



**MacHERE Presents**

# **ANTI ASIAN-CANADIAN RACISM IN THE ERA OF COVID-19**

**DATE: APRIL 9, 5:30PM-6:30PM**

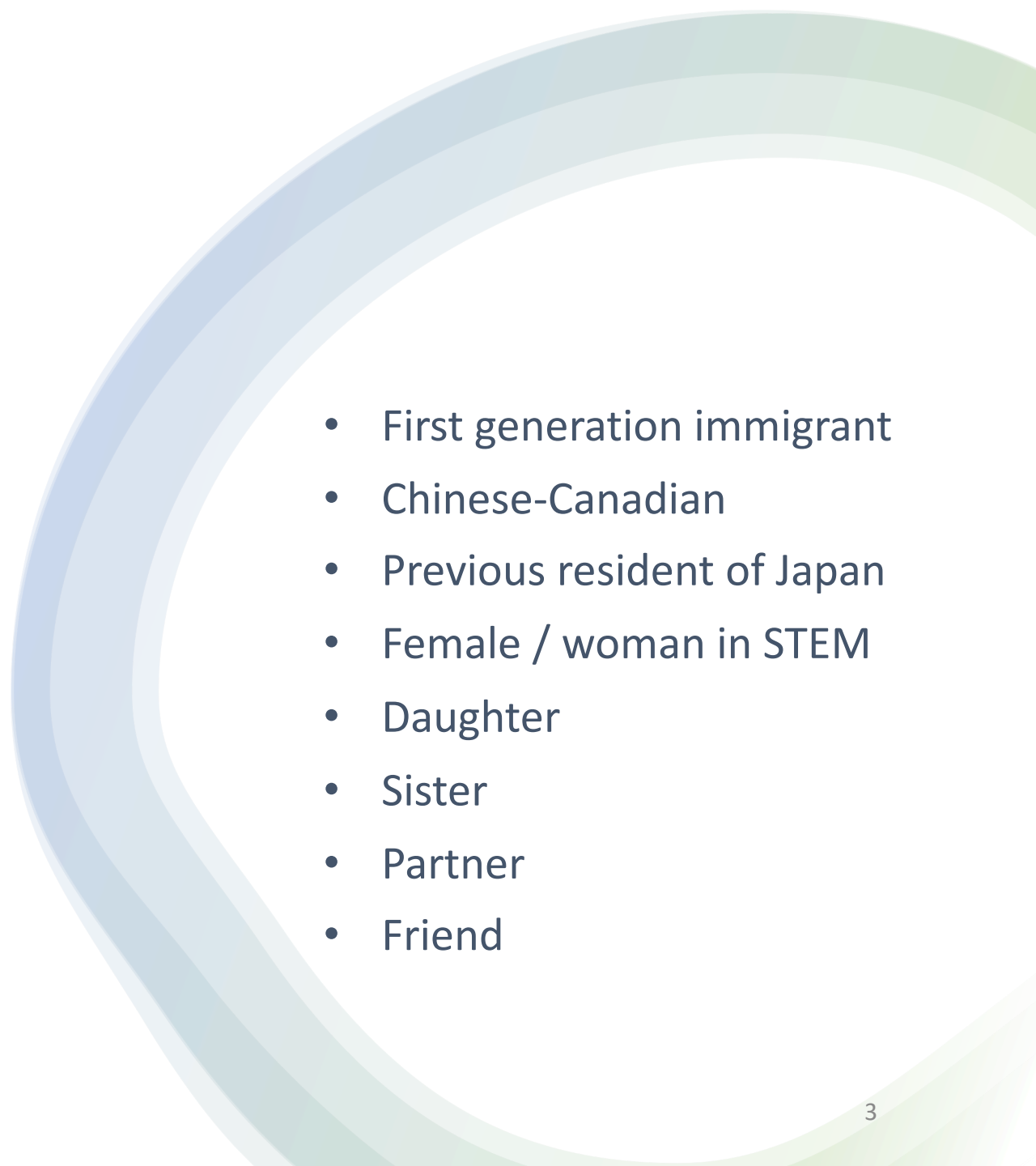
**SPEAKER: DR. JENNY LIU**

# A little background about me...

- **Lecturer** in the Department of Psychology, Ryerson University
- **Academic**
  - Postdoctoral Associate, Department of Psychiatry, Schulich School of Medicine and Dentistry, Western University
  - Postdoctoral Fellow, Research, Toronto Western Hospital / Krembil Institute, University Health Network
  - Postdoctoral Fellow, Daphne Cockwell School of Nursing, Ryerson University
- **Researcher**
  - Stress, resilience
  - COVID-19 Rapid Response with Chinese communities and frontline healthcare workers [PROTECH / PACER]
- **Service Provider / “Doctor”**
  - Facilitate PACER, a blended learning program to promote psychological flexibility and resilience capacity



I am also...

