

# ANTI-ASIAN DISCRIMINATION IN CANADA

## WHAT CAN WE DO TO HELP?



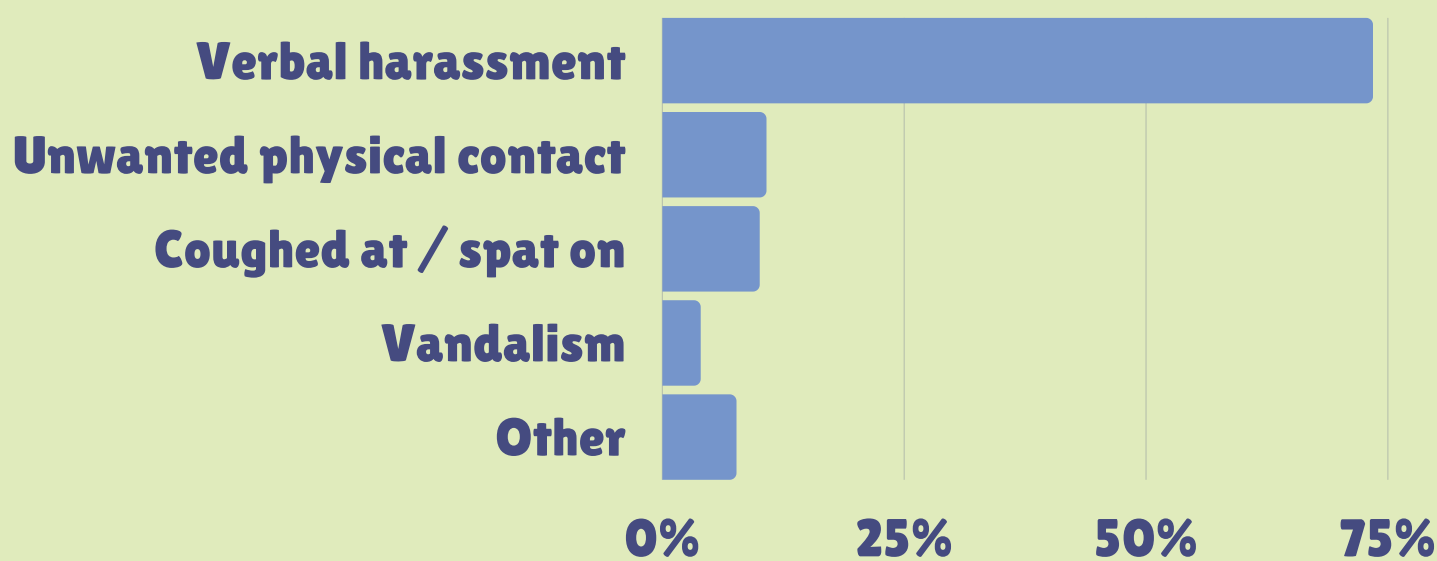
SURVEYS FIND MORE THAN **1000+** SELF-REPORTED INCIDENTS OF ANTI-ASIAN RACISM SINCE START OF PANDEMIC

**60%**  
of the victims  
identified as  
**WOMEN**

**11%**  
of cases included  
**VIOLENT PHYSICAL  
ASSAULT**  
or unwanted contact.

**10%**  
of cases included  
being coughed or  
**SPAT ON**

### TYPES OF DISCRIMINATION



**"I AM AFRAID TO LOOK PEOPLE IN THE EYE."**

**"PEERS WOULD MAKE FUN OF MY ACCENT AND IMITATE WITH DESPITE."**

**"I DIDN'T WANT TO GO TO SCHOOL ANYMORE."**

**"THEY MADE ME FEEL UNCOMFORTABLE AND UNSAFE."**

**"MOSTLY OFFENDED, BUT WAS ALSO HURT AND ASHAMED..."**

**"THEY ARE BLAMING US FOR THE ORIGIN OF COVID-19 PANDEMIC."**

**"I FEEL EXCLUDED"**

**Discrimination affects and changes one's identity.**

**It can even negate one's personality.**

**Which also makes people question on the idea of how they could fit in the society when they are from different countries.**



## WHAT SHOULD WE DO TO HELP?



- 1. Promote through education and advertisement.**
- 2. Accept diversities in the community.**
- 3. Eliminate the prejudice towards Asians.**
- 4. Equalize and normalize various kinds of culture.**
- 5. Facilitate events that introduce different cultures.**

**START ACTION TO CHANGE THE WORLD!**

Learn more about #StopAsianHate at [stopaapihate.org](https://stopaapihate.org)

Source: <https://www.cbc.ca/news/canada/asian-racism-hate-canada-pandemic-1.5959788>