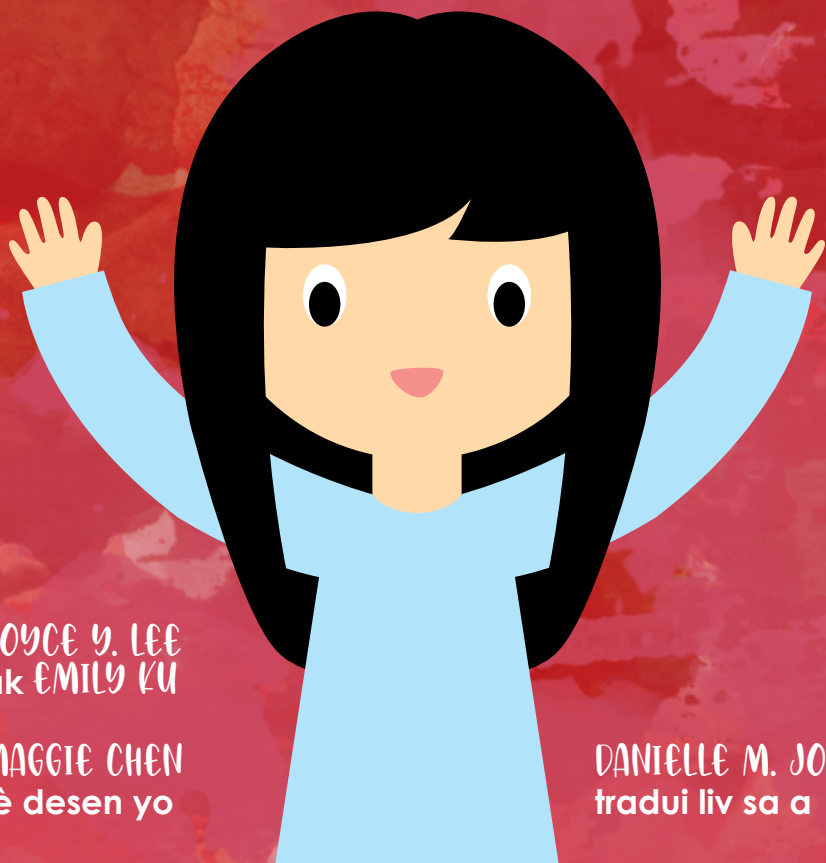


JÈN, FYÈ, SUNG-JEE

Yon Liv pou Timoun pou Goumen Kont
Rasis Sou Azyatik Pandan KOVID-19



JOYCE Y. LEE
ak EMILY KU

MAGGIE CHEN
fè desen yo

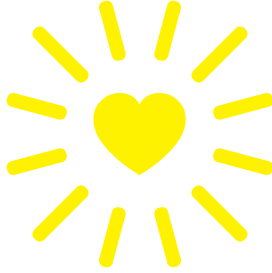
DANIELLE M. JOSYLE
tradui liv sa a

**Nòt pou paran, moun k ap
pran swen, epi tout lòt moun
k ap travay ak timoun:**

Objektif liv sa a se pou bay yon resous pou ede kreye konvèsasyon enpòtan ant granmoun ak timoun sou rasis kont Azyatik. Nou prezante, nan liv sa a, yon evènman ki tou gen pou wè ak rasis kont Azyatik.

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To Luka

– JYL

To Ranja, Grace, and Johnny

– EK

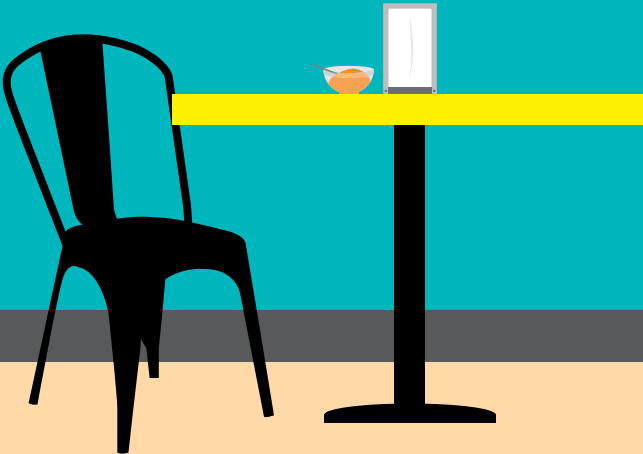
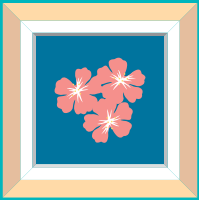
To the world's future social workers, activists, and healers

– MC

Fanmi mwen genyen yon restoran Koreyen. Manman m pran kòmmand yo pandan papa m ap fè manje yo epi grann mwen voye je sou tifrè m nan.



