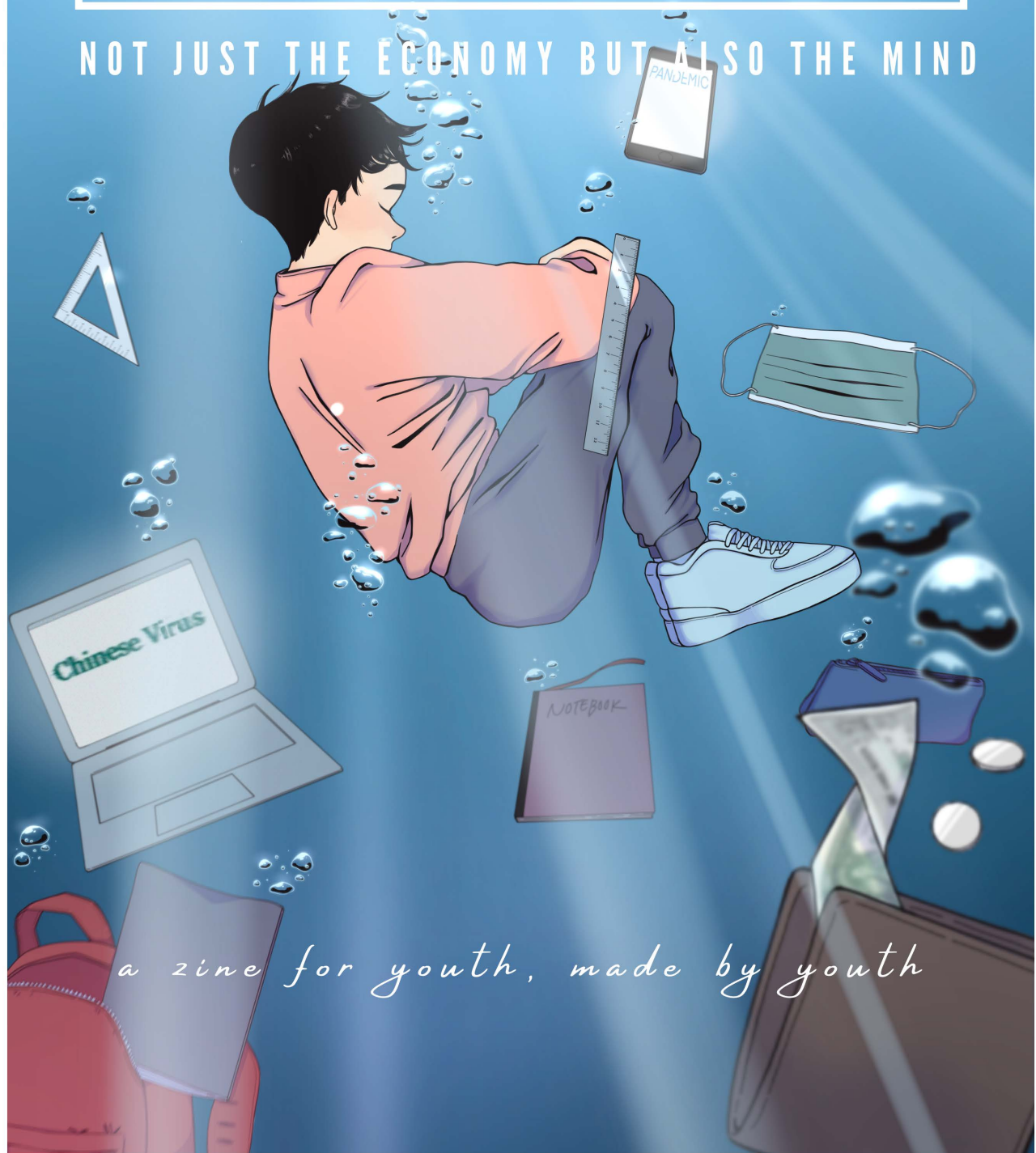


THE PANDEMIC DEPRESSION

NOT JUST THE ECONOMY BUT ALSO THE MIND



a zine for youth, made by youth

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ASIAN AMERICAN ORGANIZING PROJECT

Who we are:

We are Asian American Organizing Project's Youth Action Team, a group of high school students who plan and implement youth-led action projects to address social justice and community issues that impact ourselves and our peers.

Current Youth Action Team Members:

Pa Cheng, Pa Hok Vang, Pakou Moua, Saylia Moo, Kimi Vue

Purpose of the zine:

We made this zine in order to help out other youth during COVID-19 by sharing resources and lifting up youth experiences. We included resources for mental health, academics, safety, and finances along with dialogue on racism and violence against the Asian community during COVID-19. We also called on youth to create artwork, stories, and poetry describing their experiences and feelings during COVID-19. We hope that youth who see this zine can feel supported and less alone during this time of isolation.

Zine Cover by Say M. / insta: @papiisay



<http://aaopmn.org/>

ACADEMICS DURING COVID-19

COVID-19 IS HAVING A HUGE IMPACT ON THE EDUCATIONAL EXPERIENCE OF STUDENTS.

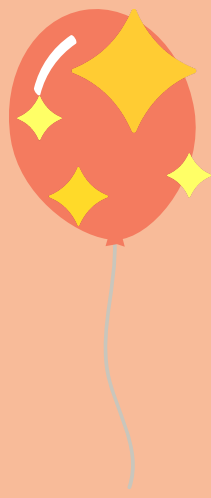
- Adapting to doing school from home has been difficult
- We're facing an overwhelming workload and miscommunication and confusion about our assignments
- We're having to learn in ways that are not engaging

DISTANCE LEARNING IS WORSENING THE EDUCATIONAL INEQUITY THAT ALREADY EXISTED.

- Students of color, low income students, and new immigrant students are facing more challenges accessing education than their wealthier, white peers because of less access to resources and greater barriers:
 - Not everyone has access to laptops and internet
 - Many of us can't put school first because we have to take care of our siblings and help our working parents
 - Many of us aren't able to find a quiet space to work because we live with many family members
 - Language barriers make it hard for Immigrant students and families to access online education
 - Those who already felt disconnected from the education system are feeling more disengaged than before

This inequity persists because the education system fails understand the circumstances of marginalized students and provide the resources and flexibility necessary (e.g. laptops, translation for families) to ensure that all students can access their education.

THE NEXT FEW PAGES INCLUDE RESOURCES, ART, AND WRITING ABOUT HOW COVID-19 HAS IMPACTED YOUTH ACADEMICALLY



How To Plan Your Day



Know what you want to do and accomplish.

- Try to plan out your day the day before
- Know your time management and limits
- Identify your priorities
 - Know what you need to do, NOT what you want to do
- Have/set a goal for what you want to accomplish
- Don't be scared to make a to-do list for yourself
- Schedule your steps with what you plan on doing throughout your day

TIP: USE A PLANNER



Template on the Next
Page!

