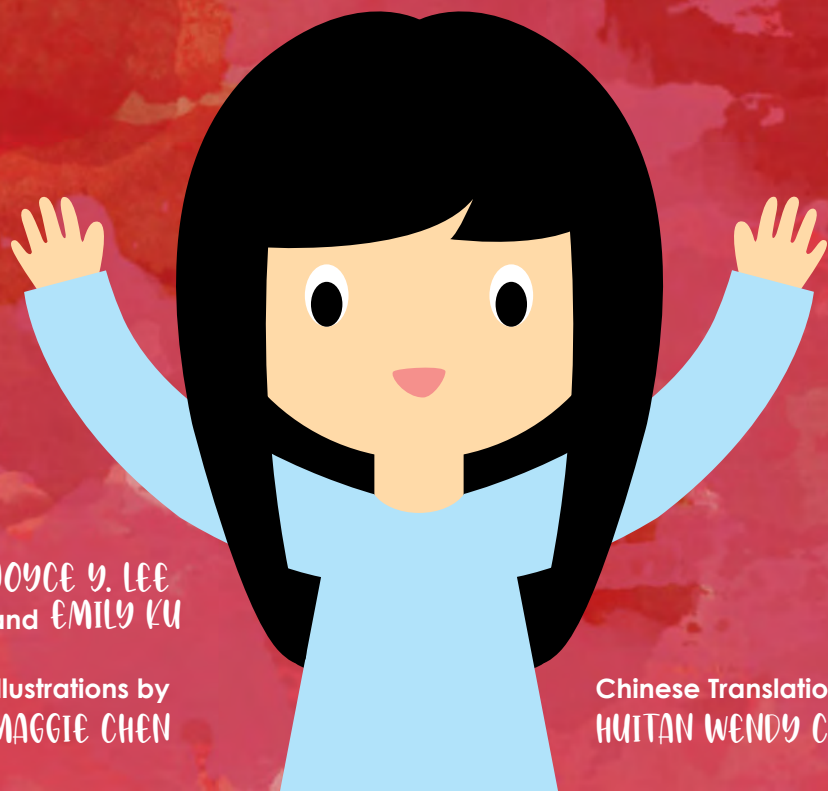


年輕、自豪的 順女

針對新冠肺炎期間
反亞洲情結的兒童叢書



JOYCE Y. LEE
and EMILY KU

Illustrations by
MAGGIE CHEN

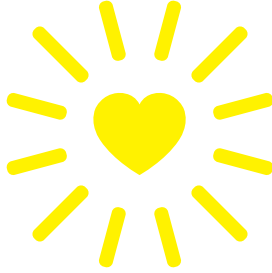
Chinese Translations by
HUITAN WENDY CHENG

**致父母、看顧孩童者、
和兒童教育家：**

此書的目的在於提供
一個資源，來幫助父母
在和孩童探索反亞洲
種族歧視時，能建立一
個正向有意義的討論。
此書引述一個反亞洲
種族歧視的故事。

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To Luka

– JYL

To Ranja, Grace, and Johnny

– EK

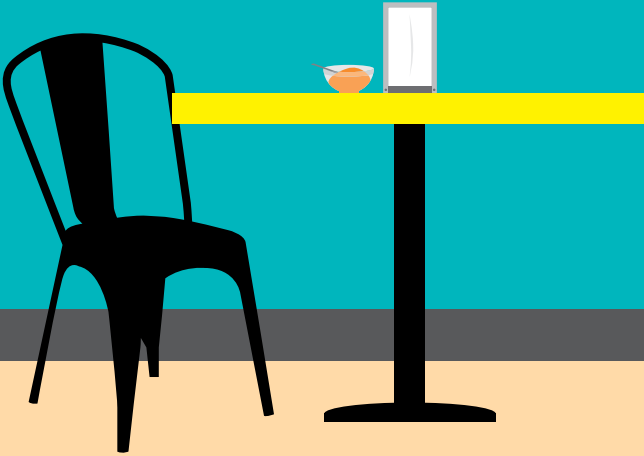
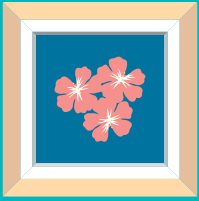
To the world's future social workers, activists, and healers

