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On November 14, 2014, AHSSC were welcomed into the beautiful space at the New York Organ Donor Network and held its monthly council meeting on the topic: “Effects of Bullying on Asian American Adolescent Development”. The issue of bullying is a prevalent one amongst youths and though little data exist for Asian-American students in New York, there are much learning for us as service providers and community members to keep in mind.

At the presentation, we reviewed some basics on bullying to ensure that all present were on the same page. Bully is a form of violence that is likely widespread yet under reported. According to the U.S. Department of Justice (<http://www.apa.org/pi/oema/resources/ethnicity-health/asian-american/bullying-and-victimization.aspx>), bullying includes repeated harmful acts and real or perceived imbalance of power between the perpetrator (i.e. bully) and the victim. Bullying can be physical, verbal and/or psychological/relational and can occur in person or through technology.

Rena Mei, Health Educator at Charles B. Wang Community Health Center was invited to share some findings from a great project conducted by Project AHEAD student intern over the summer. The college student interns came to

the consensus on the topic of bullying for their 8- week summer project because of their direct or indirect personal experiences. Included in the project were an informal needs assessment survey, presentations/workshops with teens and school age children in the community and considerations on interventions in the Chinatown community to address bullying. Also two excellent short educational videos were created with the message that: “Stand Up, Speak Out”. The videos described the pain and agony a victim of bullying feels, and acknowledges the fear an on looking peer may also experience that prevent them from intervening. The videos that include English and Chinese subtitles are great tools to prompt young people to reflect on how they can a positive force if they join together against bullying.

<https://www.youtube.com/watch?v=O-ex757MPUc>

https://www.youtube.com/watch?v=wMY4opH_pGc

Don Kao, Director of Project Reach at Chinese-American Planning Council was our keynote speaker and he led us in a thought-provoking and eye-opening interactive workshop in address the matter of bullying or the even bigger themes of Prejudice and Respect. With over 30 years of experience in the work of creating cultures with young people of various ethnicities, orientations and races, Don prompted us to face the varying levels of prejudice we experienced as people and urged us to look at what types of impact labels can make. Don challenged us to not take a defensive or reactive stance on looking at the issue of bullying and instead to see that bullying are just symptoms to a deeper problem in a person. Many bullies had experienced imbalance in power dynamics in their lives and bullying is a misuse of power. Don asked that we seek to understand the societal factors and personal experiences surrounding such behaviors or symptoms of the deeper issues. Through the engaging activities, Don spoke loudly about the need to create inclusive, supportive and respectful culture and to empower young people to recognize and respect differences. He called us to think not only with our minds but to engage and understand others with our hearts.

Great resources are found here. <http://projectreachnyc.org/>