Productive day

Date: _____

TODAY'S GOAL

PRIORITY

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

APPOINTMENT

5:00 AM	_____
6:00 AM	_____
7:00 AM	_____
8:00 AM	_____
9:00 AM	_____
10:00 AM	_____
11:00 AM	_____
12:00 PM	_____
1:00 PM	_____
2:00 PM	_____
3:00 PM	_____
4:00 PM	_____
5:00 PM	_____
6:00 PM	_____
7:00 PM	_____
8:00 PM	_____
9:00 PM	_____
10:00 PM	_____
11:00 PM	_____

MEAL TRACKER

I AM GRATEFUL FOR

NOTES

set GOALS

S • M • A • R • T

Specific
Measurable
Attainable
Relevant
Time-frame

Identify

"why is
this
important?"

set
a
schedule

Create Virtual study groups

Alex- aye wanna
facetime and study?

sure!- Mark

STAY ACCOUNTABLE





Artwork by Say M.
She, her, hers
Insta: @papiisay

WHY DISTANCE LEARNING CAN'T ALWAYS COME FIRST: A STUDENT PERSPECTIVE

BY ANNIE MOUA, HIGH SCHOOL SENIOR

*This blog post was originally released on **EdAllies'** Education at a Distance blog series, centering the voices of students, parents, and educators during the COVID-19 crisis.*

View the original post [here](#)

Before we get started, I want you to really take a moment and imagine how it feels to walk in my shoes for a day: I'm a Queer, Hmong, Asian-American Woman. I come from a low-income family. I'm currently a senior at Patrick Henry High School. My parents divorced as soon as I finished kindergarten. And my single mother, all eight of my siblings, and I live under the same roof. I want you to consider what this moment is like from my perspective. As I go into detail about my life, financial security, and safety, I urge you to take seriously the needs of families like mine in this crisis. And for those who will relate to my experiences, understand that you are not alone.

So let's begin. My mother is currently supporting all eight of my siblings and me financially. She earns no more than \$21 an hour and works more than eight hours a day, six days a week. My oldest brother lost his job due to COVID-19, taking away the little financial support my family was getting from him. And the restaurant I worked at temporarily closed as COVID began to spread.

In the midst of this global health crisis, we're dealing with another of our own as a family. One of my sisters has an undiagnosed condition that we're actively addressing. That means, frequent lab tests, travel between Minneapolis and Rochester to communicate with doctors, and accumulating bills. And that time off of work, for my mother, means no money for the entire family. And as the second oldest, I often travel with my younger sister and mother for support and guidance, which means less time to engage in academics, including scholarship and college applications.

DISTANCE LEARNING DAY-TO-DAY

In our house, there's very limited access to online classes and Zoom video calls. The three little ones are still in grade school and need close supervision. Two of my siblings are in middle school. And three of us are in high school. So, in order for everyone to be able to do their work, we all take turns on four computers.

Because my mother is at work throughout the day, the responsibility of supporting my younger siblings falls primarily to me. As an 18-year-old, taking care of my siblings and grandma (who doesn't live with us) has been a great struggle during this pandemic. I wake up every morning at 7:00 a.m. to make sure all my siblings have breakfast to start the day. As soon as 8:00 a.m. hits, I have to run around and make sure everyone else is awake. Honestly, some days it's hard enough getting everyone up on time for attendance online alone. But here's an idea of what the rest of the day looks like.

The first Zoom class starts at 8:40 a.m. sharp for one sibling. While the call is proceeding, I am cleaning and instructing my siblings to get ready for the day. At 10:00 a.m., I have to get a second sibling set for their Zoom call. After that, at 11:30 a.m., I have to help set up our youngest sibling for his call too. Now, keep in mind, that I have to be on call with all three of those siblings to make sure my mother knows about any important or updated information from their teachers

At about noon, I have to start prepping food for lunch—which is also the same time my two siblings in middle school begin their Zoom sessions with their teachers. Right after the call, they will have to use the computers for online assignments and enrichment for a few hours. Before I know it, it's 3:00 p.m. and my mother is coming home. Knowing that she will be hungry when she comes home, I cook for her too. That way, when she comes home, she can eat and relax as much as she can before another exhausting day.

This is just a simple outline of how my day is as a high school senior at home during the COVID outbreak. Sometimes, my grandma needs me to take her to a doctor's appointment or grab prescriptions. Other days, my mother needs me to run errands for groceries and essentials.

Truth is, being at home adds way more responsibility and presents substantial challenges as I attempt to wrap up my last year of high school. Not only do I have my classes and assignments to complete online; as an older sibling, I have an increasing amount of responsibilities too. I like to think of myself as the second mom when our mother is at work. I'm deeply committed to my family and academics, but these new circumstances make it harder than ever before to do both successfully and sustainably.

I have one set of experiences; imagine the thousands of silent voices and experiences that we have yet to hear and acknowledge.

ABOUT THE AUTHOR



Annie is a high school senior and youth organizer at the Coalition of Asian American Leaders. She's an advocate and youth leader with Becoming Organizers, Becoming Advocates (BOBA). Annie believes that youth voices matter not only because they are the future, but also because youth are the present and their voices belong at the table.

*This blog post was originally released on **EdAllies'** Education at a Distance blog series, centering the voices of students, parents, and educators during the COVID-19 crisis.*

View the original [post here](#)



Artwork by Say M.
She, her, hers
Insta: @papiisay

Artist Statement:

DURING THE COVID-19 PANDEMIC, I SEE AND HEAR A LOT OF STORIES AND PICTURES OF PEOPLE GOING OUTSIDE. WHETHER IT BE HANGING OUT IN CROWDED PLACES OR PROTESTING STAY AT HOME ORDERS, THERE'S A LOT OF PEOPLE ON THE NEWS NOT FOLLOWING THE PROPER PROCEDURES TO FLATTEN THE CURVE. AS SOMEONE WHO HAS A MOTHER WHO IS STILL WORKING, AND AS SOMEONE WHO HAS AN AUTOIMMUNE DISORDER, THIS MAKES ME VERY ANXIOUS AND I GET SO ANGRY. IT PAINS ME TO HEAR THAT GETTING A HAIRCUT, PARTYING AND STUFF LIKE THAT ARE MORE IMPORTANT THAN MY LIVELIHOOD AND THOSE WHO ARE MORE AT RISK. IT PAINS ME WHEN I SEE CROWDED CASKETS ON THE NEWS PILLING UP ICE RINKS AND KNOWING THAT THERE ARE PEOPLE WHO COULD CARE LESS AND STILL GO OUT. I GET SO ANGRY AND THE WORDS "STAY THE F* HOME" PRETTY MUCH DESCRIBES HOW I FEEL AND WHAT I WANT TO SAY.**

MENTAL HEALTH DURING COVID-19

COVID-19 IS HAVING A HUGE IMPACT ON THE MENTAL HEALTH
AND WELLNESS OF YOUTH.

Students are **feeling stressed about remote learning**; We are worried about grades, overwhelmed with work, and struggling to balance our time between school and increased responsibilities at home (taking care of siblings and helping our parents out).

With loss of jobs, our **families are dealing with financial insecurity**, food insecurity, and concerns about maintaining housing.