Mwen menm, mwen resevwa kliyan yo. Mwen renmen fè sa. Tout moun rele m Sung-jee.



**Men jou yo pa nòmal ankò.
Tout bagay ap chanje byen
rapid poutèt KOVID-19.**

Nan lekòl mwen an, pwofesè mwen an di nou pa p vin lekòl ankò paske viris la ap gaye. Se pou sa, n ap rete lakay nou. Nou tout te gen yon pakèt kesyon.

KISA KI
KOVID-19 LA?

KIBÒ LI
SÒTI?

POU KONBYEN
TAN LEKÒL AP
RETE FÈMEN?



**Yon kanmarad vire
epi li di: “Se fòt ou.”**

M te santi m wont.

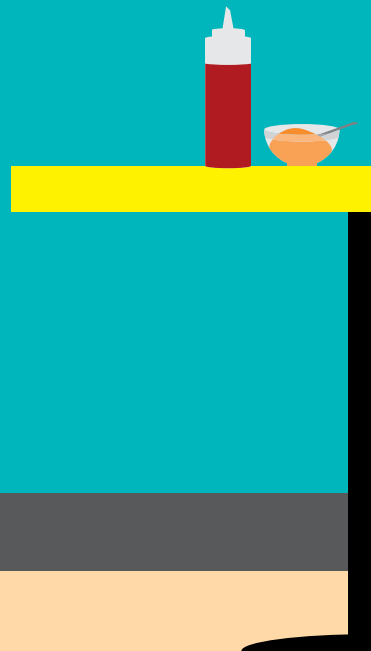
**Mwen konnen
te gen yon
pwoblèm men
m pat konprann
poukisa.**



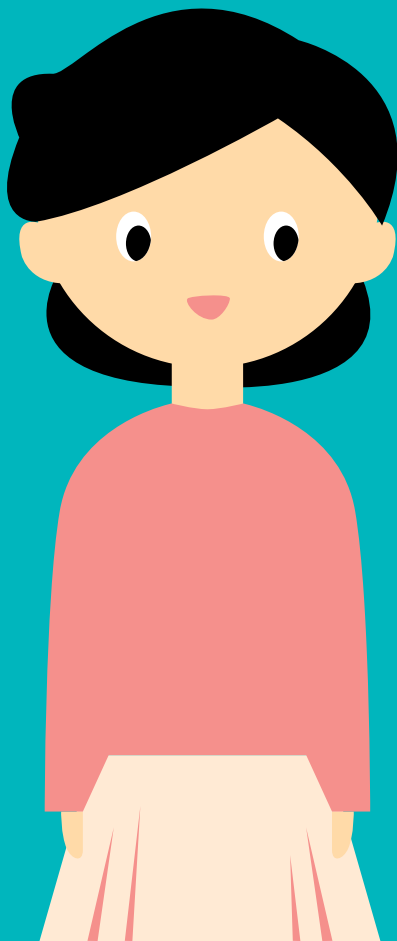
Lè m tounen nan restoran an, mwen di moun lakay mwen sa k te pase a. Mwen mande yo: “Eske mwen gen yon pwoblèm?”

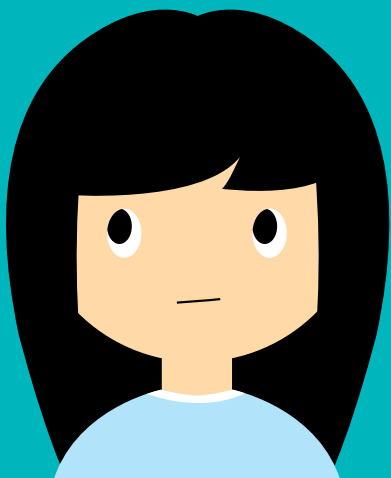


Papa m te di: “Ooooo, pitit fi m cheri, COVID-19 ap gaye nan tout mond lan. Moun yo pè anpil. Genyen ladan yo ki menm fache paske yo kwè se Azyatik yo ki vini ak viris la epi ki ap mache gaye l.”



