



**a  
kids  
book  
about<sup>TM</sup>  
ANTI-ASIAN  
HATE**

**by Kim Pham**

# **a kids book about™**

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Designed by Jelani Memory  
Edited by Denise Morales Soto

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

## Intro

**W**e 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

**R**acism 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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