



Office of Diversity, Equity and Inclusion (DEI) Asian American and Pacific Islander Resource Guide

Below is a non-exhaustive list of resources to learn more about the Asian American and Pacific Islander (AAPI) diaspora. For questions, please email the Office of DEI at diversity@pratt.edu.

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Introduction and Definitions

Asian American and Pacific Islander (AAPI) is an umbrella term that refers to any person of Asian or Pacific Island descent or ancestry. AAPI is a pan-ethnic identity that began to be popularized in the 1960s during the Civil Rights Movement, as Chinese Americans, Filipino Americans, and Japanese Americans in the San Francisco Bay Area were concerned with the living conditions in primarily Asian American residential areas, such as the [International Hotel](#), and fought for the inclusion of their stories in college curriculum, through the [Third World Liberation Front](#). Tragic events such as the death of Chinese American [Vincent Chin](#), in 1982, furthered the national pan-ethnic movement for Asian American rights. In the 1980s the term became popularized nationally as it became used in Asian American Studies courses and adopted in the wider Asian American Rights social movement.

AAPI includes many diverse communities. Subgroups are broadly defined by both geographical and ethnocultural terms as follows:

- East Asian: The eastern region of Asia including China, Hong Kong, Japan, Macau, Mongolia, North Korea, South Korea, and Taiwan.
- South Asian: The southern region of Asia consisting of Afghanistan, Pakistan, India, Nepal, Bhutan, Bangladesh, the Maldives, and Sri Lanka. Although there are additional countries in the southwest region of Asia, those are generally recognized geographically as the Middle East and ethnically as Middle Eastern.
- Southeast Asian: The southeastern subregion of Asia, consisting of regions that are geographically south of China, east of the Indian subcontinent, and north-west of Australia. Southeast Asia consists of two geographic regions:
 - Mainland Southeast Asia, also known as the Indochinese Peninsula and historically as Indochina, comprising Cambodia, Laos, Myanmar, Peninsular Malaysia, Thailand, and Vietnam.
 - Maritime Southeast Asia, also known as the Malay Archipelago and historically as Nusantara, comprising the Andaman and Nicobar Islands, Brunei, East Malaysia, East Timor, Indonesia (except Western New Guinea, which is considered a part of Oceania), the Philippines, and Singapore.
- Pacific Islander: Pacific Islanders, Pasifika, or Pasefika, are the peoples of the Pacific Islands. It is used to describe the inhabitants and diaspora of any of the three major sub-regions of Oceania:
 - Melanesia: Includes the island of New Guinea, the Bismarck and Louisiade archipelagos, the Admiralty Islands, Bougainville Island, Papua New Guinea, Western New Guinea (part of Indonesia), Aru Islands, Kei Islands, the Solomon Islands, the Santa Cruz Islands (part of the Solomon Islands), New Caledonia and the Loyalty Islands, Vanuatu (formerly New Hebrides), Fiji, Norfolk Island, and various smaller islands.
 - Micronesia: Includes Kiribati, Nauru, the Marianas (Guam and the Commonwealth of the Northern Mariana Islands), the Republic of the Marshall Islands, Palau, and the Federated States of Micronesia (Yap, Chuuk, Pohnpei, and Kosrae, all in the Caroline Islands).

- Polynesia: Islands scattered across a triangle covering the east-central region of the Pacific Ocean from the Hawaiian Islands in the north, New Zealand in the west, and Easter Island in the east. Polynesia includes the Samoan islands (American Samoa and Western Samoa), the Cook Islands, French Polynesia (Tahiti and The Society Islands, Marquesas Islands, Austral Islands, and the Tuamotu Archipelago), Niue Island, Tokelau and Tuvalu, Tonga, Wallis, and Futuna, Rotuma Island, Pitcairn Island, Nukuoro, and Kapingamarangi.

While AAPI is an umbrella term for all the people with ancestry from the regions listed above, *Asians are not a monolith*. AAPI people have a breadth of lived experiences depending on where their ancestral ties are from, when their family immigrated, and their own intersectional identities like gender, sexual orientation, skin color, and class. For this reason, do not assume all Asian people have the same experiences. International Asian students who are in the United States for college have a very different experience than Asian American college students. Even with the AAPI umbrella, students have differing rates of educational attainment, for example, [9% of Bhutanese American people have a college degree compared to 72% of Indian American people](#). The varying experiences of AAPI people across different social and ethnic backgrounds reflect the need to disaggregate AAPI data and uplift the voices of Asian voices, artists, and creators to dismantle the Asian monolith stereotype.