Manman m di m tou: “Zanmi ou yo ba w tò sou viris la k ap gaye a, se pou moun ou sanble a. Sa rele rasis. Aksyon ak pawòl nan bouch yo fè mal anpil. Men, pou m byen di w nenpòt moun ka trape viris la epi gaye l.”





Grann mwen di konsa: “Sung-jee, se pa ou menm ki lakòz KOVID-19. Ou pa gen okenn pwoblèm. Ou dwe fyè pou kilti w, eritaj ou epi paske ou se Koreyen. Ann kòmanse trete tout moun ak jistis epi respè.”

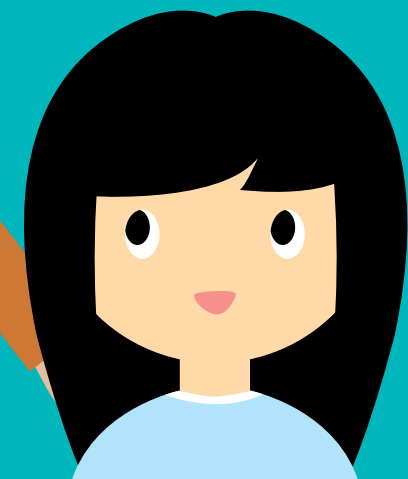
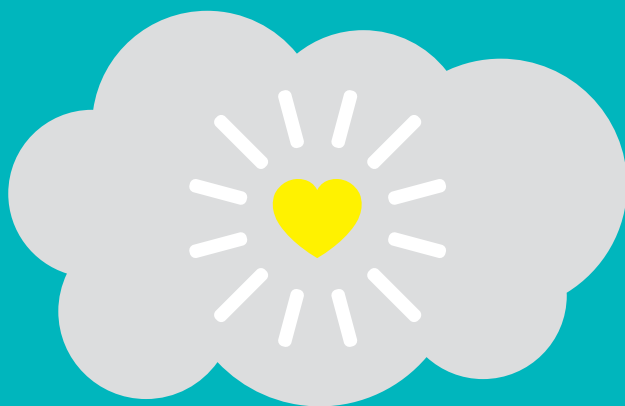
EGALITE

KONT RASIS

JISTIS



Kou m fin tande sa, mwen
te santi m byen, mwen te
sispann panse jan m ye a pa
bon epi paske mwen se yon
Azyatik Ameriken.



Nan demen, nan pak la, mwen te wè
yon ti gwoup timoun ki t ap rele Jingyi,
ti zanmi mwen an ki sòti Lachin nan,
yon pakèt vye jan poutèt viris la k ap
gaye a.



