

Surge in Anti-Asian Hate Crimes

針對亞裔的仇恨犯罪正在急遽增多

We are experiencing a period of stress and turmoil in our country, which is having an impact on us all. Intense feelings are natural reactions to the current situation. We hope these suggestions help you find ways to cope.

Incidents on the Rise

A recent string of attacks has brought attention to the dramatic rise in racism and violence against Asian Americans. Between mid-March and the end of 2020, the advocacy group [Stop AAPI Hate](#) received nearly 3,000 reports of “hate incidents” directed at Asian Americans. In 2021, the incidents have only continued.

Discrimination comes in many forms.

Not all hate crimes are physical. A hate crime is about offensive behavior, such as damage to property, bullying, harassment, verbal abuse, insult, propaganda, offensive graffiti, and physical assault.

Victims of bias-motivated crimes are likely to experience post-traumatic stress, safety concerns, depression, anxiety, and anger. Hate crimes send a message that they and the group they represent are unwelcome and unsafe in the community. Witnessing discrimination against one’s own group can lead to psychological distress and sadness.

If you experience a hate crime

Experiencing a hate crime or hate-motivated act can be difficult and distressing. We encourage you to take care of yourself.

我們的國家正經歷著一個緊張而混亂的時期，影響著我們中的每一個人。當前局勢下，個人情緒有激烈反應是自然現象。我們希望以下這些建議可以協助您去面對這一切。

事案正在增加

最近發生了一連串針對亞裔的種族歧視和暴力襲擊，這急遽上升的攻擊事件，引起人們關注。從2020年3月到2020年底，倡導“[阻止亞裔仇恨](#)”（STOP AAPI HATE）組織接到近3000起針對亞裔的“仇恨事件”報告。2021年，類似事件繼續接連發生。

歧視有多種多樣形式

並非所有仇恨犯罪都是對身體的直接攻擊。仇恨犯罪是一種攻擊性的行為，可以是損壞財物、霸凌、騷擾、辱罵、侮辱、宣傳、攻擊性塗鴉和身體攻擊。

受到這種有偏激動機的仇恨犯罪者攻擊後，受害者很可能會經歷創傷後壓力（post-traumatic stress）、擔憂自身安全、憂鬱、焦慮，以及憤怒。仇恨犯罪傳遞了一個信息：即受害者和他們的群族，在社區裡不受歡迎，安全沒有保障。因此，目睹自己所屬的群組受到歧視，很可能會導致心理上的痛苦不安以及悲傷。

如果您遭遇了仇恨犯罪

遭遇仇恨犯罪或帶有仇恨動機的事件，人們都會覺得很難面對，痛苦不安。我們鼓勵您照顧好自己。



- **Make sure you are safe.** Trust your instincts and assess your surroundings. If you feel unsafe and you are able to, leave the area. Get to a safe location such as a public place, a police station, or friend's home to secure yourself against harm.
- **Stay Calm.** Take a deep breath, limit eye contact, and maintain neutral body language.
- **Seek Immediate Help.** Ask bystanders for support and intervention.
- **Reach Out.** Once you feel safe, talk with a friend, family member, or someone you trust to help you process what happened.
- **Remember**—This is not your fault!

When You Witness a Hate Crime

- **Be An Ally.** Just because you don't belong to a specific race or ethnicity doesn't mean that you can't empathize with a hate crime victim. Approach the distressed person, introduce yourself, and offer support.
- **Actively Listen.** Ask before taking any actions and respect the person's wishes.
- **Accompany.** If the situation escalates, invite the person to join you in leaving.
- **Offer Emotional Support.** Help by asking how they're feeling. Assist them in figuring out what they want to do next. Victims are often in a state of shock and don't understand what just happened. Let them tell you what they need.

Other resources:

- [Hate is a Virus](#)
- [Fighting Anti-Asian Discrimination](#)
- [APA, The Psychology of Hate Crimes](#)
- [Stop AAPI Hate](#)

- **首先確保您是安全的。**相信您的直覺，評估您的周圍環境。如果您覺得所處環境不安全，立即離開。到達一處安全場所，比如公共場所、警察局或朋友家，以確保自己不受傷害。
- **保持冷靜，深呼吸，**減少和對方眼神接觸，保持中立的身體語言。
- **立即尋求幫助。**向旁觀者求助，要求干預。
- **伸出求助之手。**一旦您感到安全了，請與朋友、家人或您信任的人交談，以幫助您處理發生的事。
- **記住**——這不是您的錯！

當您目睹仇恨犯罪時

- **做一位盟友。**就算您不屬於一個特定種族或某個族裔，您也應該同情一位被仇恨犯罪傷害的人。走近那位正在痛苦中的人，介紹自己，提供支持協助。
- **積極地傾聽。**在採取任何行動之前先詢問和尊重當事人的意願。
- **陪伴。**如果事態有惡化趨勢，請受害者與你一起離開事發現場。
- **伸出援手，提供情感支持。**詢問他們的感受，幫助他們一起考慮下一步做什麼。受害者往往處於震驚狀態，尚不明白剛才發生了什麼。讓他們告訴你，他們此刻需要什麼。

其它相關資源:

- [仇恨是病毒](#)
- [抗爭歧視亞裔行為](#)
- [亞太裔：仇恨犯罪心理學](#)
- [制止對亞太裔的仇恨](#)

Take care of yourself

The wave of attacks on Asian Americans, including the recent Atlanta shootings, have left many of us with a justifiable sense of helplessness. It's common to experience a variety of emotions, including shock, sorrow, numbness, anger, grief and disillusionment. You may have trouble sleeping, concentrating, or even doing simple tasks. Here are a few suggestions that might help.

- **Build a support network.** People with a strong network of family and friends manage stress better. Have open talks about race, your experience, and your needs and concerns.
- **Turn off and take a break.** You may want to keep informed, but try to limit the amount of news you take in. Being overexposed can increase your stress.
- **Engage in healthy behaviors.** Eat well, get enough rest, exercise. Try deep breathing, listen to music, play sports, walk in nature.
- **Gain perspective.** It's natural to worry about "what ifs," and your mind can easily go to worse-case scenarios. Sometimes practicing mindful self-awareness can help you stay focused on the present.

照顧好您自己

攻擊亞裔美國人的浪潮，包括最近在亞特蘭大發生的槍擊事件，給許多人留下一種無法言說的無奈感，常見的情緒是震驚、悲傷、麻木、憤怒、傷痛和幻滅感等等。您可能會有睡眠障礙，即使做簡單家務時，注意力也不集中。以下有一些可能有幫助的建議：

- **建立一個互相支持的網絡：**擁有強大家庭人資源和朋友網絡的人，能更好地處理各種壓力。可以與親友對於種族問題、您的經歷、需求和關注點，進行坦承的交流。
- **關掉電子設備，休息一下。**您可能想隨時掌握信息，但嘗試限制接收新聞流量。把新聞過度地曝光在自己眼下，會增加您的壓力。
- **從事健康的活動。**吃得好點，充分休息，運動。嘗試深呼吸，聽音樂，運動，在大自然中散步。
- **形成前瞻性的觀點。**擔心“如果”是很自然的，您的大腦會很容易想像更壞的場景。有時，練習心靈的自我覺察（mindful-self awareness），可以幫助您專注當下。