

PCDC'S Anti-Asian Racism Incident Survey 反亞裔歧視問題事件報告

REPORT

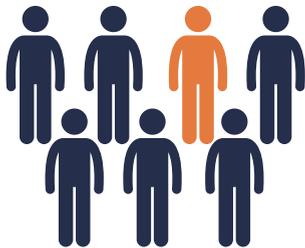
PHILADELPHIA CHINATOWN DEVELOPMENT CORPORATION

PCDC ANTI-ASIAN RACISM INCIDENT SURVEY REPORT

ABOUT THE REPORT

On March 17th and 30th, 2021, PCDC conducted a **bilingual** (English, Mandarin, and/or Cantonese) anti-Asian racism incident survey with **315 individuals** during our vaccination events at Crane Community Center where eligible members of Philadelphia's **Chinese and Asian immigrant community** received their first dose of COVID-19 vaccination.

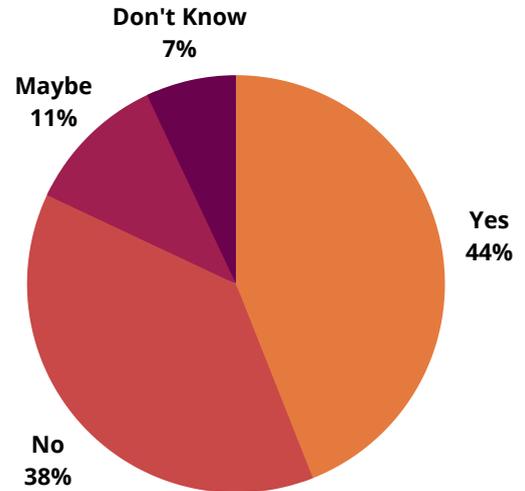
Upon completing the survey, all participants were provided with bilingual mental wellness resources on how to respond to and heal from incidents of anti-Asian hate and racism.



1 IN 7 HAVE PERSONALLY EXPERIENCED AN ANTI-ASIAN RACISM INCIDENT

Women are 13% more likely than men to be victims of anti-Asian racism.

DO YOU THINK THE INCIDENT OF RACISM WAS A RESULT OF THE COVID-19 PANDEMIC?



The most common form of racism incident is racial slurs/name calling, with **63%** of those who reported said that they have experienced verbal assaults such as being called "Chinese Virus" or told to "go back to China". The second most common form is **physical intimidation (34%)**, followed by **making it out as a joke (13%)**, **verbal threat (12%)**, **spitting/coughing (5%)***.

44% thought that racism incidents were a result of the COVID-19 pandemic.

23%

said they have personally experienced or know someone who has experienced at least one anti-Asian racism incident.

39%

of racism incidents happened on public streets and sidewalks. 16% in restaurants, bars, or public eating areas.

76.1%

didn't report the incident to the police, authority or any agency due to language barrier and distrust.

*Numbers exceed 100% because people experience more than one form of racial discrimination for the purpose of clarification

ANTI-ASIAN RACISM INCIDENT TESTIMONIES

- *"South Philly. While my mom was walking home from work. A group of teenagers verbally assaulted [her] because she was alone. My mom couldn't do anything. It made my mom feel more unsafe. Family members worried about this."*
- *"People came to the restaurant and took stuff without paying. And intimidated us."*
- *"When I and my husband at BJ, I wanted to move the cart and thought I skipped the line. And the male person pushed his cart on my leg and yelled at us to go back to my country."*
- *"At the grocery store in Chinatown, a man was very rude to us and cursed at us. I didn't understand what he said but he used the F word on us."*
- *"We are used to it."*
- *"Grandma was walking down the street and someone spit on her."*
- *"A man yelled at us while I was walking the dog with my husband. He said "Why are you wearing a mask? You are Chinese right? You brought the virus here."*

