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## HOW TO SUPPORT ASIAN AND ASIAN AMERICANS AMID THE RECENT WAVE OF ANTI-ASIAN VIOLENCE

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Many communities are seeing a disturbing wave of anti-Asian violence, including robberies, burglaries, and assaults targeting Asian and Asian Americans.



WHAT EVERYONE CAN DO TO BE AN ALLY

### LEARN ABOUT ASIAN AMERICAN HISTORY

[Click here](#) to learn about the history of identity, contributions, and challenges experienced by Asian Americans.

*Check in*

CHECK-IN WITH YOUR ASIAN AND ASIAN AMERICAN PEERS & STUDENTS

#### MENTAL HEALTH

Asian Americans are the racial group least likely to reach out for help. And that fact – coupled with an already existing belief that they don't struggle – has only exacerbated pandemic-related problems. [Click here](#) to view a guide that provides parents with the knowledge to effectively support their children.

#### LET'S TALK

["Let's Talk!" webinar series](#) has been organized to support Asian and Asian American students through Covid-19 and amid hate crimes. [Click here](#) to view Asian Americans K-12 Education Curriculum. [Click here](#) to view lessons created by PBS.