

How to Talk To Asian Elders About Racism in English, Simplified Chinese, and Pinyin

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Step 1: Ask questions. Assess what they know.

- Have you heard about what is happening to Asian Americans recently?
 - 您是否听说过最近发生在亚裔美国人身上的事件?
 - Nín shì fǒu tīng shuō guò zuì jìn fā shēng zài yà yì měi guó rén shēn shàng de shì jiàn?
- Have you heard about who the most common targets have been?
 - 您是否听说过通常的受害者是谁?
 - Nín shì fǒu tīng shuō guò tōng cháng de shòu hài zhě shì shéi?
- Did you hear about where they have been occurring?
 - 您是否听说过这些事件通常都发生在哪里?
 - Nín shì fǒu tīng shuō guò zhè xiē shì jiàn tōng cháng dōu fā shēng zài nǎ lǐ?

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.
 - 近期在纽约市，加州奥克兰市等不同城市，有亚裔人被多次暴力攻击。
 - Jìn qī zài niǔ yuē shì, jiā zhōu ào kè lán shì děng bù tóng chéng shì, yǒu yà yì rén bèi duō cì bào lì gōng jī.
- It seems elders have been especially targeted in these attacks.
 - 在这些攻击事件中，似乎老年受害者占多数。
 - Zài zhè xiē gōngjī shì jiàn zhōng, sì hū lǎo nián shòu hài zhě zhàn duō shù.
- 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.
 - 我们不确定为什么老年人一直是被攻击的对象。有些攻击是出于种族歧视。有些可能是为了钱财。
 - Wǒ men bú què dìng wèi shén me lǎo nián rén yī zhí shì bèi gōng jī de duì xiàng. yǒu xiē gōng jī shì chū yú zhǒng zú qí shì. yǒu xiē kě néng shì wèi le qián cái.

Step 3: Process and normalize the emotion elicited.

- How does knowing this information make you feel?
 - 了解这些信息，您有什么感想吗？
 - Liǎo jiě zhè xiē xìn xī, nín yǒu shén me gǎn xiǎng ma?
- Do you have any worries, fears or concerns?
 - 您有任何担心，恐惧或焦虑吗？
 - Nín yǒu rèn hé dān xīn, kǒng jù huò jiāo lǜ ma?
- Would you feel comfortable sharing some of these concerns with me?
 - 您愿意与我分享这些感想吗？
 - Nín yuàn yì yǔ wǒ fēn xiǎng zhè xiē gǎn xiǎng ma?

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

- Let's develop a plan together to keep you safe.
 - 让我们一起制定一个计划，以确保您的安全。
 - Ràng wǒ men yī qǐ zhì dìng yī gè jì huà, yǐ què bǎo nín de ān quán.
- Here are some specific actions:
 - 以下是一些具体措施:
 - Yǐ xià shì yī xiē jù tǐ cuò shī:
- Leave the home with someone
 - 结伴出门
 - Jié bàn chū mén
- Bring self protection tools (eg, whistle, pepper spray, etc.)
 - 携带防身工具（例如口哨、胡椒喷雾等）
 - Xié dài fáng shēn gōng jù (lì rú kǒu shào, hú jiāo pēn wù děng)
- Coordinate repeated errands such as grocery store/pharmacy runs
 - 安排好常做的任务，比如买菜或取药
 - Ān pái hǎo cháng zuò de rèn wù, bǐ rú mǎi cài huò qǔ yào
- Contact local organizations for practical support
 - 联系当地组织以寻求帮助
 - Liánxì dāngdì zǔzhī yǐ xúnqiú bāngzhù