– MC

我家開了一間韓國餐館。爸爸掌廚，
媽媽接單，奶奶照顧我的小小弟。



而我則負責招呼客人。
我喜歡這份工作，
每個人都叫我順姬。



但是-新冠肺炎 (COVID-19)
讓這種正常的日子起了很
大的變化。

學校方面，老師說因為病毒一直不斷地在擴散，所以我們不再到學校去上課。現在我們都必須待在家裡。我們內心有很多疑問。

新冠肺炎
是什麼？

病毒
從哪裡
來？

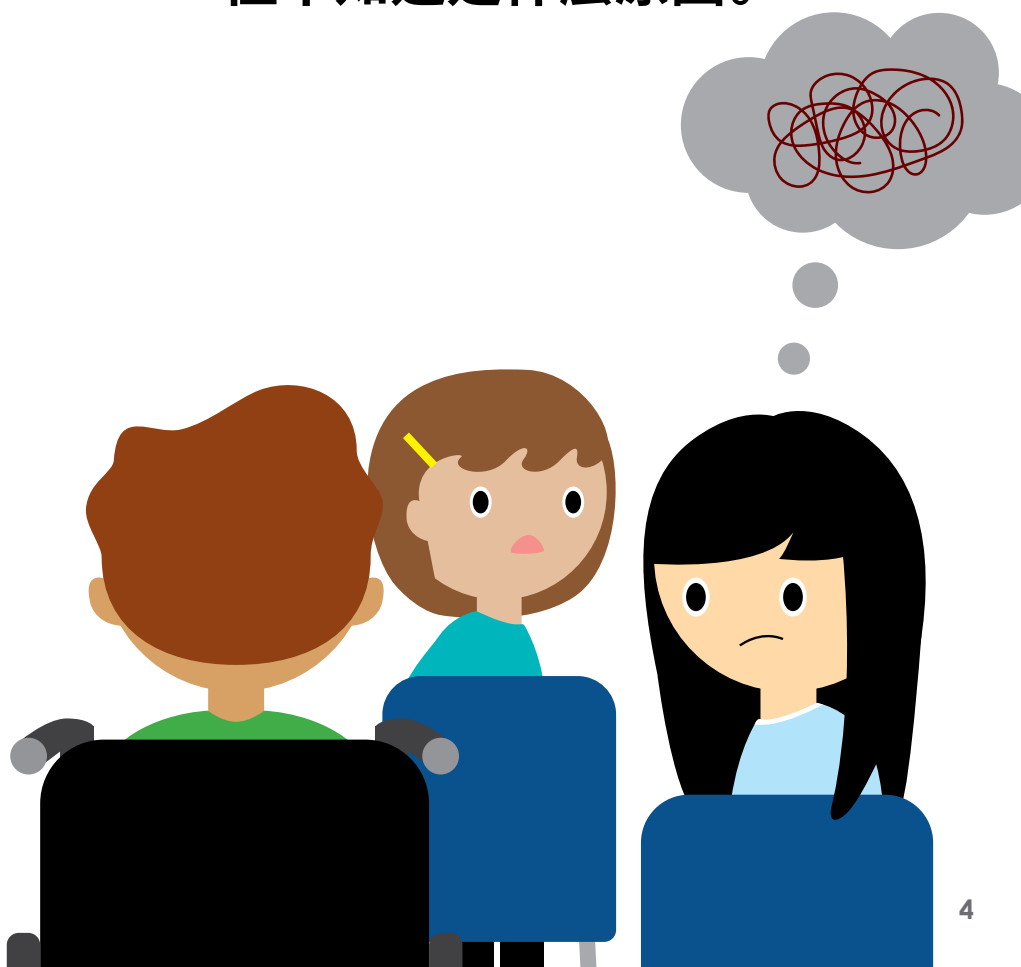
學校
要關閉
多久？



有位同學轉身對我說：
「這都是妳的錯！」

我覺得很羞愧。

我知道出了一些問題，
但不知道是什麼原因。



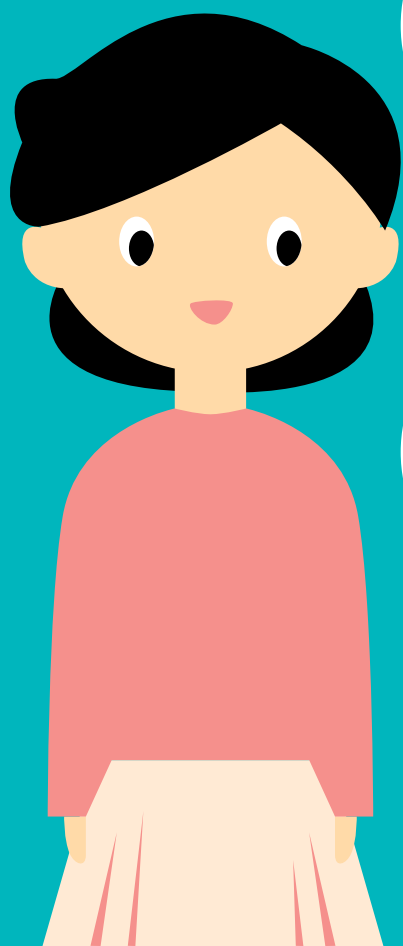
回到餐館後，我告訴家人今天所發生的事情。我問：「我有做錯事嗎？」