- 
- First generation immigrant
  - Chinese-Canadian
  - Previous resident of Japan
  - Female / woman in STEM
  - Daughter
  - Sister
  - Partner
  - Friend



Healthcare  
workers are  
**HEROS**



*...but*

TORONTO | NEWS

## 'It happened because I'm Asian': Toronto ER nurse says she was spit on, verbally assaulted



**Phil Tsekouras** Multi-Platform Writer, CTV News Toronto  
@PhilTsekouras | [Contact](#)

Published Thursday, April 9, 2020 2:45PM EDT  
Last Updated Thursday, April 9, 2020 8:30PM EDT



Katherine Cheung said she was the victim of a racially-motivated attack in downtown Toronto Wednesday. (Supplied)

## Coronavirus: CUPE survey reveals anti-Asian racism towards Manitoba health-care workers



By **Will Reimer** · Global News  
Posted April 14, 2020 9:21 pm



*Asian*  
healthcare  
workers have  
also been the  
targets of  
discrimination.

# Asians are “Model Minorities”

DR. THERESA TAM



TWITTER (@CPHO\_CANADA)

Simu Liu



ELAINE LUI



BELL MEDIA

*...but* 6

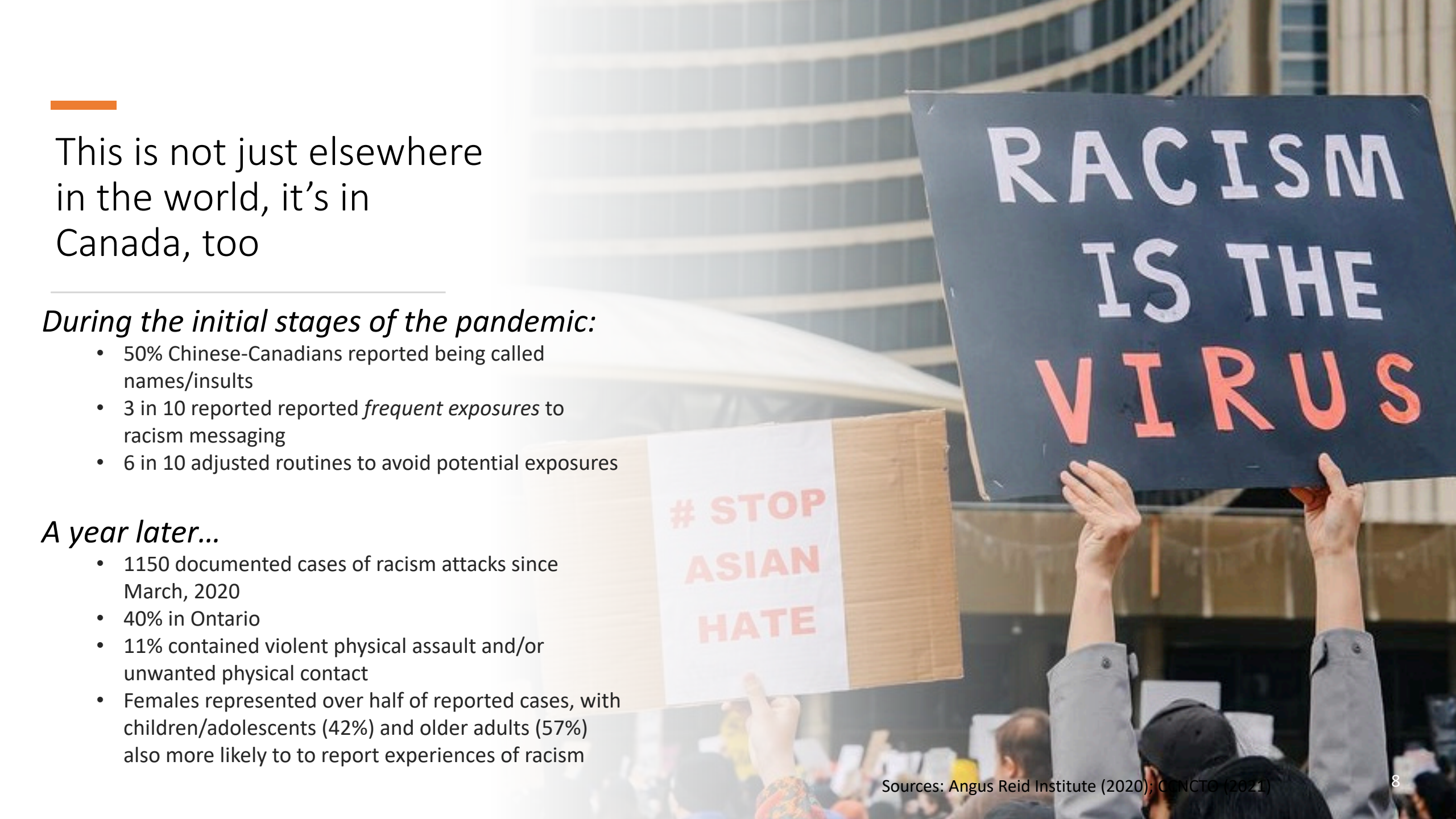
Continue to  
experience  
*racism* and  
*discrimination*