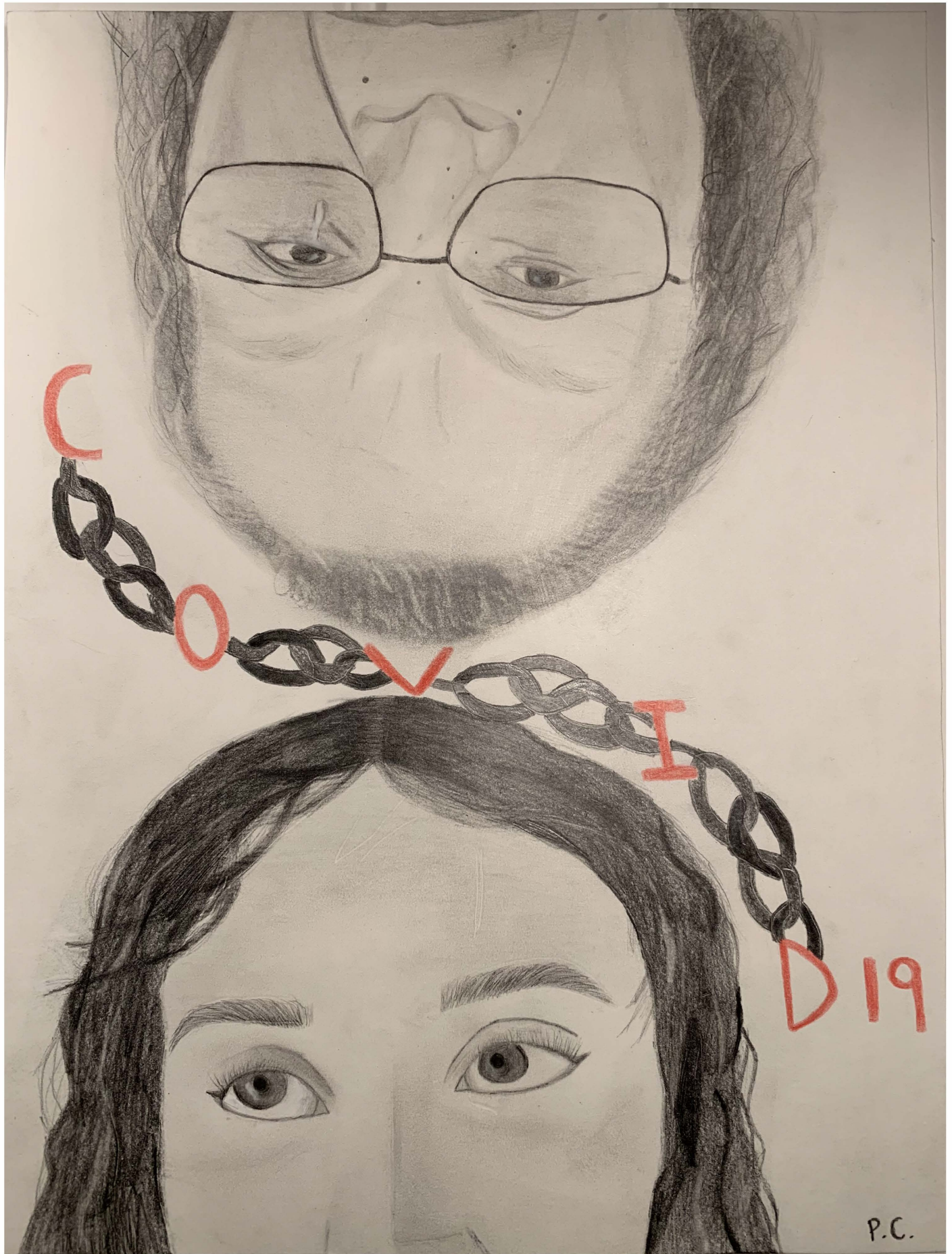
Some **youth are now forced to stay home in environments that may be unsafe** to them due to abuse or toxic family dynamics.

We are facing **stress about** ourselves or family members who may be immunocompromised or elderly **contracting COVID-19**.

We feel **isolated and uncertain about our futures** and when we will be able to see our friends and loved ones again.

On top of all of this, the few **mental health services** that were available at our schools and clinics **are now harder to access**.

THE NEXT FEW PAGES INCLUDE RESOURCES AND ART AND
WRITING ABOUT HOW COVID-19 HAS IMPACTED YOUTH MENTAL
HEALTH AND WELLNESS.



Artwork by Perla Cortes
She, her, hers
Insta: @perlacortesm

Artist Statement:

COVID-19 'S TAKEN PIECES

THIS PIECE IS A PORTRAIT OF MYSELF LOOKING UP AT MY GRANDMA WHO IS ON THE FLIP SIDE. I, PERLA, AM A TEEN EXPERIENCING THE EFFECTS OF COVID-19. MY GRANDMA, JUANA, IS AN ELDERLY DURING COVID-19. THROUGH FACIAL EMOTIONS AND EXPRESSION I DEMONSTRATE HOW COVID-19 FEELS FOR ME, AS A TEEN. AND ON THE FLIP SIDE I DEMONSTRATE HOW COVID-19 IS GREATLY IMPACTING THE ELDERLY AND ADULTS IN OUR LIVES. MY GRANDMA, LIKE MANY OTHER ADULTS AND ELDERLY ARE WORRIED ABOUT THEIR OWN HEALTH AND FAMILY. AS A TEEN, AND SEEING THE TEENS AROUND ME, I CAN SEE CONFUSION AND CONFLICT OF EMOTIONS AS WE ARE WATCHING THE WORLD AND OUR CLOSEST FAMILY AND FRIENDS DURING THIS DIFFICULT TIME.

MENTAL HEALTH RESOURCES

CRISIS LINES

Crisis Text Line

active 24/7

Text "MN" to 741741

Suicide Prevention Lifeline

active 24/7

Call: 1-800-273-8255

Online chat:

suicidepreventionlifeline.org/chat

Trevor Lifeline

Crisis line for LGBTQ youth

active 24/7

Call: 1-866-488-7386

Text START to 678678

Online chat:

thetrevorproject.org/get-help-now

Trans Lifeline

Peer support and crisis hotline run by trans people, for trans and questioning callers

active 24/7

1-877-565-8860

The Steve Fund

Crisis line for youth of color

active 24/7

Text "STEVE" to 741741



COUNSELING/THERAPY

Saint Paul Public Schools

Health Start Clinics

spps.org/Domain/16183

Telehealth Line

Mon - Fri, 9 am - 5 pm

651-412-8445

Minneapolis Public Schools

Mental Health Support Hotline

Mon - Fri, 9 am - 5 pm

612-767-4158

School Based Clinics

Call/text the number for your school listed here:

health.mpls.k12.mn.us/mentalhealth_hotline

Walk In Counseling Center

Free, anonymous counseling over the phone or video

walkin.org

In My House

In My House,
you want to talk about how you feel?
Your heart better be tougher than steel.
In My House,
the anxious thoughts and sadness aren't real.
Mama said to always keep them sealed.
In My House,
I'm not weak because I missed every meal. But I
have bottled things I can't reveal.
In My House,
My presence is often missed at gatherings.
I can feel my soul withering.
In My House,
Outside feels more relieving than here.
& that only adds more to my fear.
In My House,
I hate when twelve o'clock strikes,
because I have another fight;
Except this one is in my mind.
In My House,
I'm wide awake with the sea in my eyes,
I'm trying but nothing feels right.
In My House,
No, I don't want to die;
But I'm starting to feel like that's a lie.
In My House,
I'm running on an empty fuel,
everything I do makes me feel like a fool.
In My House,
My happiness is starting to be tainted.
But no one will ever understand it.
Because In My House,
I have this image of
me painted.

