

UNPACKING AND ADDRESSING ANTI-EAST ASIAN RACISM

Who are East Asian People?

"East Asian" refers to people from the countries of China (including Hong Kong and Macao), Japan, Mongolia, North Korea, South Korea, and Taiwan, each with their own distinct histories and experiences. **Anti-East Asian racism** is the unfair treatment and marginalization of people from these East Asian ethnic backgrounds.

East Asian Canadians might feel pressured to fit into Canadian society by changing themselves. Such changes include using Western nicknames, hiding their cultural background on resumes, or avoiding things that show their heritage, such as ethnic jewelry or religious symbols.

Acknowledging Anti-East Asian Racism in Canadian History

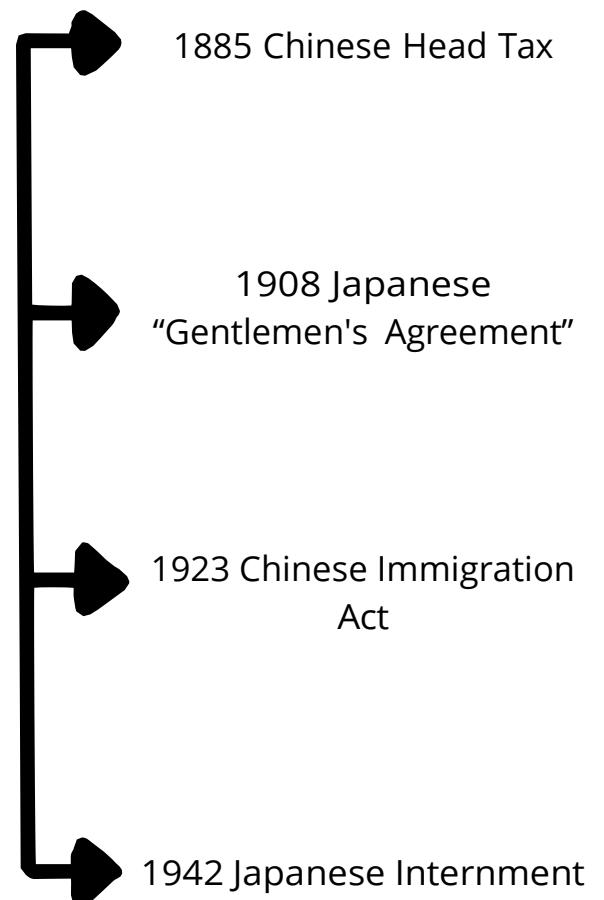
In Canada, racist ideas led to laws and policies that unfairly treated East Asians, limiting their rights and opportunities based on the false belief that White people were superior. The events listed below are only a few instances of institutional racism in Canadian History.

1885 Chinese Head Tax

The Canadian government introduced a tax to discourage Chinese immigration, requiring Chinese immigrants to pay a large fee to enter the country. This tax not only created financial hardship but also reflected racist attitudes of Canada, limiting the growth of the Chinese Canadian community and leading to more discriminatory laws in the future.

1942 Japanese Internment

Following the Japanese attacks on Pearl Harbour during World War II, the Canadian government forced Japanese Canadians to leave their homes and sent most of them to internment camps. The government took away their property, sold their belongings, and restricted their freedoms. After World War II ended, thousands of Japanese Canadians were deported, including many who were citizens.



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Unpacking Anti-East Asian Stereotypes and Myths

Model Minority Myth

Portrays all East Asian people as smart, hardworking, and successful, which may lead to unfair treatment and expectations. By focusing on this positive stereotype, we miss important issues such as racism, poverty, and mental health issues that many East Asian people face, making it harder for them to get the help and attention they need.

COVID-19 Racism

During the COVID-19 pandemic in 2020, East Asian Canadians faced increased interpersonal racism, including social exclusion and being targeted by hate groups.

How to Support our East Asian Community: TEAR Framework

T

Take action to redistribute power.

You can participate in professional groups, support inclusive policies, share positive messages about East Asian people, and speak up against discriminatory comments.

E

Examine privileges and biases.

Ask yourself if your race affects how people treat you in school, work, or social groups, and if you feel comfortable expressing yourself without fear of discrimination.

A

Acknowledge possible perspectives.

Ask yourself how your perspective differs from reality, what values are at play, what assumptions you're making, what you don't know, how to get more information, and where to learn more about East-Asian people.

R

Reflect on power differences.

Consider how certain situations make you feel and observe workplace treatment, struggles, and reactions to discussions about these topics at work or school.