### Asian Seniors Find Their Cars Burned to a Crisp in Oakland



### Witnesses Ignore Elderly Asian Woman Punched and Kicked in Broad Daylight NYC





This is not just elsewhere  
in the world, it's in  
Canada, too

*During the initial stages of the pandemic:*

- 50% Chinese-Canadians reported being called names/insults
- 3 in 10 reported frequent exposures to racism messaging
- 6 in 10 adjusted routines to avoid potential exposures

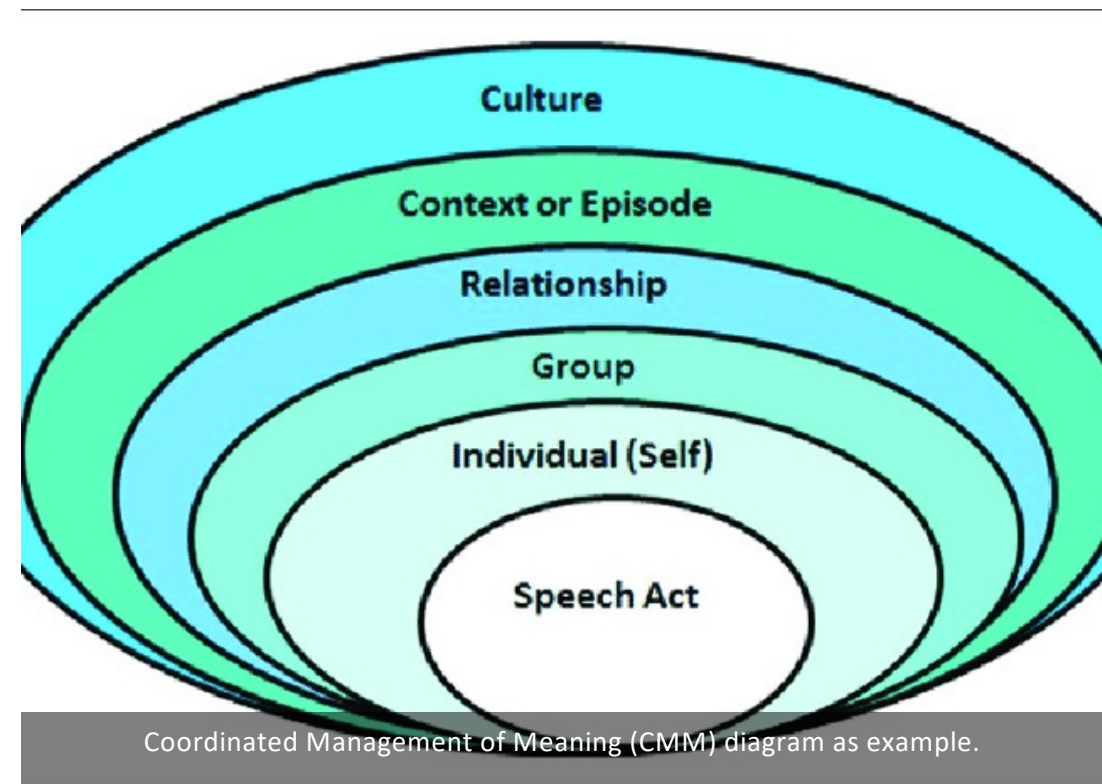
*A year later...*

- 1150 documented cases of racism attacks since March, 2020
- 40% in Ontario
- 11% contained violent physical assault and/or unwanted physical contact
- Females represented over half of reported cases, with children/adolescents (42%) and older adults (57%) also more likely to report experiences of racism



# The “Shadow Pandemic”

- We construct our identities through our interactions with the world
- During the current pandemic:
  - Social isolation (loss of contact / interaction / support)
  - Socioeconomic hardship
  - Disruptions and change
  - Uncertainties / lack of control about the future
  - Emotional distress



# Racism and Mental Health

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- As a healthcare or service provider, mental health is an **imperative**
  - Prevent burnout
  - Compassion fatigue
- Experiences and observations of racism can create conflicts in:
  - Identity
  - Morality
  - Values
  - Beliefs