Poem by Annie Moua
She, her, hers
FB: @Annie Mwuahh Moua

Artist Statement:

I AM A QUEER ASIAN AMERICAN YOUTH. SOON AFTER MY PARENTS DIVORCED, MY LOW-INCOME SINGLE MOTHER RAISED ALL NINE OF MY SIBLINGS AND ME. I AM THE SECOND OLDEST, SO THERE WAS AND STILL IS A LOT OF PRESSURE UPON ME. MENTAL AND EMOTIONAL CHALLENGES WERE NOT TOPICS UP FOR DISCUSSION WITH MY FAMILY. SO, I STRUGGLED A LOT INTERNALLY WITH WHO I WAS AND WAS NOT ABLE TO TALK ABOUT IT. THIS POEM'S TITLE IS "IN MY HOUSE," BECAUSE IT IS SUPPOSED TO CONTRADICT THE IDEA THAT HOME BRINGS COMFORT. **"IN MY HOUSE"** IS SUPPOSED TO BREAK STEREOTYPES OF WHAT BEING DEPRESSED OR HAVING ANXIETY IS LIKE. NOT EVERYONE WHO IS STRUGGLING INTERNALLY WANTS TO STAY AT HOME, WHERE IT IS ASSUMED TO BE A COMFORTING PLACE. SOMETIMES DEPRESSION, FROM A PERSONAL EXPERIENCE, MEANS WANTING TO CONTINUOUSLY MEET NEW PEOPLE BECAUSE YOU'RE TRYING TO AVOID THAT EMPTINESS INSIDE. THEN WHEN THE NIGHT FINALLY SETTLES IN AND YOU ARE BY YOURSELF WITH YOUR THOUGHTS AND FEELINGS, ALL THE QUESTIONS AND DOUBTS START HITTING YOU.

SELF CARE STRATEGIES

- Watch a movie
- Take a walk, go for a jog, go on a bike ride
- Write in a notebook/journal
- Make a list of things you like about yourself or are proud to have accomplished
- Take pictures of nature
- Color
- Write love letters to yourself or people you care about
- Make bubbles
- Listen to music, make a playlist
- Set the phone down (for at least an hour)
- Take a nap
- Learn not to feel selfish when you say no
- Read a book
- Clean your room
- Go to bed early
- Cook, learn a new recipe
- Take a long bath/shower
- Look at the sky
- Talk to someone you trust
- Spa day
- Eat well
- Give yourself space from people who harm you
- Drink water
- Give/ask for a hug
- Breathe
- Sing
- Pay attention to your self-talk
- Create a routine (not too strict)
- Smile
- Set goals for yourself to achieve
- Watch ASMR videos, positive TED talks
- Find new healthy hobbies/interests
- Acknowledge your state of mind
- Try to find the root of the trouble
- Find people to support you
- Make monthly mood trackers





Artwork by Chor Yang
She, her, hers
Insta: @Laguna_as3

Artist Statement:

A HAPPY PLACE

**I MADE THIS
DRAWING TO SHOW
THAT DURING THIS
TIME OF ISOLATION,
IT'S IMPORTANT FOR
PEOPLE TO FIND
SOMETHING THEY
ENJOY AT HOME AND
MAKES THEM HAPPY.**

MENTAL WELLNESS APPS

FOR CRISIS SITUATIONS

NotOK

App made by teenagers for teenagers. Features a red button that can be activated to let close friends, family, and support network know you need help

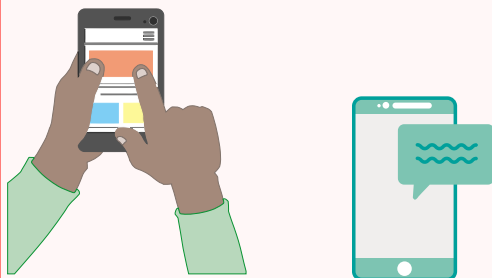
DEPRESSION AND ANXIETY SUPPORT

Mind Shift

App for young people with anxiety. The app helps you face intense emotions and learn how to shape your thinking to relax and be mindful.

Mood Tools

Aims to support people with depression. You can view videos that can improve your mood, log and analyze your thoughts, develop a suicide safety plan, and more.



SELF CARE FOR STRESS AND ANXIETY

Headspace

This app helps you learn how to do meditation for stress relief

ThinkUp_

Helps you record affirmations for yourself, set them to music, and set up notifications that remind you to listen to the affirmations every day.

Stop, Breathe & Think

App that helps you calm down. Helps you identify your emotions do guided meditations to help you to stop, breathe, and think.

Paced Breathing (Android) OR Breathe+ (Apple)

These apps help you practice deep inhales and exhailes to calm yourself down when you're anxious or panicked.

IDEAS FOR HOW TO STAY CONNECTED WITH OTHERS

- Biking with friends while social distancing
- Watch movies with friends on zoom (share screen)
- Workout with friends through FaceTime
- Play online video games with friends
- Join free virtual workshops and meet new people around the world
 - e.g. jointhecosmos.com
- Call friends and family/check up on loved ones
- Start a who has the best painting, cookie design, makeup look, food dish competition
- Make tik tok videos with friends and family
- Talk to/get to know your neighbor
- Plan a stay at home date with your loved one
- Bake sweets and leave them at your friends' doorsteps
- Write letters to your neighbors and leave it at their doorstep (e.g. wish you well letter, inspirational notes, etc.)
- Start a virtual book club with friends
- Write a song with someone
- Sing songs together with friends on the app musically or smule
- Play badminton or volleyball with your neighbor across the fence
- Make chalk art on the sidewalk with those in your neighborhood (while social distancing)
- Host a zoom video party, dress up and look GLAM
- Video photoshoot with friends
- Musical night with friends: sing and play instruments over video
- Throw your own prom with friends through video call
- Order cookies from cookie cart and send to loved one
 - cookiecart.org





Artwork by Jocelyn Choo
She, her, hers
Insta: @choo._.art

• APPS TO STAY •

CONNECTED WITH OTHERS



HOOP

Hoop Is an app that is connected with Snapchat. Through Hoop, you can swipe on people to ask for their snaps and be friends



SPOON

Spoon is a live streaming app where you can meet new people and find new music to enjoy



YUBO

Yubo is a live streaming app where you can chat with new people from all over the world and play games with them while streaming



INSTAGRAM

Instagram is a social media app that allows you to stay connected with friends, news networks, and celebrities / influencers



