



## I Need Resources for a Strong Mind, Heart, & Body

### For Students

- I want to use my voice to advocate for and represent students -
  - Cañada College [Associated Students](#)
- I want to connect with other students in community -
  - Cañada College [Clubs & Organizations](#)
- I would like to better assess my learning (and other) abilities for my success -
  - Cañada College [Disability Resource Center](#)
- I would like general health advice -
  - Cañada College [Health Center](#)
- I would like to speak with a personal counselor -
  - Cañada College [Personal Counseling Center](#)
- I would like to learn more about how to facilitate social justice conversations -
  - [Social Justice Training Institute for Students](#) (SJTl)

### For SMCCCD Employees

- I would like to speak with a personal counselor -
  - SMCCCD [Employee Assistance Program](#) (EAP)
- I would like to learn more about how to facilitate social justice conversations -
  - [Social Justice Training Institute](#) (SJTl)
- I would like to join a community discussion about the impacts of White privilege -
  - [White Privilege Conference](#)

### For the Cañada College Campus Community

- I would like assistance in receiving free groceries -
  - SMCCD Drive-Thru [Community Market](#)
- I want to get involved with more conversations, and event planning -
  - Cañada College [Academic Committee for Equity and Success](#) (ACES)
- I want to build safe spaces for the [LGBTQIA+](#) community
- I want to build safe spaces for the [DREAMers](#) community

## I Want to Get Informed...

### What are some things I can VIEW to become better informed?

- Non-Fiction Films
  - ["Asian Americans"](#) (PBS film series)
    - Film series on the diverse history of Asian Americans told through intimate stories
  - ["Divided We Fall: Americans in the Aftermath"](#) (Documentary)
    - A critically acclaimed documentary film on hate crimes in the aftermath of 9/11. Told through the stories of Sikh Americans, the film offers vital historical context to the current crisis of hate and nationalism in the U.S.
  - [Race: the Power of an Illusion](#) (PBS film series)
  - ["Sa I Gu"](#) (Documentary)
    - Sa-I-Gu screened at the 5th Annual KAFFNY (Korean American Film Festival New York) it documents the LA riots through narratives.
  - ["Documented"](#) (Documentary)
    - Pulitzer Prize-winning journalist Jose Antonio Vargas outed himself as an undocumented immigrant...[this film documents] his journey to America from the Philippines as a child; [and] his public struggle as an immigration reform activist/provocateur.
  - [Teacher Alice Tsui Delivers Powerful Speech Against AAPI Hate \(3 min\)](#)
- Fiction Films
  - Gran Tarino
    - ["Anti-Asian Racism is Not New" article by Gran Tarino Actor](#)
- Presentations
  - [A Different Asian American Timeline](#)
    - This interactive timeline covers nearly 600 years of history starting with the early Atlantic slave trade in the 15th Century, tracing the rise of modern nation-states, and covering events that have affected people across racial boundaries.
  - The illustrated series: [A Guide to White Privilege](#)
  - March 27th - [Silence is Violence: Unpacking and Addressing Anti-AAPI Violence with APAHE, A2Mend, and Collegas](#)
  - February 25th - [Brave Spaces Workshop with Cañada's Dr. Mary Ho and Michiko Kealoha](#)
  - August 2020 - [Supporting Asian and Asian Americans Cañada Flex Workshop with Dr. Mary Ho and Michiko Kealoha](#)

### What are some things I can READ to become better informed?

#### Readings on Asian American Solidarity and Data

- Kim, C. J. (1999). [The racial triangulation of Asian Americans](#). Politics & Society, 27(1), 105.
- Introduction to: Said, E. (1978). [Orientalism](#). London: Routledge & Kegan Paul.
- National Education Association. (2008). [Beyond Black and White: API students and school desegregation](#). Washington, DC: National Education Association Human and Civil Rights.
- [Four graphic novels that illuminate anti-Asian racism through personal experience](#)
- [National Commission on Asian American and Pacific Islander Research in Education](#). (2008). Asian Americans and Pacific Islanders: Facts not fiction: Setting the record straight. New York, NY: New York University.
- [Pew Research Center. \(2013, April 4\). The rise of Asian Americans.](#)
- [Black and Asian Solidarity in American History: The Power of Unity Exemplified by 5 Major Events](#)

#### AAPI Children's Book Recommendations

- [Humanizing Asian Americans in the Classroom Through Children's Literature by Dr. Monisha Bajaj](#)

#### Readings on Whiteness

- [75 Things White People Can Do for Racial Justice](#) by Corinne Shutack
- [The Conversation We Must Have with Our White Children](#) by C.E. Martin
- [White Fragility](#) by Robin DiAngelo
- ["Seeing White" Podcast](#): Tracing the history and power of whiteness in America
- [My White Friend Asked Me on Facebook to Explain White Privilege. I Decided to Be Honest](#) by Lori Lakin Hutcherson

### What can I FOLLOW on Social Media to become better informed?

- [@AAPI Women Lead](#)
- [Angry Asian Man](#)
- [Unapologetically Asian](#)
- [NBC Asian American](#)
- [Asian Americans in Higher Education \(APAHE\)](#)
- [Tsuru for Solidarity](#) (San Francisco Bay Area Based)
- [Japantown for Justice](#) (San Francisco Bay Area Based)

## I Want to Get Involved...

#### In the Classroom and Campus

- ["How To Support Your Asian Colleagues Right Now At Work"](#)
- ["Dear Educators, It Is Time to Fight for Asian America"](#)
- Read with your class and do a group discussion about the various roles in a Social Change Ecosystem by the [Build Movement Project](#)

#### Via ZOOM

- I want to show my informed support on ZOOM calls with backgrounds
  - [#stopAAPIhate Backgrounds](#)
  - [Yellow Peril](#) for Black Power
    - [Description](#) of Yellow Peril and history of Asian Americans in solidarity with the Black community

#### With Family

- [How to talk to your children about AAPI violence](#)

#### In the Community

- Action
  - [How Bay Area Youth are Coming Together to Protect Chinatown Seniors](#)
  - [Change.org -> New York petition to classify Anti-Asian violence as a hate crime](#)
  - [Oakland "Ambassador" Walks](#)
  - [San Jose Japantown Launches Citizen Foot Patrols](#)
- I want to attend a community movement event
  - What are [protesters' rights](#)?
  - What if I get [stopped by police](#)?
  - How do I stay healthy and [safe at a public demonstration](#)?
    - What do I need to safely [protest in the Bay Area during COVID 19?](#)
  - What if I'm an immigrant wanting to join community movement building, what are [immigrants' rights](#)?
  - How do I talk to people about why I want to protest?
    - [Don't understand the protests?](#) by Kareem Abdul-Jabbar
    - [Of course there are protests.](#) The State is failing Black people by Roxane Gay

### Share resources!

Email Student Life at  
[canstudentlife@my.smccd.edu](mailto:canstudentlife@my.smccd.edu)