# It's not an emerging "Asian" issue, it has been a CANADIAN issue

- **Immigration**

- Chinese Immigration Act of 1885 imposed a tax (up to \$500 at the time) for each Chinese immigrant entering into Canada
- Hayashi-Lemieux Gentleman's Agreement limiting immigration numbers of Japanese men
- Komagata Maru ship of 400 passengers denied entry into Canada in 1914

- **Voting Restrictions**

- Asians banned from provincial voting rights in B.C in 1972
- Dominion Elections Act of 1920 restricted all Asians from federal voting

- **Japanese Internment**

- 22000 Japanese Canadians in BC sent to internment camps
- Properties and possessions sold
- Some deported, others relocated and never allowed back to BC

- **Segregations / Limitations / Anti-Asian Responses**

- Segregated hospitals during Spanish flu
- Anti-Asian hiring /recruitment practices
- Segregation in schools in BC
- Racism and informal boycotts of Asian-owned small-businesses during SARS, resulting in loss of up to 80% income

# Tying it all back to health and health equity...



- **Health equity** looks like:
  - Individuals within a community to reaching full potential (mentally, physically, spiritually)
  - Live with safety, belonging, and purpose
  - Meeting individual needs, developing meaningful relationships, and taking on community responsibilities
- Health equity can play a role in:
  - Accessing and receiving care
  - Access to opportunities
  - Identity, safety, and belongingness

# What's being done right now?

## Business and Private Sectors

- Considerations of Equity Diversity & Inclusion
- Formation of Coalition of Canadians against Anti-Asian Racism

## Public / Media Sectors

- Representation in media
- Amplification of emerging issues

## Political / Policy Sectors

- Toronto city council passing motion to condemn Anti-Asian hate, and advancing with action plan

## Community Sectors

- Leaders championing for change
- Alliance networks amplifying voices
- Provision of support, services, and channels for documentation

# Few Examples of Available Resources

## Responding to Hate T O O L K I T

combat anti-Asian racism by taking action



respondingtohate.ca

## learn

### Key terms - hate and discrimination explained

As a result of the COVID-19 pandemic, Asian Canadians have been the subject of racist assaults and bigoted taunts. This Guide\* sets out your rights and resources when you are the victim of or a witness to racist incidents.

This Guide provides information so that you can understand and respond to three kinds of hate: Hate Crimes, Hate Incidents and Acts of Discrimination.

#### Hate Crimes

Are hate-motivated criminal acts that are offences under the Criminal Code, such as Assaults (Section 265), Uttering Threats (Section 264.1(1)), Criminal Harassment (Section 264(1)) and "hate speech" (Section 319 (1) & (2)). Hate crimes are crimes committed for hateful reasons. Consequently, they are punished more severely by the Courts. They involve two elements:

- An underlying crime (e.g. murder, assault, threats, vandalism, arson) and
- The crime is committed in part because of race, national or ethnic origin, colour, religion, sex, sexual orientation, age or mental or physical disability.

#### Hate Incidents

Are non-criminal acts that occur when the person uses bigoted, biased or prejudiced language (spoken, or written, online or in-person) or takes other actions that are based on race, national or ethnic origin, colour, religion, sex, etc.

#### Acts of Discrimination

Are violations of human rights codes – these are acts of unfair treatment in services, goods, facilities, accommodation, contracts, employment, vocational associations (e.g. transit, the workplace, public accommodations, restaurants, hotels, theatres, stores, housing, schools or universities etc.), because of race, national or ethnic origin, colour, religion, sex, sexual orientation, age or mental or physical disability.

This form of Discrimination is not criminal but a violation of the federal or provincial human rights laws.

\* This guide was prepared by Maryka Omatsu in collaboration with Gary Yee, Avvy Go, Gerald Chan and Juanita Westmoreland.



PROTECH

保泰 社区抗疫行动  
社區抗疫行動

Online  
support for  
the Chinese  
Canadian  
communities

### Pandemic Rapid-response Optimization To Enhance Community-Resilience and Health

优化流行病快速应对能力，提高社区复原力和健康水准  
優化流行病快速應對能力，提高社區復原力和健康水準

ProjectPROTECH.ca

#### PACER Training

**Pandemic Acceptance and Commitment to Empowerment Response (PACER) Training** is a mindfulness, acceptance and commitment therapy (ACT), and social justice and collective empowerment-based group training, consisting of six interactive online learning modules and six corresponding weekly group video-conferences.

PROTECH

保泰 社区抗疫行动  
社區抗疫行動

Pandemic Rapid-response Optimization  
To Enhance Community-Resilience and Health

# So what's next?

## Individual

- Knowledge
- Safety
- Resources

## Collective

- Alliance
- Visibility
- Voice



# Questions & Contact

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