

How to Talk To Asian Elders About Racism in English and Korean

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Step 1: Ask questions. Assess what they know.

- Have you heard about what is happening to Asian Americans recently?
 - 요즘 미국에 살고 있는 동양인을 상대로 일어나는 범죄에 대해 들어보셨나요?
- Have you heard about who the most common targets have been?
 - 누가 주로 피해자인지 들어보셨나요?
- Did you hear about where they have been occurring?
 - 어디에서 이런 범죄가 일어나고 있는지 들어보셨나요?

Step 2: Provide specific, concrete information.

- There have been several physical attacks on Asians in different cities like Oakland, CA all the way to NYC.
 - 오클랜드에서부터 뉴욕까지 많은 곳에서 동양인을 상대로 신체적인 폭력이 일어나고 있어요.
- It seems elders have been especially targeted in these attacks.
 - 자주 이런 폭력의 피해자는 노인들이예요.
- We are not exactly sure why they have been the focus of attacks. Some have been motivated by racism. Some may have been for financial gain.
 - 왜 동양인 노인들을 노리는지는 확실치 않아요. 인종차별이라는 사람들도 있고, 돈을 훔치기 위해서라는 사람들도 있어요.

Step 3: Process and normalize the emotion elicited.

- How does knowing this information make you feel?
 - 이런 소식을 들으면 어떤 감정을 느끼시나요?
- Do you have any worries, fears or concerns?
 - 걱정되고, 불안하고, 두려워지세요?
- Would you feel comfortable sharing some of these concerns with me?
 - 괜찮으시다면, 저와 이렇게 느껴지는 불안감에 대해 얘기해 보실래요?

Step 4: Develop an action plan in response to information and emotion elicited.

- Let's develop a plan together to keep you safe.
 - 우리가 안전하도록 함께 계획을 세워요.
- Here are some specific actions:
 - 바로 할 수 있는 구체적인 행동:
- Leave the home with someone
 - 집 밖에 나갈 때 누군가와 동행하세요.
- Bring self protection tools (eg, whistle, pepper spray, etc.)
 - 자기방어를 할수 있는 기제를 지참해요. (호루라기, 페퍼스프레이 등)
- Coordinate repeated errands such as grocery store/pharmacy runs
 - 반복적인 볼 일은 (시장, 약국) 한 번에 하도록 하세요.
- Contact local organizations for practical support
 - 살고 계신 곳의 단체 에 실용적인 지원을 요청하세요.