

How to Talk To Asian Elders About Racism in English, Traditional Chinese, Zhuyin, & Pinyin

Original text by Jenny Wang, PhD @asiansformentalhealth

Chinese translations by 林靖 Michelle Lin @michellinman

Formatted by Betty Choi, MD @chalkacademy

Step 1: Ask questions. Assess what they know.

- Have you heard about what is happening to Asian Americans recently?
 - 您是否聽說過最近發生在亞裔美國人身上的事件？
 - 您是否聽說過最近發生在亞裔美國人身上的事件？
 - 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?
 - 您是否聽說過通常的受害者是誰？
 - 您是否聽說過通常的受害者是誰？
 - Nín shì fǒu tīng shuō guò tōng cháng de shòu hài zhě shì shéi?
- Did you hear about where they have been occurring?
 - 您是否聽說過這些事件通常都發生在哪裡？
 - 您是否聽說過這些事件通常都發生在哪裡？
 - 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.
 - 近期在紐約市、加州奧克蘭市等不同城市，有亞裔人被多次暴力攻擊。
 - 近期在紐約市、加州奧克蘭市等不同城市，有亞裔人被多次暴力攻擊。
 - 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.
 - 在這些攻擊事件中，似乎老年受害者佔多數。
 - 在這些攻擊事件中，似乎老年受害者佔多數。
 - 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.
 - 我們不確定為什麼老年人一直是被攻擊的對象。有些攻擊是出於種族歧視。有些可能是為了錢財。
 - 我們不確定為什麼老年人一直是被攻擊的對象。有些攻擊是出於種族歧視。有些可能是為了錢財。
 - 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?
 - 瞭解這些信息，您有什麼感想嗎？
 - 瞭_{ㄌㄠˇ}解_{ㄓㄟˇ}這_{ㄓㄨㄛˋ}些_{ㄒㄩㄝˋ}信_{ㄒㄩㄥˋ}息_{ㄒㄩㄥˋ}，您_{ㄋㄩㄥˋ}有_{ㄩˇ}什_{ㄕˋ}麼_{ㄇㄛˊ}感_{ㄍǎn}想_{ㄒㄩㄥˋ}嗎_{ㄇㄚˊ}？
 - Liǎo jiě zhè xiē xìn xī, nín yǒu shén me gǎn xiǎng ma?
- Do you have any worries, fears or concerns?
 - 您有任何擔心、恐懼或焦慮嗎？
 - 您_{ㄋㄩㄥˋ}有_{ㄩˇ}任_{ㄖㄣˋ}何_{ㄕㄨˋ}擔_{ㄉㄢ}心_{ㄒㄩㄥˋ}、恐_{ㄎㄨㄥˋ}懼_{ㄐㄩˋ}或_{ㄕㄨˋ}焦_{ㄐㄩㄥˋ}慮_{ㄌㄩˋ}嗎_{ㄇㄚˊ}？
 - Nín yǒu rèn hé dān xīn, kǒng jù huò jiāo lǜ ma?
- Would you feel comfortable sharing some of these concerns with me?
 - 您願意與我分享這些感想嗎？
 - 您_{ㄋㄩㄥˋ}願_{ㄩˇ}意_{ㄩˋ}與_{ㄩˇ}我_{ㄇㄛˊ}分_{ㄈㄣ}享_{ㄒㄩㄥˋ}這_{ㄓㄨㄛˋ}些_{ㄒㄩㄝˋ}感_{ㄍǎn}想_{ㄒㄩㄥˋ}嗎_{ㄇㄚˊ}？
 - 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.
 - 讓我們一起制定一個計劃，以確保您的安全。
 - 讓_{ㄖㄤˋ}我_{ㄇㄛˊ}們_{ㄇㄣˊ}一_{ㄩˇ}起_{ㄕㄩˋ}制_{ㄓㄩˋ}定_{ㄉㄩㄥˋ}一_{ㄩˇ}個_{ㄍㄜˊ}計_{ㄐㄩˋ}劃_{ㄏㄨㄚˊ}，以_{ㄩˇ}確_{ㄑㄩㄥˋ}保_{ㄅǎo}您_{ㄋㄩㄥˋ}的_{ㄉㄜˊ}安_ㄢ全_{ㄑㄩㄢˊ}。
 - Ràng wǒ men yī qǐ zhì dìng yī gè jì huà, yǐ què bǎo nín de ān quán.
- Here are some specific actions:
 - 以下是一些具體措施：
 - 以_{ㄩˇ}下_{ㄒㄩㄚˋ}是_{ㄕㄨˋ}一_{ㄩˇ}些_{ㄒㄩㄝˋ}具_{ㄐㄩˋ}體_{ㄊㄩˋ}措_{ㄘㄨㄛˋ}施_{ㄕㄨㄥˋ}：
 - Yǐ xià shì yī xiē jù tǐ cuò shī:
- Leave the home with someone
 - 結伴出門
 - 結_{ㄐㄩˋ}伴_{ㄅㄢˋ}出_{ㄔㄨˋ}門_{ㄇㄣˊ}
 - Jié bàn chū mén

- Bring self protection tools (e.g. whistle, pepper spray, etc.)
 - 攜帶防身工具（例如口哨、胡椒噴霧等）
 - 攜^ㄊ帶^{ㄉㄞˋ}防^ㄈ身^ㄕ工^ㄍ具^ㄉ（例^ㄌ如^ㄨ口^ㄎ哨^ㄕ、胡^ㄏ椒^ㄐ噴^ㄆ霧^ㄨ等^ㄉ）
 - Xié dài fáng shēn gōng jù (lì rú kǒu shào, hú jiāo pēn wù děng)
- Coordinate repeated errands such as grocery store/pharmacy runs
 - 安排好常做的任務，比如買菜或取藥
 - 安^ㄢ排^ㄆ好^ㄏ常^ㄔ做^ㄉ的^ㄉ任^ㄖ務^ㄨ，比^ㄅ如^ㄨ買^ㄇ菜^ㄘ或^ㄝ取^ㄑ藥^ㄩ
 - Ān pái hǎo cháng zuò de rèn wù, bǐ rú mǎi cài huò qǔ yào
- Contact local organizations for practical support
 - 聯繫當地組織以尋求幫助
 - 聯^ㄌ繫^ㄒ當^ㄉ地^ㄉ組^ㄗ織^ㄓ以^ㄩ尋^ㄒ求^ㄩ幫^ㄅ助^ㄨ
 - Liánxì dāngdì zǔzhī yǐ xúnqiú bāngzhù