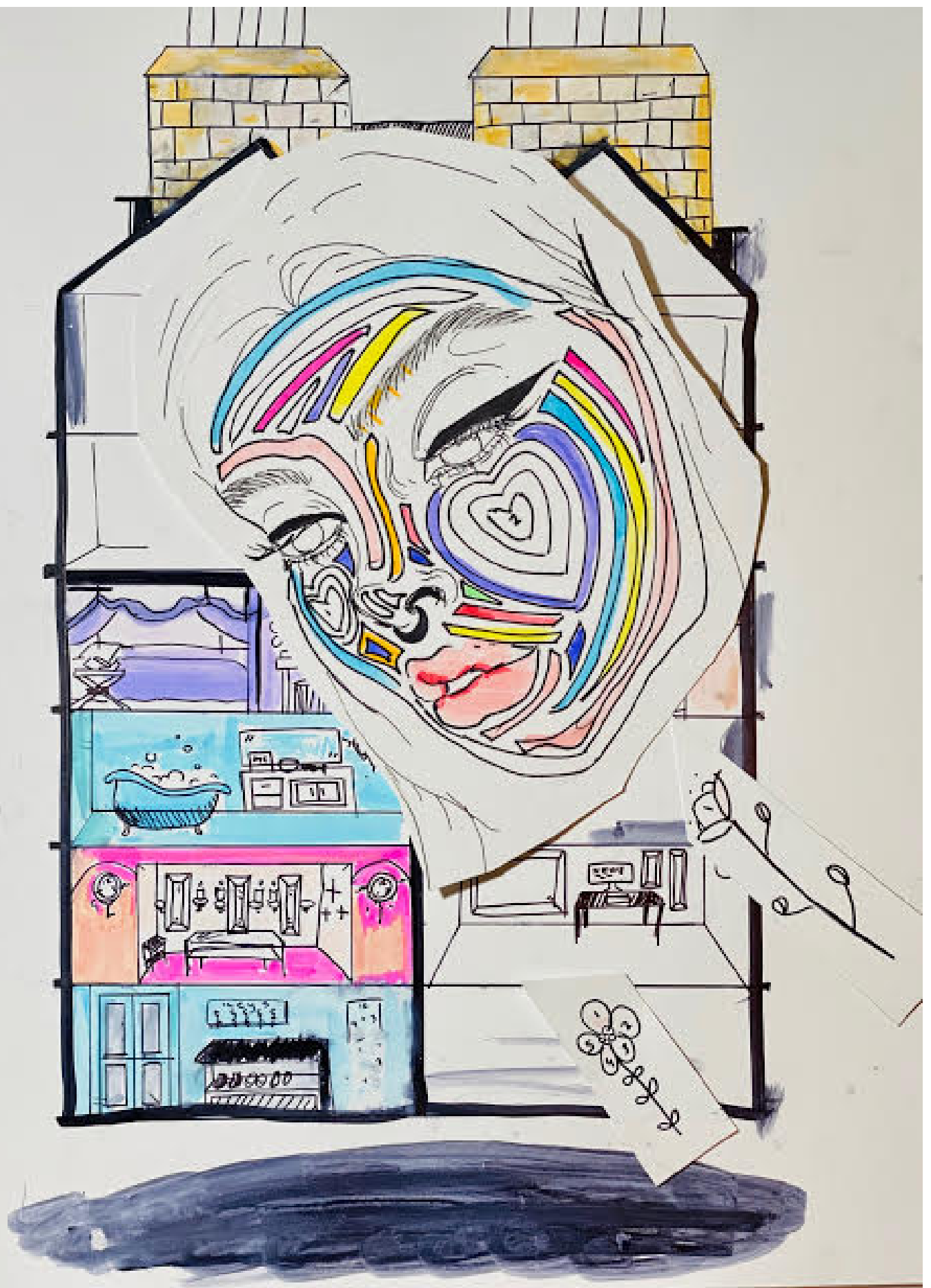
TWITTER

Twitter is a great way to stay connected with the most recent events such as, politics, or reachouts



SNAPCHAT

Snapchat is a way to mess around with filters and message your friends through the text and call feature that also included with groupchats



Artwork by Jennifer Pena Morales
She, her, hers
Insta: @__Femmy__

Artist Statement:

WHAT SHADE IS THE QUARANTINE?

THIS PIECE BEGAN WITH INTERVIEWING TEENAGERS WITH ONE QUESTION. HOW WOULD YOU SAY THE QUARANTINE HAS IMPACTED YOUR MENTAL HEALTH? EVERY ANSWER IS DIFFERENT, AND THERE IS NO EXACT WAY TO PROTRAY ALL ANSWERS. I PAINTED AN APARTMENT COMPLEX OF 12 ROOMS TO ILLUSTRATE THE 12 MONTHS OF THE YEAR.

WHICH IS A METAPHOR FOR HOW THIS PANDEMIC WILL IMPACT THE ENTIRE FUTURE TO COME? I DREW BROKEN CLOCKS IN THE ROOM TO SHOW HOW MOST TEENAGERS FEEL LIKE THEY DON'T HAVE A SENSE OF TIME, DAY, WEEK, OR MONTH.

THE GIRL IN THE UPPER RIGHT IS NOT COLORED IN ALL THE WAY TO REPRESENT HOW THERE ARE STILL UNCERTAINTY AS WELL AS UNFINISHED ROOMS. THE COLOR DISPLAY EMOTIONS BUT I HAVE LEFT IT UP TO THE VIEWER TO DECIDE WHICH COLOR IS WHICH EMOTION.

SAFETY DURING COVID-19

**COVID-19 IS HAVING A HUGE IMPACT ON THE
SAFETY OF YOUTH AND YOUNG PEOPLE.**

The virus is requiring us to stay at home, but **some homes aren't always the safest places.**

- Youth may live in toxic home environments where they face challenging family dynamics,
- Where their family does not accept their identity,
- Where they put up with a lot of arguing,
- Where they face emotional or physical abuse, or witness abuse of other family members.

**THE NEXT PAGE INCLUDES RESOURCES FOR
THOSE FACING DOMESTIC VIOLENCE OR ABUSE
AT HOME.**

SAFETY RESOURCES

CRISIS LINES

Childhelp National Child Abuse Hotline

Text or Call: 1-800-422-4453

Chat online: childhelp.org/childhelp-hotline
all active 24/7

If you are being hurt, know someone who might be hurting, or are afraid you might hurt another, contact this hotline. If you see any signs of abuse in someone you know, or if you yourself are being abused, get help right away. All calls are confidential.

MN Day One Crisis Hotline:

Call: 1-866-223-1111

Text: 612-399-9995

Chat online: dayoneservices.org
all active 24/7

If you're being hurt or abused, the Minnesota Day One Crisis Hotline assists you in getting help, safety and support. Calling, texting, or chatting connects you with an advocate trained in supporting victims and survivors of domestic violence, sexual assault, and human trafficking. They can help whether you just want someone to talk to or you want to leave and find a shelter and services.



National Domestic Violence Hotline

Call: 1-800-799-7233 OR

1-800-787-3224 for TTY,

Text: LOVEIS to 22522.

Chat online: thehotline.org
all active 24/7



Hotline for those experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

Asian Women United

Multilingual Hotline for women facing domestic violence, including physical, emotional, or sexual abuse.

Call: 612-724-8823
active 24/7

Casa de Esperanza

Bilingual Helpline for those needing help and support in domestic violence situations.

Call: 651-772-1611
active 24/7

SAFETY RESOURCES

IDENTIFYING ABUSE

Definitions and examples taken from kidshealth.org and childhelp.org

PHYSICAL ABUSE

Physical abuse can be any kind of hitting, shaking, burning, pinching, biting, choking, throwing, beating, and other actions that cause physical injury, leave marks, or cause pain.

SEXUAL ABUSE

Any type of sexual contact between an adult and anyone younger than 18; between a significantly older child and a younger child; or if one person overpowers another, regardless of age.

