

# Three Things Teachers Can Do

## 1 Foster resilience among immigrant and refugee youth

Understand that COVID-19 has magnified the inequities facing immigrant and refugee youth.

Use affirming and empowering language with students, their families, colleagues and the school community.

- 🌐 [Restructuring for Resilience: A Toolkit for Reshaping Negative Narratives about Refugees Living in the United States](#) (Boston College School of Social Work and Boston Children's Hospital)

Increase protective factors for refugee and asylum youth like school connectedness and peer support.

- 🌐 [10 Things Educators Need to Know About Unaccompanied Minors](#) (Immigrant Connections)

Try using a trauma-informed model of care in your school.

- 🌐 [TST-R: Trauma Systems Therapy for Refugees Fact Sheet](#) (The National Child Traumatic Stress Network)
- 🌐 [Measures that are Appropriate for Refugee Children and Families](#) (The National Child Traumatic Stress Network)

Open the door to mental health services in a culturally-responsive way.

- 🌐 [Refugee and Immigrant Core Stressors Toolkit](#) (Boston Children's Hospital)
- 🌐 [Culturally-Responsive Resources for Providers and Patients](#) (Multicultural Psychology)



**Laura Gardner, MSW**  
Immigrant Connections



**Kathy Lu**  
Immigrant History Initiative



**Christina Michaud, EdM**  
Boston University



**Julia Mushalko**  
Tenement Museum



**Jalene Tamerat, EdD**  
Charles Sposato Graduate School of Education



**Julia Chang Wang**  
Immigrant History Initiative



**Paul Watanabe, PhD**  
Institute for Asian American Studies, UMass Boston



**Jeffrey P. Winer, PhD**  
Boston Children's Hospital and Harvard Medical School

## 2 Address anti-Asian and anti-immigrant discrimination

Be aware that the rise in anti-Asian rhetoric resulting from the COVID-19 crisis has real-life implications for your Asian students and their families.

**Talk with children about racist incidents with empathy and patience.**

- 🌐 [Talking to Kids about Asian American Identity & Racism: A Guide for Parents](#) (Immigrant History Initiative)

**Learn about the long history of anti-Asian discrimination and xenophobia in the U.S. along with stories of resistance.**

- 🌐 [#WeAreNotAVirus: Asian American History Video Series](#) (Immigrant History Initiative)
- 🌐 [Chapter 4: Chinese Americans by Erika Lee, \*Immigrant Struggles, Immigrant Gifts\*](#) (The Immigrant Learning Center)

**Counteract stereotypes of Asian Americans including the “perpetual foreigner” and “model minority” myths.**

- 🌐 [Combating the AAPI Perpetual Foreigner Stereotype](#) (New American Economy)
- 🌐 [Asian Americans Are Still Caught in the Trap of the ‘Model Minority’ Stereotype. And It Creates Inequality for All](#) (Viet Thanh Nguyen, *TIME*)

**Use diverse content, talk about the history of institutional racism and work toward inclusive pedagogical practices.**

- Consider a classroom mini-lesson on the vocabulary of race or students writing about their own racial identity.

## 3 Teach about immigration

Immigration is embedded into every part of U. S. history. Highlight immigrant narratives in your teaching.

**Make history relevant and honor students’ lived experiences by sharing personal stories of migration.**

- 🌐 [Your Story, Our Story](#) (Tenement Museum)

**Use virtual programming to bring immigration history to life!**

- 🌐 [Virtual School Programs](#) (Tenement Museum)

**Take advantage of available lesson plans.**

- 🌐 [Teaching Chinese Immigration in the 19th Century: Lesson Plans and Resources](#) (The Immigrant Learning Center)
- 🌐 [Immigrant History Lesson Plans](#) (Immigrant History Initiative)