

我也是(非白人)的少数族裔 ，所以我不会成为种族主义 者

亚裔也可以成为种族主义者，反黑人的情绪在亚洲文化里十分猖獗。我们也从反黑人主义中受益，因为我们在租房，教育和就业方面获得了更多机会，而且我们也经常因为不被怀疑从事犯罪活动而受益。

I am also a (non-white) minority, so I cannot be racist

Asian people can be, and are racist. Anti-Black sentiment is rampant in Asian cultures. We benefit from anti-Blackness in that we are given more opportunities in housing, education, and employment, and we are also often given the benefit of the doubt that we are not engaging in criminal activities

我是移民，所以“黑人的命也是命”运动与我无关

种族主义与移民的权益是相关联的问题。民权运动有助于结束基于种族的移民配额制度。我们今天在这里是因为为了黑人权利和黑人积极分子过往的努力。许多黑人移民和难民从移民的讨论中被抹去。

I'm an immigrant, so BLM has nothing to do with me

Racial justice and immigrant rights are related issues. The Civil Rights Movement was instrumental in ending the race-based immigration quota system. We are here today because of the fight for Black rights and Black activists. Many Black (im)migrants and refugees are erased from discourse around immigration.

作为亚裔，我已经受到歧视。现在我还要帮助黑人？

消除白人至上主义和种族主义对我们所有人都有好处。亚裔通常情况下不会害怕被警察杀害。我们需要用我们的特权来帮助他人。



I am already discriminated against as an Asian person. Now I have to help Black people?

Dismantling white supremacy and racism benefits us all. Asian people typically don't have to fear being murdered by the police. We have to use our privilege to help others.



但我是模範少数族裔，所以我是被豁免的

“模范少数族裔”的概念是在1960年由一位白人社会学家提出的，目的是让我们与黑人对立，以进一步维护白人至上主义。这个概念很简单，“如果亚裔成功了，那么种族主义就一定不会存在。黑人应该做得更好。”

模范少数族裔让我们彼此对抗，并深化了系统性的种族主义。所以我们要摆脱这个思维误区。

But I'm a model minority, so I'm exempt

The concept of "model minority" was developed in the 1960's by a white sociologist to wedge us against Black people to further uphold white supremacy. The idea was simple, "if Asian people are successful, then racism must not exist. Black people should do better."

The model minority pits us against one another and reinforces systemic racism. So let's shed the myth.

What can I do to support Black communities and movements?

- Listen to Black voices, read articles and books by Black writers, and educate yourself and your communities about anti-Blackness
- Attend rallies & donate your time & money to Black movements
- Speak out against anti-Blackness in your family, friend groups, and communities:
 - ending anti-Blackness starts small & at home
- Reflect on your biases and perceptions of Black people:
 - How were these beliefs formed? By media? Upbringing? Cultural and historical stereotypes?
 - Are these beliefs true? Are they harmful or helpful? Think about how Chinese people are painted in media or greater Canadian society.
- Hire Black facilitators, artists, contractors, etc. & support Black-owned businesses

我能做些什么来支持黑人社区和相关运动？

- 聆听黑人的声音，阅读黑人作家的文章和书籍，并对自己和你的社区进行反黑人主义的教育
- 参加集会并将你的时间和金钱贡献给黑人运动
- 在你的家人，朋友，以及社区群体里反对反黑人主义：
 - 终结反黑人主义从身边小事以及家庭里做起
- 反思你对黑人的偏见与认知：
 - 这些信念是如何形成的？通过媒体？从小的教育？文化以及历史的刻板印象？
 - 这些信念是正确的吗？它们是否有害或有利？想一想中国人是如何被加拿大的媒体说描绘的？
- 雇佣黑人协调者，艺术家，承包商 等等以及支持黑人的经营的生意