

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)



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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.

- 🌐 [Combatting 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)