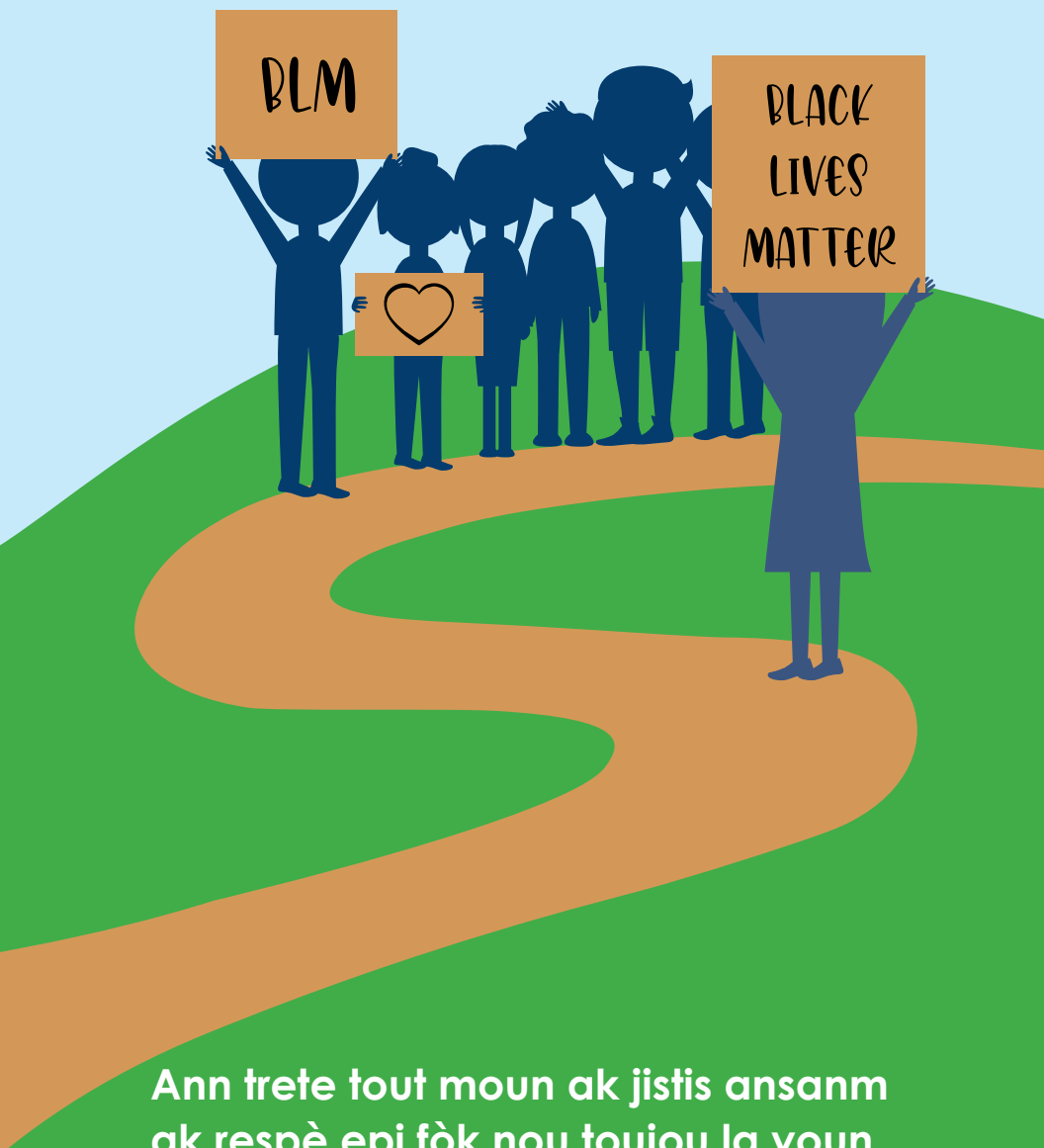
**Depi byen lwen, mwen di yo:
“Li pa bon pou n ap joure Jingyi pou
KOVID-19 paske nenpòt moun ka pran
l. Li enjis lè nou di se Azyatik yo k ap
gaye viris la, li pa bon epi li pa janti.”**



Timoun yo mande padon epi yo ale.

Mwen di Jingyi: “Sa k ap pase a se pa fòt ou. Sa yo te fè a mechan anpil. Ou pa gen okenn pwoblèm, Jingyi. Ou dwe fyè paske ou se yon Chinwaz.

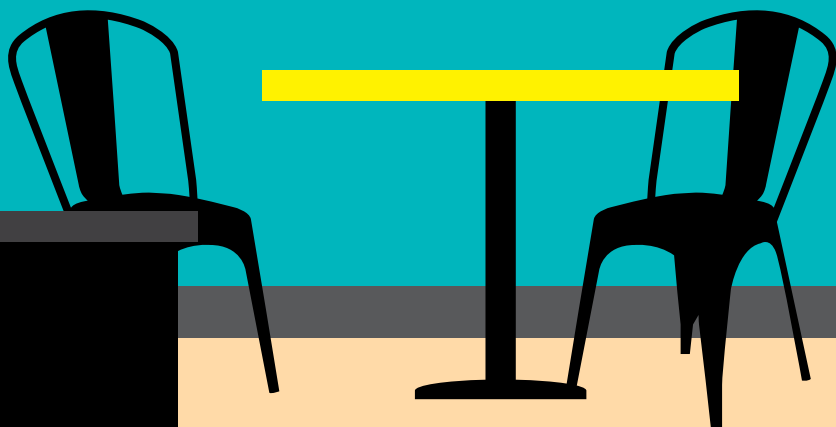
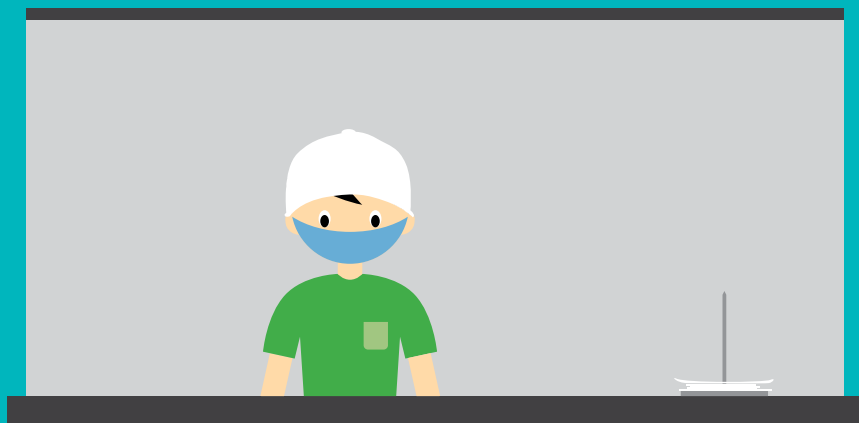