Examples include:

Inappropriate touching,
Being forced to have sex or engage in sexual acts,
Being forced to watch pornography,
Being prostituted,
Having someone expose themselves to a child

EMOTIONAL ABUSE

Can be the most difficult to identify. Emotional abuse happens when yelling and anger go too far or when caretakers constantly criticize, threaten, or dismiss kids or teens until their self-esteem and feelings of self-worth are damaged. Emotional abuse can hurt and cause damage just as physical abuse does.

Examples include:

Harsh criticism,
Name-calling or derogatory comments,
Shaming,
Threatening,
Withholding love and affection

FINANCIAL INSECURITY DURING COVID-19

COVID-19 HAS LEFT A LOT OF FAMILIES AND YOUNG PEOPLE FACING FINANCIAL INSTABILITY

THE GOVERNMENT CONTINUES TO LEAVE OUT IMMIGRANTS AND YOUTH IN THE AID THEY DISTRIBUTE

- **The federal stimulus package** aims to give a payment of \$1,200 for adults and \$500 for kids but leaves out many who don't qualify:
 - Immigrants without social security numbers (e.g. those who are undocumented) won't get a check.
 - Kids 17 and older who are claimed as a dependent on their parents'/guardians' taxes won't get \$1,200 NOR will their parents get \$500 for them.
 - Even if you do get a stimulus check, this is not enough to cover the many months long loss of income that people are facing.
- Unemployment benefits also leave out many who don't qualify:
 - High school students do not qualify in MN even if they are over 18 and/or providing for themselves.
 - Uncocumented folks don't qualify.

THE NEXT FEW PAGES INCLUDE RESOURCES FOR THOSE FACING FINANCIAL INSECURITY DURING THIS TIME

MUTUAL AID DURING COVID-19

WHAT IS MUTUAL AID?

Mutual aid is **when people within a community organize support for one another**. This support can take the form of helping someone buy groceries, providing emergency cash to someone in need, helping pick up prescriptions, running errands for someone, etc.

Mutual aid is a way for people to take action and help others in their community **or get their own needs met when the government fails to provide enough support** to people. In mutual aid the support goes in all directions. People are not reliant on one organization, government, or wealthy individual for support; they are in a reciprocal relationship with the people in their community. Everyone supports everyone.

Minneapolis Mutual Aid

North Minneapolis South Minneapolis Central Neighborhood
Northeast Minneapolis Lind Bohanan

Saint Paul Mutual Aid

Frogtown, Rondo Neighborhoods
Saint Paul Neighborhoods
West Saint Paul / Westside

Other Mutual Aid

MN Asian American Pacific Islander
EmergenSEA Corps (for Southeast Asian, Asian American, Pacific Islanders)
Twin Cities Queer and Trans
MN Disabled/Elder/Caregiver

FINANCIAL RESOURCES

St Paul Bridge to Benefits

List of resources

United Way 211

Call to be connected with resources

Call: 211

Toll Free: 800-543-7709

Local: 651-291-0211

Text your zip code to 898-211*

Online chat: 211unitedway.org
active 24/7



RACISM DURING COVID-19

WE ARE SEEING A RISE IN RACISM AGAINST ASIANS DURING COVID-19.

- COVID-19 has been called “China Virus” or “Kung Flu” by our country’s leaders and the media, leading individuals to do the same. These are not only incorrect names, but they also create hostility and provoke racist backlash against Asians.
- There's been an increase in violence, harassment, and discrimination against Asians, leading to fear in the Asian community.

ASSOCIATING COVID-19 WITH ASIANS IS NOT ACCURATE. USING IT AS A REASON TO DISCRIMINATE AGAINST ASIANS ISN'T OKAY.

- We understand that people are upset about COVID-19 and looking for someone to blame.
- However, it is a worldwide virus. Anyone of any race or ethnicity can carry the virus.

WE URGE INDIVIDUALS, COMMUNITIES, AND LEADERS TO CONDEMN AND RESPOND TO RACISM AGAINST ASIANS.

- We must also acknowledge that Indigenous, Black, African, Latinx, Muslim, Jewish, Hindu, Sikh, Jain, Buddhist, refugee, immigrant, undocumented, and LGBTQ+ communities are among those who have had similar experiences with discrimination and violence.
- During this time, we must stand in solidarity, work in coalition, and denounce hate against these communities as well.

**THE NEXT FEW PAGES INCLUDE LOCAL STORIES OF RACISM
AGAINST ASIANS, TACTICS FOR RESPONDING TO RACISM YOU
MAY SEE, AND ACTIONS THAT YOU CAN TAKE AS AN INDIVIDUAL.**

Stories of Racism against Asians

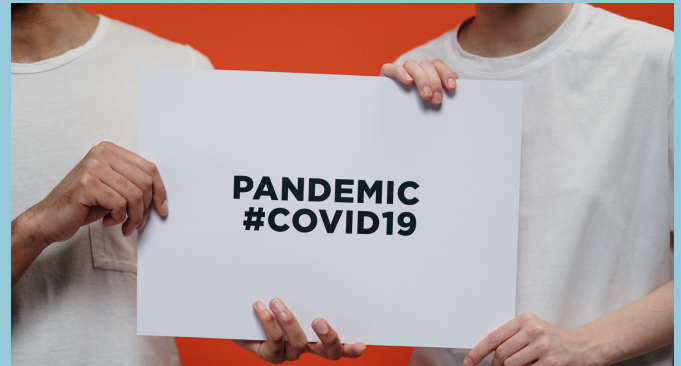
"My husband and I were at the store when Covid-19 was just starting, we needed a suit for an event in the summer and decided to visit a store. the employees kept spraying and cleaning the items we had touched but they weren't doing it to anyone else." - M.C



Photo Credit: Yuhan Cao

"On a day to day basis my parents would wake up, cook and leave us home to go to work the moment we got from from school. But with the news they've been hearing and seeing about other Asians being discriminated physically and verbally, made not only my parents scared to go out and buy daily necessities but also scared to have any of us family members go out alone. My parents would tell me and my sibling before going into the store to stay close and not cough in public. At first

I initially took it as "mom stop exaggerating," "that wouldn't ever happen to me." But the moment I walked into the store seeing everyone just walk away from me and being called out and labeled as the Coronavirus was when I realize how real and serious things were." - S.M