爸爸說：「哦，親愛的，新冠肺炎已擴散到全世界各地。大家都很有害怕，有些人甚至很生氣，因為他們認為是亞洲人引起這種病毒，而且散佈到全世界。」



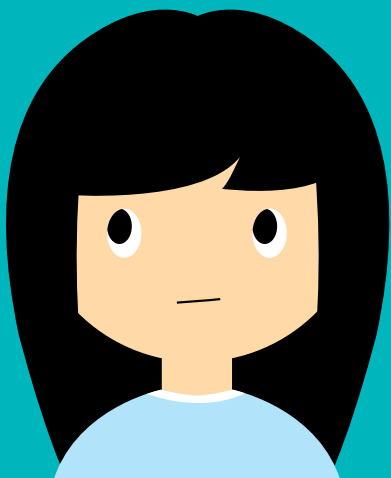
媽媽接著說：「妳的朋友可能是因為妳的長相而責怪妳散佈這個病毒，這叫做“種族歧視”。他們這樣的言行舉止很傷人。但事實上是：每一個人都會得到這種病毒，而且會傳染給別人。」



~~CHINESE
VIRUS~~

~~WUHAN
VIRUS~~

~~KUNG FLU~~



奶奶也附和著說：「順姬，新冠肺炎不是妳的錯，妳也沒有做錯什麼事。妳要以身為韓國人為傲，以我們的文化和傳統為榮。讓我們以身作則，用公平和尊重來對待別人。」

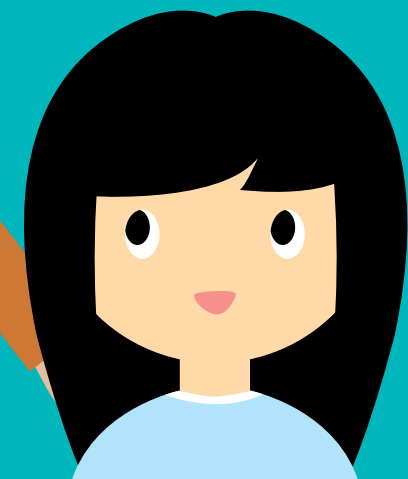
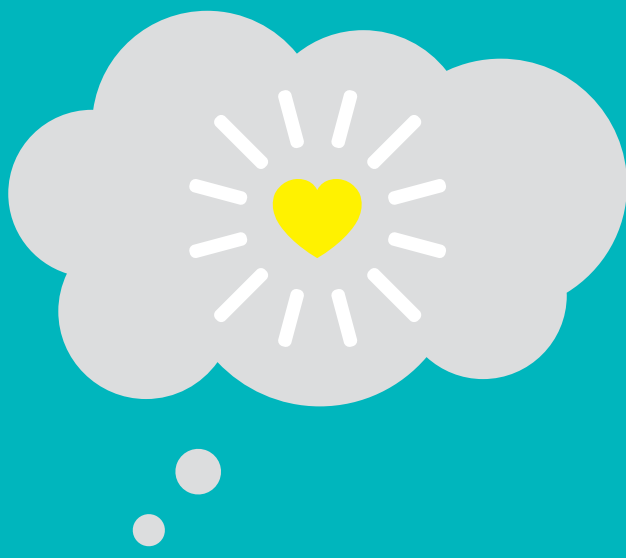
平等

