

Cultivating Growth and Solidarity:
An Anti-Racism Zine for Asian Youth (and Adults too!)



Facilitation Guide for Adults

Cultivating growth and solidarity: An anti-racism zine for Asian youth (and adults too!) is a resource designed to help youth (and adults) explore their experiences as racialized individuals of Asian ancestry in Canada. The zine was initially created because anti-Asian racism was heightened at the outset of the COVID-19 pandemic, and research reveals the strong connection between racial discrimination and mental distress among Asian populations. The zine includes explorations of ancestry, terms to understand their experiences, and possibilities for anti-racist solidarity.

In the development of the zine, we were able to consult with a youth advisory committee. They suggested this guide be created to support youth working through the zine with an adult, such as a teacher, counsellor, youth worker, or family member. We offer this short guide for you in supporting a youth through this zine:

1. Prepare yourself with cultural humility. Take the time and space to work through the zine yourself. We invite you to spend the time to meaningfully engage and become familiar with the zine. Understanding both the zine's contents and the process involved will help you support youth in their journey. Note for non-Asian readers: while some of the specifics may not apply to you (ex. filial piety), we believe much of it is and hope you are able to interact with the zine with openness and cultural humility.

2. Dedicate time. Allow the youth to go at a pace that feels right for them. Because the content may be heavy and/or new to the youth, they may need time for emotional processing, intellectual comprehension, or spiritual reflection. This will look differently for different youth. For example, some may want to talk, write, draw, or dance it out.

3. Maintain an open, invitational approach. These can be challenging conversations to have and may lead to differing opinions and discomfort. What matters is extending the genuine willingness to explore, listen, and learn together. We are all constantly growing and learning.

4. Be mindful about the need for privacy in a group setting. The questions are meant for personal reflection. Depending on the trust built in the group and individual preference, some youth may not feel safe or comfortable sharing their answers. As such, all sharing is best to remain optional. We suggest using the informational content as a teaching tool and then offering personal time to reflect on the associated question(s) without pressure to hand anything in. Thus, youth can draw, write, or simply think about their answers without worrying that you or others will see/judge it.