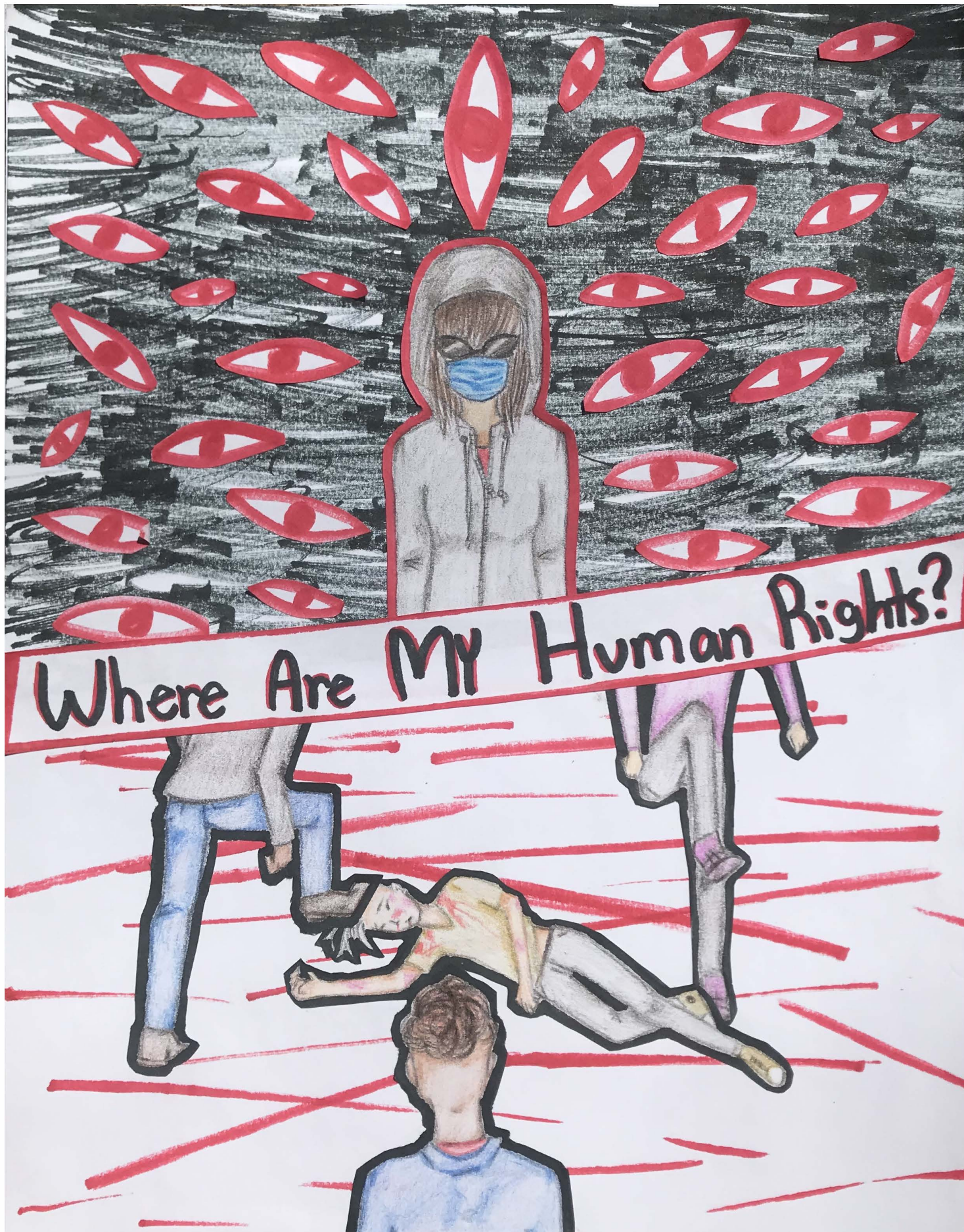


A Hmong family in Wisconsin had their business graffitied with the words "Cova." initially they thought it was a harmless act but their customers quickly recognized it stood for Covid-19 and was a racist remark. Some kind neighbors helped out by cleaning the graffiti and spreading awareness on racism against Asians.



Article and photo from: nextshark.com/green-bay-hmong-store-vandalism/





Artwork by Kler Shee Khu
She, her, hers

Artist Statement:

THIS PIECE IS DEDICATED TO THE ASIANS DURING THE PANDEMIC OF COVID-19. I WANTED TO CONVEY THE MESSAGE OF DISCRIMINATION THAT THE ASIANS ARE FACING. THE TOP HALF OF THIS PIECE SHOWS A WOMAN WEARING SUNGLASSES AND A MASK WITH A HOOD OVER HER HEAD. THIS WAS MEANT TO HIDE HER ASIANS TRAITS TO AVOID ANY CONFLICT OR JUDGMENT WHEN SHE'S OUT IN PUBLIC. THE RED EYES IN THE BACKGROUND SYMBOLIZES ANGER FROM BOTH SIDES, THE FEAR OF JUDGEMENT AND THE LOOKS SHE GETS FROM OTHERS. IT'S ALSO TO SHOW THAT SHE'S ALWAYS IN HER OWN HEAD AND IS INSECURE DUE TO WHAT PEOPLE HAVE BECOME DURING THIS PERIOD OF TIME. IN THE BOTTOM HALF OF THIS PIECE, A MAN IS GETTING BEATEN UP BY A GROUP OF PEOPLE. TO BE MORE PRECISE, IT'S AN ASIAN MAN GETTING BEATEN UP. THERE ARE MANY NEWS STORIES OF ASIANS GETTING JUMPED WHEN THEY ARE OUT ALONE IN PUBLIC. SINCE MOST PEOPLE ARE IGNORING WHAT IS HAPPENING TO THE ASIANS, IT'S STARTING TO BECOME COMMON. PEOPLE ARE ACTING VIOLENTLY USING THE COVID-19 AS AN EXCUSE TO BE RACIST. IT'S SICKENING. IN THE MIDDLE ARE THE WORDS, **"WHERE ARE MY HUMAN RIGHTS?"** IT IS STRAIGHTFORWARD TO SHOW THAT THIS IS A SERIOUS MATTER. THIS PIECE IS NOT VIBRANT TO GIVE OUT THE ATMOSPHERE OF FEAR AND ANGER. THIS MATTER OF DISCRIMINATION IS DEPRESSING BUT WE MUST STAND UP AGAINST IT.

IF YOU'VE EXPERIENCED COVID-19 RACISM

IF YOU WANT TO REPORT IT:

Report to the Minnesota Department of Human Rights by filling out this online form, or call 1-833-454-0148. Language interpretation services are available.



Report to Stop AAPI HATE

IF YOU NEED SUPPORT:

Access mental health resources (on page 18)

Try these Self-Care Tips For Asian Americans Dealing With Racism Amid Coronavirus

Join HeartMob, a platform where you can get support managing harassment and/or support others experiencing it (for online harassment)





Artwork by Kong Kha
He, him, his

WHAT TO DO AS A BYSTANDER

FIVE D'S OF BYSTANDER INTERVENTION

Taken from hollaback!

Please view the full training here:

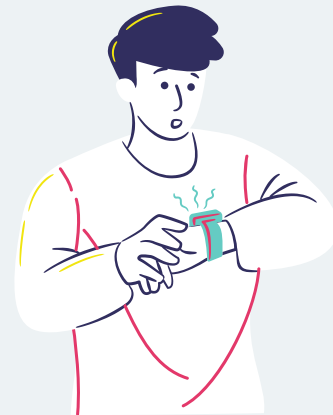
ihollaback.org/bystander-resources/

The 5 D's are different methods you can use to support someone who is being harassed. Choose the best method after evaluating the situation and your safety:

1) DISTRACT

Take an indirect approach to de-escalate the situation. Draw the attention away from the target

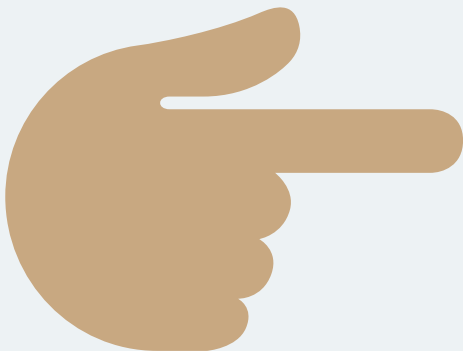
- Drop something
- Start a conversation with the target to build a safe space
- Ask for directions or the time



2) DELEGATE

Get help from someone else.

