



## COVID-19 does not recognize race, nationality, or ethnicity.



Since the first cases of coronavirus (COVID-19) were identified in China, individuals of Chinese and Asian descent have experienced "coronavirus racism". This includes blame for the spread of COVID-19 and other xenophobic reactions.

Try some of these tips to help counter coronavirus stigma and racism:

1

### Share accurate information and counter misinformation.

Being of Asian descent does not increase the chance of getting or spreading [COVID-19](#).

Do [this activity](#) with your students.



2

### Model compassion and acceptance of others.

Students learn from those around them. Exemplify compassion in your interaction with students and colleagues.



3

### Speak up against bias every time it happens.

Teaching Tolerance recommends using the [following process](#):

- Interrupt
- Question
- Educate
- Echo



4

### Respond to stereotyping

Students can easily generalize negative statements to students in their classes and community. Some simple responses to use:

*"What made you say that?"*

*"Saying that is hurtful and untrue. COVID-19 affects all people. We need to be kind to one another."*

Be clear about your own biases and help children to understand their own prejudices.



*Inconsistent responses send the message that coronavirus stigma and racism are acceptable in some circumstances.*

## Racism and Discrimination - Return to In-Class Learning

5

### Stop bullying immediately.

Make it clear to students that bullying is [unacceptable](#).



Offer alternative methods for expressing their confusion, anger, or insecurity. Helpful Second Step on-demand lessons can be found [here](#).

6

### Discuss children's fears.

Explore fears about COVID-19 and their feelings about various cultural groups. A tool for speaking to kids about their COVID-19 fears can be found [here](#).



7

### Empower students to speak up.

Teachers should encourage students to tell a trusted adult or speak out against bullying or harassment.



The Teaching Tolerance Pocket Guide to Speaking Up can be found [here](#).

8

### Acknowledge diverse "heroes".

Identify people of diverse ethnicities, cultural and religious backgrounds that children know and who hold a positive place in their life.



Acknowledge the neighbours, friends, school personnel, healthcare professionals, police officers, fire fighters, etc. that have stepped up to help in our time of need. Some great children's books with a focus on diversity can be found [here](#).

9

### Use projects to celebrate diversity.

Engage in projects that make a positive contribution to the community and acknowledge the greater sense of commonality that exists.



*Inconsistent responses send the message that coronavirus stigma and racism are acceptable in some circumstances.*