Ann trete tout moun ak jistis ansanm ak respè epi fòk nou toujou la youn pou lòt menmjan ak moun ki nan manifestasyon yo”.

Jingyi te dakò epi nou te mache ale lakay nou.

Nan restoran an,
te kòmanse gen pi
piti kliyan k ap vini.



Men pandan nou lakay la, mwen te aprann sèvi ak yon òdinatè pou m te wè pwofesè mwen an ak zanmi mwen yo.



Mwen te ede grann mwen fè manje epi m te jwe ak tifrè mwen an.

Yèswa, mwen te ale nan chanm tifrè mwen,
li te nan fon somèy. Mwen panche sou bèso
li a epi mwen di l nan zòrèy: “Ou bèl anpil.
Mwen renmen ou. Fòk nou fyè de moun nou
ye a!”

GOOD
NIGHT!



SOU OTÈ YO

Joyce Y. Lee se yon kandida nan Doktora nan yon doub pwogram sou Travay Sosyal ak Sikoloji nan Inivèsite Michigan. L ap etidye pwosesis ki gen pou wè ak fanmi men ki ede timoun, espesyalman timoun ki pa sòti nan ras blan ak sa yo ki sòti nan fanmi k ap touche ti kal kòb yo. Epi li se yon travayè ki gen lisans nan klinik sosyal nan Eta Michigan nan. L ap travay ak timoun ansanm ak fanmi enplike nan byennèt timoun.

Emily Ku se yon kandida nan Mastè nan Travay Sosyal nan Inivèsite Michigan. Etid la chita sou Òganizasyon Kominote a ak Sistèm Sosyal yo. Li mete enterè sou rakonte istwa ansanm ak chanjman anndan kominote a. Nan yon tan ki pa lwen, li espere travay ak fanm ak tifi ki sòti nan divès kominote sosyal, ekonomik, mondyal epi kiltirèl, pou konsantre efò li yo sou byennèt ak ledikasyon pou yon chanjman sou jistis sosyal.

Maggie Chen se yon travayè sosyal epi yon atis. Kit l ap anime pwogram pou jèn yo, kit l ap travay ak kliyan l yo tankou yon terapeyè sante mantal, oubyen ap mete sou pye estrateji sou konsepsyon grafik, li renmen chita tandè lòt moun k ap pale de rèv yo epi travay ak yo pou reyalize rèv sa yo. Li gen yon diplòm nan Bèl Atizay epi yon Metriz nan Travay Sosyal nan Inivèsite Michigan.

RÈMÈSIMAN

Nou ta renmen remèsye Daniel S. Bai nan Lekòl Piblik Ann Arbor, Kowalisyon Travay Sosyal Zile Pasifik Azyatik yo nan Inivèsite Michigan, ansanm ak Doktè Michael S. Spencer nan Lekòl Travay Sosyal nan Inivèsite Wachington pou kritik li sou premye vèsyon liv sa a.

Nou ta renmen remèsye Danielle M. Josyle tou pou tradui liv sa a an Kreyòl Ayisyen.



ANÈKS

Konsèy pou paran Azyatik Ameriken yo ansanm ak moun k ap bay swen yo: Ede timoun yo fè fas ak rasis la pandan KOVID-19

