



**a
kids
book
aboutTM
ANTI-ASIAN
HATE**

by Kim Pham

a kids book about™

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To my family—Maddy, Phil,
and upcoming Baby.

Intro

We all know that hate and racism are bad, but what does it look like when an Asian person experiences racism?

Let's talk about it. Let's discuss what hate looks like and how it can make someone feel. Let's learn to recognize these instances and talk about them openly and vulnerably with our kids.

Let's empower our kids to not be afraid to talk about racism and help them find their voice to speak up when there's injustice against them and others too.

Hi, my name is Thu Kim Pham.

But I just go by Kim.

That wasn't always the case.

**When I was little, I went by
my first name, Thu.***

***It's pronounced like "two."**

**But kids would often make fun
of me because of my name.**

They thought it sounded funny.

**So I decided it would be
easier to go by my
middle name,
Kim.**

**That might not sound like
a big deal...**

**BUT
IT
WAS
TO
ME.**

**I couldn't go by my own name
without someone laughing
at me or pronouncing
it wrong on purpose.**

**But it wasn't just my name
they made fun of.**

It was me.

My food.
(They thought it smelled funny.)

How I looked.
(They said I looked weird.)

Where I came from.
(They thought it was too far.)

And my language.
(They couldn't understand me.)

**You see, my parents are both
from Vietnam, which means I'm...**

VIETNAMESE.

I love my culture and heritage.

It's a part of who I am.

**And because I'm Vietnamese,
I belong to a big and beautiful
community known as
Asian Americans.**

**But because of who I am,
how I look, what I eat,
and my culture...**

**some people can be
really mean to me.**

**Not just me, but others who are
part of my community.**

Other Asian Americans.

This is called...

ANTI-ASIAN

HATE

What is anti-Asian hate?

Anti-Asian hate is when someone is rude, mean, hurtful, or angry at you just because you are Asian.

It can be something that seems
small, like when someone says
all Asians are...

GOOD AT MATH.

BAD AT DRIVING.

QUIET AND SHY.

But saying these things is hurtful
because it makes it seem
like every Asian person
is exactly the same,
and we're not.

**The Asian community
is incredibly diverse!**

**It's made up of so many
different kinds of people
from all different countries.**

Like...

**CHINA, JAPAN, MONGOLIA,
NORTH KOREA, SOUTH
KOREA, TAIWAN, INDIA,
MALDIVES, CAMBODIA,
INDONESIA, LAOS, MALAYSIA,
MYANMAR, PHILIPPINES,
SINGAPORE, THAILAND,
VIETNAM, MARSHALL ISLANDS,
MICRONESIA, SAMOA, TONGA...**

**Asian Americans are funny,
tall, short, smart, and silly.**

**Some of us like to bake, others
like dancing, or basketball,
or reading a good book!**

**We are all diverse,
unique, and different.**

Anti-Asian hate can also be really big things, like telling someone to go back to where they came from.

Or hurting and even killing someone because they are Asian.

**These aren't things that
happened a long time ago...**

They happen now.

EVERY DAY.

**But growing up, I learned NOT
to talk about it.**

**NOT to bring up
the names I was called.**

**NOT to mention
how I was teased.**

**NOT to share
how much it hurt.**

In many Asian American communities, kids are taught to...

**get good grades,
work really hard,
stay out of trouble,
and be respectful.**

We were taught not to speak up when someone was being mistreated—even if it was me.

But I have to say something now.

**Because when people do and say
these things, whether they're a
kid or a grownup, it hurts.**

**IT HURTS
ME AND MY
COMMUNITY.**

**And because it's never too
late to use my voice.**

I'm using it now.

**IT'S NEVER TOO LATE
FOR YOU TO USE
YOUR VOICE EITHER.**

**Using your voice can look
like many things.**

**It can be saying something
when you witness anti-Asian hate.**

Or sharing how it made you feel.

**The important thing is
to talk about it.**

**DON'T IGNORE IT.
DON'T LAUGH IT OFF.
DON'T JUST HOPE IT
GOES AWAY.**

**AND DON'T
PRETEND LIKE IT'S
NO BIG DEAL.**

**AND
STAND
UP**

Use your voice.

**AGAINST
ANTI-ASIAN
HATE.**

Outro

Racism is hard to talk about—especially with your kids! It's uncomfortable, awkward, and easy to ignore and minimize. I was surprised to find how many of these small instances occurred during my childhood and all throughout my life. I just never talked about how much it affected me until now.

I challenge you to try and recall some past memories dealing with racism and share them with your kid. Talk about how it made you feel and be real and vulnerable with your kids.

We all want to be respected, seen, and heard. Being able to speak up for yourself and others is part of that.

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Use your voice*

*Stand up against anti-Asian hate by speaking up and saying something.

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