反種族歧視

公正



聽到這番話後，我內心舒坦了許多，因為我不再認為是我的長相，或者是我本身，亦或是身為亞裔美國人的原故而出了問題。



隔天，在公園裡，我看到一群小孩子在對我的中國朋友靜宜罵髒話，說是她在散佈病毒。

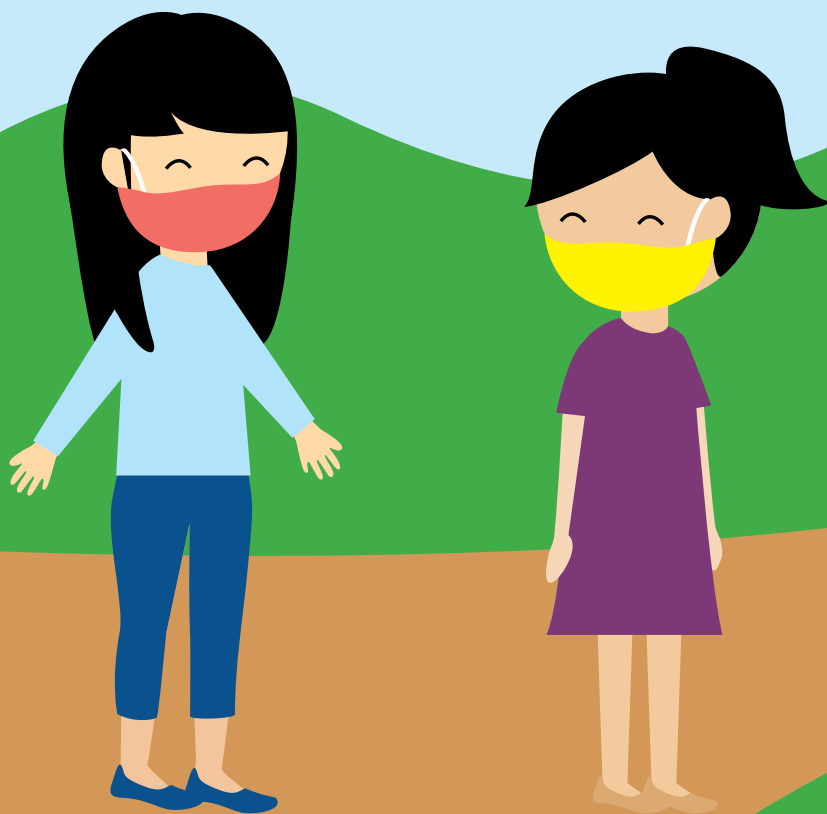


我站在遠處對他們說：「你們責怪靜宜散佈新冠肺炎是不對的，因為每個人都可能會得到這種病毒。說是亞洲人散佈這種病毒是不公平、不友善而且是無禮的行為。」



**那些小孩子瞭解後，
向靜宜道了歉後離開。**

我對靜宜說：「現在世界上所發生的事情不是妳的錯。剛才那些小孩子對妳的態度相當傷人。妳沒有做錯什麼，妳要以身為中國人為榮！」

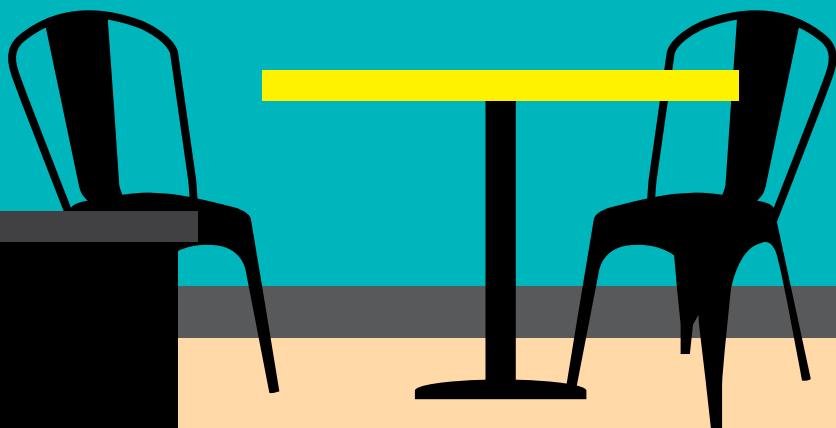
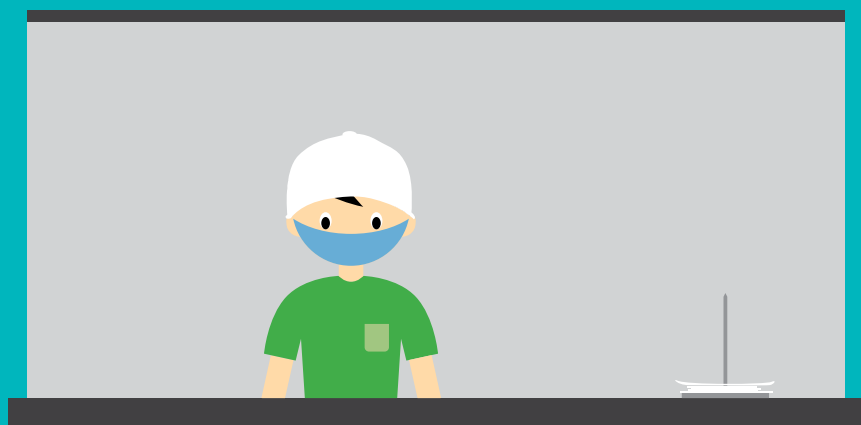




「讓我們用公平和尊重來對待別人，而且要像在抗議的那些人一樣，彼此相挺。」

當我們一起走路回家的時候，靜宜同意我的說法。

餐館裡的客人
越來越少。



但在家裡，
我學到如何
用電腦來和
老師、朋友
溝通交流。



我也幫奶奶煮飯，
並和小弟弟一起玩。

昨晚，我走進弟弟的房間，他睡得很熟。我彎到搖籃裡，在他的耳邊輕聲的說：「你既帥氣又完美，我愛你。讓我們以我們的身份為榮！」



晚安!

ABOUT

Joyce Y. Lee (she/her/hers) is a doctoral candidate in the Joint PhD Program in Social Work and Psychology at the University of Michigan, studying family processes that benefit children, especially children of color and those from family backgrounds with low income. She is also a licensed clinical social worker in the State of Michigan, serving children and families involved in child welfare.