ANTI-ASIAN RACISM INCIDENT TESTIMONIES

- *"When we were in Chinatown Arch and 10th, we were waiting to cross to street. A man yelled at us and said go back to China and spit on us. We walked away. He followed us and still yelled at us after we went to the bakery. 3 of us were there. We felt very angry."*
 - *"2 minutes long. A guy was calling slurs and blocked us. We went to the Starbucks to avoid him."*
 - *"White lady assumed that person did not speak English and followed the person the entire way in the supermarket."*
 - *"An aunt was verbally abused for taking the subway at the beginning of the outbreak. A schoolgirl was verbally abused for wearing a mask at the beginning of the outbreak."*
 - *"I work at the restaurant. When white customers are unhappy they said go back to your country."*
 - *"I'm a realtor, sometimes people on the street verbally abused me when I show houses."*
 - *" 'Get back to China'...I and family in Chinatown walking someone in a car yelled at us."*
-

RESOURCES

FOR RESPONDING TO & HEALING FROM ANTI-ASIAN HATE

WHAT IS MENTAL HEALTH?

Mental health involves how we think, feel, and act, is influenced by many factors and in turn also impacts many aspects of our lives.

It's also a spectrum - everyone has mental health, regardless of whether or not you have a mental illness. Therefore, it is possible to have no mental illness with poor mental health and vice versa.

The amount of support needed (if any), is based on how well you are feeling and functioning in your life, and can be beneficial for many individuals.

(Source: Asian Health Collective)

RACISM & MENTAL HEALTH

Racism is a mental health issue because racism causes trauma. And trauma paints a direct line to mental illnesses, which need to be taken seriously. Past trauma is prominently mentioned as the reason that people experience serious mental health conditions today. But obvious forms of racism and bigotry are just the tip of the iceberg when it comes to racial trauma.

(Source: Mental Health America)

SHORT-TERM EFFECTS

The effects of racism on an individual's mental health occur as a result of stress. The stress response, or the "fight, flight, or freeze" response, is how the body prepares to escape from danger.

The symptoms of stress include:

- fast or shallow breathing
- a fast heartbeat
- sweating
- muscle tension

In the short-term, stress can be helpful for survival. However, prolonged exposure to stress can contribute to mental and physical health conditions.

LONG-TERM EFFECTS

Our minds and bodies have various ways of coping with trauma. During or immediately after a traumatic experience, a person may feel:

- confused
- disoriented
- agitated
- numb
- tired
- disconnected from their thoughts and feelings

Most people who experience acute trauma feel better with time. However, racial trauma is more complex, as the threat of discrimination continues and is never really over.

RESOURCES

FOR RESPONDING TO & HEALING FROM ANTI-ASIAN HATE

HOW TO COPE WITH RACIAL TRAUMA:

CONNECT with friends who are able to engage in racially conscious conversations and willing to help you process your thoughts and emotions. Being seen and heard is essential to healing.

LEARN to be aware and recognize the symptoms of racial trauma (e.g., fatigue, anxiety, depression, difficulty sleeping).

PRACTICE SELF-CARE by engaging in activities that you enjoy and make you happy (e.g. gardening, taking hot showers, listening to music)

ABOUT CIFWI

The Chinese Immigrant Family Wellness Initiative introduces mental and emotional health as a key component of health for the Chinese immigrant community.

FREE RESOURCES FOR RESPONDING TO & HEALING FROM ANTI-ASIAN HATE

The Chinese Immigrant Family Wellness Initiative (CIFWI) under PCDC provides free workshops in Mandarin and Cantonese about how to process racism and take care of your mental wellness.

Scan the QR code to watch!



Racism and
Mental Health
(Mandarin)



Racism and
Mental Health
(Cantonese)



How to Deal with
Interpersonal Racism
(Mandarin)

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ABOUT PCDC

Philadelphia Chinatown Development Corporation (PCDC) is a grassroots, non-profit, community-based organization. Our mission is to preserve, protect, and promote Chinatown as a viable ethnic, residential, and business community.

Contact us at info@chinatown-pcdc.org or <http://chinatown-pcdc.org/> to get involved in the community, whether it's through using our many resources, learning about the neighborhood, or volunteering.

CONTACT US:

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