1. Konnen li pa janm twò bonè pou chita pale ak pitit ou sou ras ak rasis.¹ Koute pitit ou k ap pale epi poze kesyon. Prete zòrèy ou pou koute sa pitit ou a ap pataje ak ou epi poze kesyon pou konnen kisa li tandè, wè ak santi.^{7,8}
2. Kòm egzanp, timoun ki nan kindè yo konprann konsèp jistis la trè byen.⁸ Eseye pale sou rasis tankou yon gwoup moun yo trete pi byen oswa pi mal pase yon lòt gwoup. Tout sa gen pou wè ak ras moun nan. Ou kapab di tou règ, lide ak konpòtman enjistis sa a yo ki sòti nan rasis lan dwe korije pou kapab trete chak grenn moun san patipri.⁸
3. Pito w dinamik pase w reyaktif, lè w ap pale sou rasis.² Fòk ou onèt epi ouvè ak pitit ou. Sa ap fè pitit ou a vin gen konfyans nan ou epi santi li an sekirite pou vin pale ak ou de pwoblèm li ak kesyon li genyen.⁸
4. Konnen tou lè ou gen bagay ou pa fin di yo sou KOVID-19, timoun yo ka konprann sitiyasyon nenpòt jan, epi ki ka pa menm fin bon menm. Pataje enfòmasyon kapab ede pitit ou a bese estigmatizasyon.^{3,10} Kòm egzanp, di li Azyatik yo pa okenn gen plis chans pase lòt ras yo pou trape KOVID-19 ni pou gaye li.^{9,10}
5. Dekri emosyon pitit ou a kapab ede li konprann jan li santi l.⁴ Kòm egzanp, ou kapab di: "Ta sanble ou tris anpil pou sa ki te rive w jodia."

6. Ede pitit a ou devlope yon idantite etnik rasyal pozitif nan aprann yo sou kilti, istwa ak eritaj gwoup etnik yo a epi ede yo pou yo santi yo fyè paske yo nan yon gwoup etnik sa a.^{11,5} Yon idantite etnik rasyal pozitif ka ede bese efè ki gen pou wè ak diskrimasyon.⁵ Idantite etnik rasyal sou timoun Azyatik Ameriken yo konekte ak nivo pwoblèm konpòtman ki pi fèb yo ak sentom depresyon, epi wo nivo kontantman ak estim sou pwòp tèt yo.^{6,11}
7. Sèvi ak estrateji *Rekonèt, Valide epi Repanse* pou pale sou diskriminasyon ki gen rapò ak KOVID-19.¹⁵ *Rekonèt* sa k pase a, *Valide* santiman pitit ou a, epi *Repanse* sa ki sot pase yo ak pitit ou a pou asire w ke li pa kwè sa ki pa sa.^{12,15,19} *Panse* sou rapòte evènman ki gen pou wè ak diskriminasyon yo bay *Stop AAPI Hate*.¹³
8. Aprann pitit ou a pou sèvi ak estrateji sa a, lè li rankontre ak diskriminasyon ki gen pou wè ak KOVID-19. Sa gen ladann: *Vire do w ale, Pa okipe moun nan k ap pale a, Pale sou sa (si w ka fè sa san danje), epi Chèche èd ak sipò*.^{12,16}
9. Fòk ou se yon egzanp pou pitit ou a. Kòm egzanp, pa sèvi ak lide ki tou fèt epi jeneralizasyon pou pale sou gwoup moun. Pito ou pale sou moun nan epi sou zak li fè a.¹⁴ *Rekonèt* diferans yo ansanm ak koulè po yo, epi fete divèsite ki genyen nan mitan moun pandan w ap rekonèt tou lòt bagay moun genyen ansanm.⁸
10. Ankouraje pitit a pou l fè bagay k ap fè li kontan epi fè l parèt pi fò. Kreye yon pakèt opòtinite pou pitit ou a kapab jwe epi pran plezi l.¹⁸

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DEFINISYON POU TIMOUN SOU KÈK “GWO” MO

Kont Rasis: Rekonèt tout ras egal ego epi aksyon k ap goumen kont rasis

Azyatik Ameriken: Yon ameriken ki gen orijin li nan Azi de Lès, Azi Sidès, Sid Azi oubyen nan Zile Pasifik yo

Black Lives Matter (BLM): Yon mouvman mondyal ki chita sou batay kont vyolans k ap fèt sou moun po nwa epi bati pouvwa pou pote jistis, gerizon ak libète pou moun, gwoup ak kominote pou moun nwa yo nan tout mond lan

KOVID-19: Yon maladi ki sòti nan yon viris ki pwopaje sòti nan yon moun ale nan yon lòt

Egalite: Jis ak tout moun

Jistis: Fè sa ki bon

Rasis: Kwayans yo ta dwe trete yon gwoup moun pi byen oswa pi mal pase yon lòt gwoup. Tout sa chita sou yon koze ras ak aksyon ki sòti nan kwayans sa a

Distans Sosyal: Yon bèl pawòl ki vle di pou rete pou pi piti yon mèt katreven lwen youn lòt pou anpeche ke KOVID-19 gaye