Emily Ku (she/her/hers) is a current masters candidate at the University of Michigan focusing on Community Organizing and Social Systems. Her interest meets at the intersection of storytelling and community change. In the future, she hopes to work with women and girls from different social, economic, diverse, global, and cultural communities to focus on well-being and education efforts for social justice change.

Maggie Chen (she/her/hers) is a social worker and artist. Whether she is facilitating youth programs, engaging with clients as a mental health therapist, or creating graphic design strategies, she loves listening to other people's dreams and collaborating on how to bring those dreams to life. She earned her Bachelor of Fine Arts and Master of Social Work from the University of Michigan.

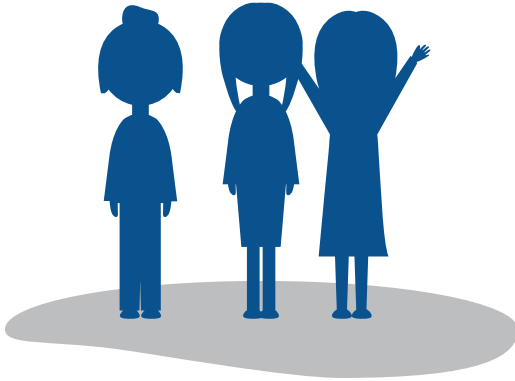
ACKNOWLEDGMENT

We would like to thank Daniel S. Bai at the Ann Arbor Public Schools, the Asian Pacific Islanders Social Work Coalition at the University of Michigan School of Social Work, and Dr. Michael S. Spencer at the University of Washington School of Social Work for providing helpful feedback on previous versions of this book.