It is also important to recognize the AAPI community has faced [systemic and cultural racism since this country's founding](#). Although there are a wide variety of ways this racism manifests, the American culture actively denies the experiences of the AAPI community through the model minority myth. The *Model Minority Myth* is a cultural assumption that characterizes Asian Americans as a polite, law-abiding group who have achieved a higher level of success than the general population through some combination of innate talent and pull-yourselfes-up-by-your-bootstraps mentality. This assumption is not only false, as again, [the AAPI community is not a monolith](#), but has become ingrained within the wider American culture and led Asians to be perceived as “the good minority.” This myth feeds into the concept of AAPI people being the *Invisible Minority*; so although AAPI people encounter structural racism similar to other non-white American people, due to the model minority myth, it is assumed that they do not.

The following guide expands on many of the concepts presented in this introduction but is not meant to encapsulate all experiences of AAPI people. Use this guide as a starting point to learn about the history and diversity of the AAPI community, and for resources supporting AAPI people.

Anti-Violence & Anti-Discrimination Resources

- [Anti-Asian Violence Resources Card](#)
- [Asian American communities stand up amid string of violent attacks](#) - Nightline (2021)
- [Call On Me, Not the Cops: A Community Resource](#) by 18 Million Rising in Bengali/Bangla, Chinese (Simplified), Chinese (Traditional), English, Hindi, Japanese, Korean, Sinhala, Spanish, Tagalog, Tamil, Urdu, and Vietnamese
- [Don't Be A Bystander: Six Tips for Responding to Racist Attacks](#), video production by BCRW and Project NIA
- [Hollaback's Free Anti-Harassment Training](#)
- ["How to support Asian American colleagues amid the recent wave of anti-Asian violence"](#) by Jennifer Liu (2021)
- [How to address the surge of anti-Asian hate crimes](#) (PBS NewsHour)
- [Resources for Allyship and Fighting Anti-Asian Discrimination](#) (Airbnb)
- [Stop AAPI Hate](#) Reporting Website
- ["There were 3,800 anti-Asian racist incidents, mostly against women, in past year"](#) by Kimmy Yam (2021)
- [University of Michigan Task Force Against AAPI Hate Resource List](#)
- ["Words matter" as Asian American leaders urge action against hate crimes](#) by Vignesh Ramachandran (2021)

Articles

- ["Addressing Asian American/Pacific Islander College Students' Mental Health Needs"](#) by National Center for Institutional Diversity (2022)
- ["Angelo Quinto's family says he died after police pinned him by his neck. Police deny they did anything wrong."](#) by Rachel Ramirez (2021)
- ["Asian Americans are Still Caught in the Trap of the 'Model Minority' Stereotype. And it Creates Inequality for All."](#) by Viet Thanh Nguyen (2020)
- ["Asian Americans, Recognized at Last,"](#) by Frank H. Wu (2021)
- ["Coronavirus Is Prompting Alarm on American Campuses. Anti-Asian Discrimination Could Do More Harm."](#) by Emma Dill (2020)
- ["Erasure and Resilience: The Experiences of LGBTQ Students of Color - Asian American and Pacific Islander LGBTQ Youth in U.S. Schools,"](#) by Nhan Truong, Adrian Zongrone, Joseph Kosciw (2020)
- ["The long, ugly history of anti-Asian racism and violence in the U.S."](#) by Gillian Brockell (2021)
- ["Looking at the Rise of Anti-Asian Racism in the Pandemic"](#) by Jill Cowan (2021)
- ["Racism, sexism must be considered in Atlanta case involving killing of six Asian women, experts say"](#) by Kimmy Yam (2021)
- ["TIGER: A Sustainable Model for Building LGBTQ AAPI Community"](#) by Glenn D. Magpantay (2020)

- [“Working in Solidarity to Address Anti-Asian Violence and Xenophobia”](#) by Christa Grant, Gretchel Hathaway and D Ekow King (2021)
- [“What Can We Do to Stop Anti-Asian Hate Crimes?”](#) by Emil Guillermo (2021)
- [“What is the Model Minority Myth?”](#) by Sarah-Soonling Blackburn (2019)

