

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.

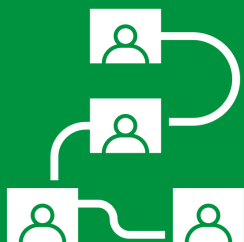


Hold safe spaces for community members to come together, process their emotions, and express their thoughts.



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).





为社区组织指定角色以处理特定角色或任务
(例如媒体外联, 受害者支持)。

4

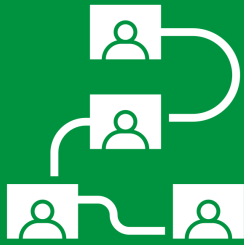
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通过资源共享、知识共享和信息放大,
与其他价值观一致的社区组织建立联结。
反诽谤联盟 (ADL) 区域办事处
和“不在我们镇上”(Not in our Town)
项目在反仇恨领域有着数十年的工作经验。



组织一次市民大会, 邀请民选代表、执
法人员、其他社区领导者、当地媒体和
社区成员, 公开讨论社区需求以及如
何确保问责制的问题。

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. 推动媒体报道我们的故事。

提醒当地媒体需要对您负责，如实且准确地报道有关 AANHPI 社区的故事。

作为值得信赖的权威机构，社区组织和盟友是媒体报道的重要信息来源，而且可以帮助宣传 AANHPI 社区的需求。

亚裔美国人基金会 (TAAF) 可以快速召集组织，并为社区提供话题和资源。附件是我们在 [CAPAC](#)、[AAJA](#) 和 [AAPIP](#) 的合作伙伴提供的关于在危机时期如何与记者互动的实用指南。

信息传递：避免使用会加剧对我们 AANHPI 社区仇恨的语言。

3. 利用社交媒体进行宣传。

社交媒体是改变舆论走向的强有力工具。它可以引起人们对原因或事件的关注，并将人们引向资源。

最佳实践：

- 创建一个醒目的话题来压住对社区有害的消息（例如，#停止仇恨亚太裔）。
- 创建易于阅读、可分享的内容，让您的社区可以分享并参与其中。
- 在征得相关人员同意的前提下，分享他们的故事，以教育受众并使之产生共鸣。

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.

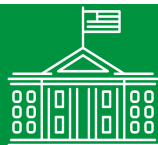
Social media is a powerful tool for narrative change. It can generate awareness about a cause or incident, and route people to resources.

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. 让民选官员参与进来。

民选官员可以借助自己的平台提升社区领导者知名度、参与联合行动、召集社区成员，并增加资源的可及性。



与白宫联系

- [写信或致电白宫，说出您的担忧](#)：(202) 456-1111。
- [白宫亚裔美国人、夏威夷原住民和太平洋岛民倡议 \(WHIAAPI\)](#)，工作组由联邦政府和我们 AANHPI 社区联合设立，负责举办与影响 AANHPI 的政策有关的简报会和活动。



联系国会议员

- [寻找代表为您的担忧发声](#)：(202) 224-3121
- [联系或关注亚太裔美国人核心小组](#)



联系州政府官员

- [查找您当地的州代表](#)
- [查找州总检察长](#)



联系当地民选官员

- [查找您当地的律师](#)

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](#)



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关于亚裔美国人基金会 (The Asian American Foundation)

亚裔美国人基金会是一个致力于促进亚裔美国人和太平洋岛民社区机会增加和繁荣发展的召集者、孵化器和资助者。我们致力于为全美 2300 万亚裔美国人提升归属感。

更多有关亚裔美国人基金会的信息, 请访问 www.taaf.org。

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本工具包的推出得到了亚裔美国人、夏威夷原住民以及太平洋岛民社区倡导者和领导者的大力支持, 提供帮助的还有:



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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.

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