- Find the store supervisor, bus driver, or a transit employee and ask them to intervene.
- Ask another bystander if they'd be comfortable intervening



Note: ALWAYS think about safety and consider possibilities that are unlikely to put you or anyone else in harm's way.

3) DOCUMENT

Take a video of the incident

- Keep a safe distance
- Film landmarks that help identify the location
- Say the day and time
- ALWAYS ask the targeted person what they want to do w/ the video



4) DIRECT

Assess your safety first. Then speak up about the harassment. Be firm and clear.

- Name the behavior: "That's racist"
- Name what you observe: "They look uncomfortable"
- Try not engage in debate or an argument

5) DELAY

After the incident is over, check in with the person who was harassed.

- "Can I sit with you?"
- "What do you need?"
- Share resources with them



Note: ALWAYS think about safety and consider possibilities that are unlikely to put you or anyone else in harm's way.



Artwork by PawPaw Wah
She, her, hers
Insta: Pawpawwah88

HOW TO TALK TO PEOPLE YOU KNOW

HOW TO SPEAK UP

Taken from Teaching Tolerance
Please view the full article [here](#)

Use these four “Speak Up” strategies to let people know you’re not okay with racist or xenophobic comments:

1) INTERRUPT

Stop the person you are talking to if they say something racist

- “Hold up. I want to go back to what you called the virus.”
- “Before we talk about that, I want to talk about what you just said.”
- “One sec—let’s get into your point that the virus is somebody’s fault.”



2) QUESTION

Ask questions to understand why the person said what they did.

- “Why did you call it the ‘Chinese virus’?”
- “Why do you think that?”
- “Where did you get that information?”



3) EDUCATE

Explain to them why what they said needs rethinking

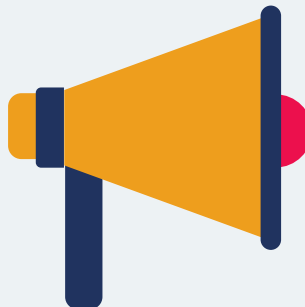
- If someone doesn't understand why a comment they made was racist, you can educate them about it
 - E.g. the long history of stereotyping immigrants, the inaccuracy of naming a disease after its place of origin
- If they try to downplay their words as "just a joke," you can educate them about the discrimination and racism many Asians are facing, so they better understand the impact of their words.



4) ECHO

When you see someone else speak up, echo them. Thank them, and emphasize their message any way you can.

- Re-share antiracist messages online
- In conversations, respond with agreement when someone stands up against racism





Artwork by Kiyomi Callahan
She, her, hers
Insta: kitodrawing

ACTION YOU CAN TAKE NOW

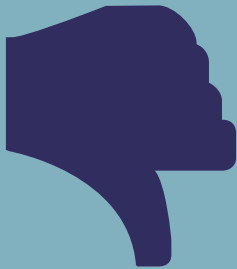
BECOME TRAINED TO INTERVENE

Sign up for a bystander intervention training
www.ihollaback.org/bystanderintervention/



CONDEMN RACISM IN THE MEDIA

If you see news media that refers to COVID-19 as the "China Virus" or unnecessarily uses photos of Asians when covering COVID-19, contact the source and pressure them to change their wording or image used.

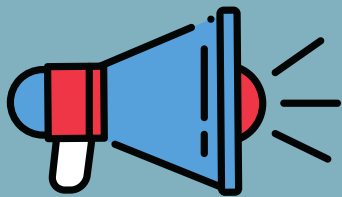


CONDEMN RACISM FROM YOUR PEERS

If you see someone post something ignorant on social media or hear a friend make a racist comment, have a conversation with them and educate them on the impact of their words.

CONTACT ELECTED OFFICIALS

Call or email your elected officials to ask them to publicly condemn racism against Asians and support policies that will aid victims.



EDUCATE OTHERS

Educate people on social media by making a post using this [toolkit](#).

SUPPORT LOCAL ASIAN BUSINESSES

Support local Asian businesses (that are losing business due to racism) by ordering take out/delivery from Asian restaurants or purchasing your groceries from Asian grocery stores.





Artwork by Gabe F.
He, him, his
Insta: @urfavpunk

**NOW IS NOT THE TIME
(AND IT NEVER IS)
FOR BIGOTRY**

**I AM NOT ONLY SCARED FOR
EVERYONE'S HEALTH, BUT ALSO
FOR THEIR SAFETY. MANY HAVE
BEEN USING THIS AS A TWISTED
EXCUSE TO BE BIGOTS,
WHETHER IT'S HATE CRIMES
AGAINST CHINESE PEOPLE,
POLICE ENFORCING SOCIAL
DISTANCING MORE HARSHLY ON
MINORITIES, OR WORKING ON
REGULATIONS THAT LET
HEALTHCARE WORKERS DENY
CARE TO LGBT PEOPLE. COVID-19
IS NOT AN EXCUSE FOR THIS
BEHAVIOR, AND THERE NEVER
WILL BE AN EXCUSE FOR IT.**

A NOTE ON ANTI-BLACKNESS IN THE ASIAN COMMUNITY

Language taken from our "Open Letter to Community About the Recent Incident on the Green Line LRT"

During COVID-19, the acts of violence and discrimination against Asians have come not only from white folks, but also from non-Asian BIPOC communities. For example, in early May, a video surfaced showing an unprovoked Asian woman kicked by a Black teen while waiting for a train on the Green Line in St. Paul. **While these acts are unacceptable, we also condemn any prejudice, discrimination, or violence perpetuated by Asians towards other BIPOC communities.**

We ask our community members to stop using anti-Black language and condemn any and all anti-Black behaviors. We know all too well that when Black communities, Indigenous communities and communities of color are portrayed in any acts of violence, that image then becomes the stereotypical narrative for our whole communities, and serves as a distraction from our ability to collectively address systemic racism and institutional violence. We also know that Asian communities have been used throughout history as an excuse to further surveil, criminalize and harm other communities, especially Black and Muslim communities.

Let us be clear through this pandemic—while our oppressions are connected, our oppressions are not the same. Black bodies are systemically and historically dehumanized in this country in ways we will never face. This pandemic is the perfect example. COVID-19 does not discriminate, anyone can get it—and still, because of historical oppression, Black folks are disproportionately impacted with the highest infection and fatality rate of any group. **In this moment, we must all show solidarity and reach deeper into each other's communities to make sure that those who are most vulnerable are seen and supported.** Each of our respective communities knows the pain of what racism and xenophobia has done to exclude, harm, and pivot us against one another. We see this as an opportunity to learn from one another and unite in opposition to racialized violence. **To truly transform Minnesota into a state where all communities are safe, respected, and included, we must remember that the well-being of our communities is tied together.**



Thank you to all of our youth artists/contributors and all of YOU who read our zine. We know this is a hard time, so please stay safe, take care of yourself, and remember that you are not alone.

Please reach out if you have any questions, or want to learn more about the work we do!



<http://aaopmn.org/>