Books

- Essays
 - [The Collected Schizophrenias](#) by Esmé Weijun Wang
 - [How to Write an Autobiographical Novel](#) by Alexander Chee
 - [Minor Feelings: An Asian American Reckoning](#) by Cathy Park Hong
 - [Trick Mirror](#) by Jia Tolentino
- Graphic Novels
 - [American Born Chinese](#) by Gene Luen Yang
 - [Escape to Gold Mountain: A Graphic History of the Chinese in North America](#) by David H.T. Wong
 - [They Called Us Enemy](#) by George Takei
- History & Politics
 - [The Making of Asian America: A History](#) by Erika Lee
 - [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Grace Lee Boggs with Scott Kurashige
 - [The Snake Dance of Asian American Activism: Community, Vision, & Power](#) by Michael Liu, Kim Geron, and Tracy Lai
 - [Stranger Intimacy: Contesting Race, Sexuality, and Law in the North American West](#) by Nayan Shah
 - [Freedom With Violence: Race, Sexuality, and the U.S. State](#) by Chandan Reddy
 - [Impossible Subjects: Illegal Aliens and the Making of Modern America](#) by Mae Ngai
 - [Immigrant Acts: On Asian American Cultural Politics](#) by Lisa Lowe (Duke University Press 1996)
- Memoirs
 - [America is in the Heart](#) by Carlos Bulosan
 - [Long Live the Tribe of Fatherless Girls](#) by T. Kira Madden
 - [Good Talk](#) by Mira Jacob
 - [Passing It On: A Memoir](#) by Yuri Kochiyama
 - [What We Carry](#) by Maya Shanbhag Lang
 - [The Woman Warrior](#) by Maxine Hong Kingston
- Novels
 - [A Tale for the Time Being](#) by Ruth Ozeki
 - [America is Not The Heart](#) by Elaine Castillo
 - [The Buddha in the Attic](#) by Julie Otsuka
 - [Days of Distraction](#) by Alexandra Chang

Pratt

- [*Everything I Never Told You*](#) by Celeste Ng
- [*Freelove*](#) by Sia Figiel
- [*How Much of These Hills Is Gold*](#) by C Pam Zhang
- [*If I Had Your Face*](#) by Frances Cha
- [*I Hotel*](#) by Karen Tei Yamashita
- [*Native Speaker*](#) by Chang-Rae Lee
- [*On Earth We're Briefly Gorgeous*](#) by Ocean Vuong
- [*Pachinko*](#) by Min Jin Lee
- [*Severance*](#) by Ling Ma
- [*Shark Dialogues*](#) by Kiana Davenport
- [*The Sympathizer*](#) by Viet Thanh Nguyen
- [*The Tenth Muse*](#) by Catherine Chung
- Picture Books
 - [*Asian-Americans Who Inspire Us*](#) by Analiza Quiroz Wolf
 - [*The Bracelet*](#) by Yoshiko Uchida
 - [*Kohala Kuamo'o: Nae'ole's Race to Save the King*](#) by Kekauleleanae'ole Kawai'ae'a
 - [*Journey for Justice: The Life of Larry Itliong*](#) by Dawn B. Mabalon, PhD and Gayle Romasanta
 - [*Paper Son: The Inspiring Story of Tyrus Wong, Immigrant and Artist*](#) by Julie Leung
 - [*We Are Inspiring: The Stories of 32 Inspirational Asian American Women*](#) by Angel Trazo
- Poetry
 - [*A Nail the Evening Hangs On*](#) by Monica Sok
 - [*The Gutter Spread Guide to Prayer*](#) by Eric Tran
 - [*If They Come for Us*](#) by Fatimah Asghar
 - [*Isako Isako*](#) by Mia Ayumi Malhotra
 - [*Love Works*](#) by Janice Mirikitani
 - [*Soft Science*](#) by Franny Choi
 - [*We Play a Game*](#) by Duy Doan
- Short Stories
 - [*Deceit and Other Possibilities*](#) by Vanessa Hua
 - [*Home Remedies*](#) by Xuan Juliana Wang
 - [*In The Country: Stories*](#) by Mia Alvar
 - [*Interpreter of Maladies*](#) by Jhumpa Lahiri
 - [*Pidgin Eye*](#) by Joe Balaz
 - [*Sansei and Sensibility*](#) by Karen Tei Yamashita
 - [*Seventeen Syllables*](#) by Hisaye Yamamoto
 - [*Sour Heart*](#) by Jenny Zhang

Films

- Documentaries

- [American Revolutionary: the Evolution of Grace Lee Boggs](#) (2013) - Available to rent
- [Asian Americans](#) - Docuseries streamable on [pbs.org](https://www.pbs.org)
- [Deported](#) (2016) - Stream it on NBCNews.com
- [The Grace Lee Project](#) (2005) - Available to rent
- [Minding the Gap](#) (2018) - Stream on Hulu and available to rent
- [The Problem With Apu](#) (2017) - Stream on HBO Max and available to rent
- [Shirkers](#) (2018) - Stream on Netflix
- [Standing Above the Clouds](#) (2020) - Stream on YouTube
- [Ulam: Main Dish](#) (2018) - Stream on Hulu
- Narrative Films
 - [Always Be My Maybe](#) (2019) - Stream on Netflix
 - [Better Luck Tomorrow](#) (2002) - Available to rent
 - [Colma: The Musical](#) (2006) - Available to rent
 - [Columbus](#) (2017) - Free to stream on Kanopy through Pratt Libraries and available to rent
 - [Crazy Rich Asians](#) (2018) - Available to rent
 - [The Debut](#) (2000) - Available to rent
 - [The Farewell](#) (2019) - Stream on Amazon Prime and available to rent
 - [The Half of It](#) (2020) - Stream on Netflix
 - [In the Family](#) (2011) - Available to rent
 - [Gook](#) (2017) - Stream on Amazon Prime
 - [Journey from the Fall](#) (2006) - Available to rent
 - [The Joy Luck Club](#) (1993) - Available to rent
 - [Minari](#) (2020) - Available to rent
 - [Mississippi Masala](#) (1991) - Available to rent
 - [The Motel](#) (2005) - Available to rent
 - [The Namesake](#) (2006) - Stream on HBO Max and available to rent
 - [Saving Face](#) (2005) - Stream on Amazon Prime and available to rent
 - [Searching](#) (2018) - Available to rent
 - [Spa Night](#) (2016) - Stream on Amazon Prime and available to rent
 - [Tigertail](#) (2020) - Stream on Netflix