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THANK YOU!
謝謝!



APPENDIX

Tips for Asian American parents and caregivers: Helping children cope with racism during COVID-19

1. Know that it is never too early to have a conversation about race and racism with your child.¹ Listen to your child and ask questions. Be attentive to what your child is sharing and use follow-up questions to see what they are hearing, seeing, and feeling.^{7,8}
2. Use developmentally appropriate language to make abstract concepts like racism concrete. For example, preschoolers understand the concept of fairness pretty well.⁸ Try describing racism as one group being treated better or worse than another group based on race. You can add that unfair rules, ideas, and behaviors stemming from racism need to be corrected so that everyone is treated fairly.⁸
3. Be proactive, instead of reactive, in talking about racism.² Be honest and open with your child. This allows your child to build trust in you and feel secure about coming to you with their concerns and questions.⁸
4. Know that when things about COVID-19 are unsaid, children may fill in the gaps with their own interpretations, which may not always be accurate. Directly share important facts with your child that can help decrease stigma.^{3,10} For example, share that Asians are no more likely than other race groups to catch and spread COVID-19.^{9,10}
5. Describe your child's emotions to help them label what they are feeling inside.⁴ For example, you can try saying, "It sounds like you're feeling really sad about what happened to you today."

6. Help your child develop positive ethnic-racial identity by teaching them about the culture, history, and heritage of their ethnicity and help them feel proud about belonging to their ethnic group.^{11,5} Positive ethnic-racial identity can help buffer against the effects of discrimination.⁵ Ethnic-racial identity in Asian American children has been linked with lower levels of behavior problems and depressive symptoms and higher levels of happiness and self-esteem.^{6,11}
7. Use the *Acknowledge, Validate, and Reframe* strategy to talk about COVID-19 related discrimination.¹⁵ Acknowledge what happened, Validate your child's feelings, and Reframe the event to prevent your child's internalization of incorrect messages.^{12,15,19} Consider reporting the discriminatory incident to Stop AAPI Hate.¹³
8. Teach your child to Use Your WITS strategy when faced with COVID-19 related discrimination. This involves *Walking away, Ignoring the perpetrator, Talking it out (if it is safe to do so), and Seeking help and support*.^{12,16}
9. Be a role model for your child. For example, avoid stereotyping and making generalizations about people groups. Instead, talk about the individual and what they each did.¹⁴ Recognize differences, including skin color, and celebrate diversity while also acknowledging things that are common amongst people.⁸
10. Support your child to do things that will make them feel good and strong. Create ample opportunities for your child to play and relax.¹⁸

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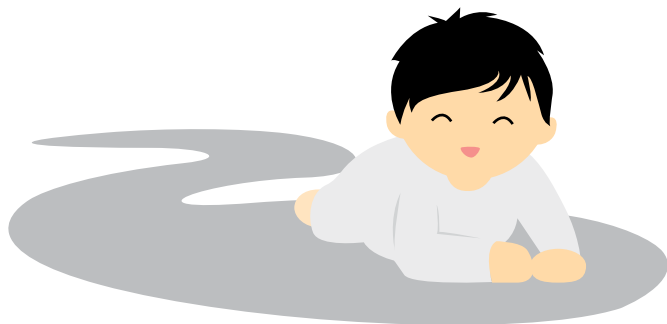
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兒童專用詞彙定義

反種族歧視：相信所有的種族都是平等的，而且採取行動來對抗這種種族主義。

亞裔美國人：源由於東亞、東南亞、南亞、或是太平洋島嶼的美國人。

黑命攸關：一場國際維權運動，抗議針對黑人的暴力和歧視，並促進全世界重視對非裔社群的公平對待、療傷和自由。

新冠肺炎：是一種人傳人的病毒所引起的疾病。

平等：對每個人都公平對待。

公正：做對的事。

種族歧視：相信一個種族優於或劣於另一個種族，而根據這個信念所產生的行為。

社交距離：新名詞。人與人之間群聚的時候，彼此要保持至少6呎，以避免散佈新冠肺炎。