Guides

- [Asian American Racial Justice Toolkit](#)
- [A Young Organizer's Guide to Asian American Activists](#)
- [The Experience of an AAPI Undocumented Student](#) (Best Colleges)
- [Pratt Institute Libraries AAPI Heritage Month Resource Guide](#)
- [Pratt Institute Libraries Stop Asian Hate Resource Guide](#)

Mental Health Resources

- [Asian American Crisis Hotline](#)
- [Asians Do Therapy](#)
- [Asians for Mental Health](#) (Resource List)
- [Asian Mental Health Collective](#)
 - [AAPI and Desi American Therapist Directory](#)
- [Asian Pacific Counseling and Treatment Centers](#)
- [National Asian American Pacific Islander Mental Health Association](#) (NAAPIMHA)
- [Racial Trauma Toolkit](#) (Boston College)

Organizations

- **Organizing Asian and Migrant Sex Workers**
 - [Red Canary Song: A Grassroots Collective of Asian and Migrant Sex Workers](#) (NYC and transnational)
 - [Butterfly: Asian and Migrant Sex Workers Network](#) (Toronto)
 - [SWAN](#) (Vancouver)
- **Atlanta**
 - [Asian Americans Advancing Justice Atlanta](#)
 - [Center for Pan-Asian Community Services](#)
 - [National Asian Pacific American Women's Forum—Georgia Chapter](#)
- **New York**
 - [CAAAP: Organizing Asian Communities](#)
 - [Mekong NYC](#)
 - [National Asian Pacific American Women's Forum—NYC Chapter](#)
 - [Sakhi for South Asian Women](#)
- **National**
 - [Asian American Feminist Collective](#)
 - [Asian Americans Advancing Justice](#)
 - [Bystander Intervention Training](#)
 - [Asian Americans for Civil Rights and Equality](#)
 - [Asian Americans for Equality](#)
 - [Asian Law Caucus](#)
 - [Asian American Legal Defense and Education Fund](#)
 - [Asian Pride Project](#)
 - [National Queer Asian Pacific Islander Alliance](#)
 - [National Asian Pacific American Women's Forum](#)

Podcasts

- [Asian American History 101](#)
- [Asian Enough](#)

- [Feeling Asian](#)
- [Potluck Podcast Collective](#)
- [Queer Asian Social Club](#)
- [Self Evident: Asian America's Stories](#)
- [This Filipino American Life Cast](#)
- [Why You No Doctor: An Asian-American Podcast](#)

Videos

- [A Look at Asian American Male Masculinity in Films](#) - Patrick Nan (2017)
- [Coast 2 Coast Chinatowns - Anti-Gentrification Protests](#) (2020)
- [Jeremy Lin Speaks on Rise of Racism Against AAPI Communities](#) - Bleacher Report (2021)
- [Let's Talk About the Rise in Hate Crimes Against Asian Americans](#) - Watcher & Hate is a Virus (2021)
- [Queer Asian Americans Talk About Coming Out & Dating](#) - Buzzfeed (2019)
- [The Struggles Of Being An Asian American](#) - Refinery29 (2018)
- [Ugly History: Japanese American Incarceration Camps](#) - Densho (2018)
- [We Need to Talk About Anti-Asian Hate](#) -The Try Guys (2021)
- [The Weird History of Asian Sex Stereotypes](#) - MTV Decoded (2018)
- [Why Do We Call Asian Americans The Model Minority?](#) - AJ+ (2017)
- [Why Do We Say "Asian American" Not "Oriental"?](#) - PBS (2018)

Websites

- [Ethnicity Data and AAPIs: Resources on Data Disaggregation](#) (AAPI Data)
- [Pew Research Center: Asian Americans](#) (Pew)
- ["Stop AAPI Hate" National Report](#)