

# UNSETTLED WATERS

## Anti-Pacific Islander Hate Amid Ongoing Injustice

### Executive Summary

For generations, Pacific Islander (PI) communities<sup>1</sup> in the United States have faced racism that continues today. In 2024, nearly half (47%) of PI adults in the U.S. experienced a hate act due to their race, ethnicity, or nationality—according to Stop AAPI Hate’s January 2025 national survey with NORC at the University of Chicago. PI experiences are often overlooked when grouped under the Asian American and Pacific Islander (AA/PI)<sup>2</sup> umbrella, obscuring the distinct histories and realities of PI communities. This invisibility reflects deep-rooted and ongoing patterns of racism and systemic inequities that have marginalized PI communities. Hate acts against PI communities must be viewed within the broader historical context of colonialism, militarization, nuclear testing, and forced displacement that continue to shape every aspect of their daily lives. This report represents an initial step toward developing a deeper understanding of the scope and impact of hate on PI communities in the U.S.

Our survey of 504 PI adults was conducted from January 7–15, 2025 with NORC, a nonpartisan research organization. It utilized their Amplify AAPI® Panel, the largest and most representative public opinion panel of AA/PI communities as well as an oversample of PI adults to enable PI-specific analyses.

This report presents key survey findings on anti-PI hate, including:

- Prevalence, type, location, and identities targeted in race-based hate acts in 2024.
- Negative impacts of hate acts.
- Challenges in reporting hate acts and receiving support.
- Participation in activities to reduce racism in 2024 and resistance to racism in 2025.

## Key Findings

**Nearly half (47%) of PI adults experienced some form of hate due to their race, ethnicity, or nationality in 2024.**

- Age differences show that 62% of young PI adults (aged 18 to 29) experienced hate, a higher prevalence compared to adults aged 30 to 44 (43%), 45 to 59 (35%), and 60 and older (44%).<sup>3</sup>
- Harassment, like being called a racial slur, was the most common type of hate act, reported by 41% of PI adults. And around a quarter (27%) of PI adults reported experiencing institutional discrimination, like unfair treatment by an employer or business.
- Of those who experienced hate, PI adults reported that online, public spaces, workplaces, and businesses were the most common locations in which race-based hate acts occurred.
- Of those who experienced hate, over 6 in 10 (66%) PI adults experienced hate that was intersectional or targeting other aspects of their identities in addition to race, ethnicity, and nationality. Age, class, and gender were the most common additional identities targeted.

<sup>1</sup> Pacific Islander includes Native Hawaiian people. We use the term “PI” rather than “NHPI” at the recommendation of PI community leaders.

<sup>2</sup> In this report, we abbreviate “Asian American and Pacific Islander” as “AA/PI.” We use a slash between “AA” and “PI” to heighten the visibility of Pacific Islander communities who are often invisibilized when lumped together with Asian Americans.

<sup>3</sup> A limitation of this analysis is the relatively small sample size, which may limit the generalizability of the findings and increase the potential for random variation in the results. The findings should therefore be interpreted with caution, and further research with a larger, more representative sample is recommended to validate these results.

## Experiences with hate took a serious toll on individuals' well-being, with 58% of PI adults reporting negative effects on their mental or physical health.

- PI adults who experienced hate were much more likely (41%) to exhibit moderate or severe symptoms of anxiety or depression than those who did not (17%).
- PI adults reported high levels of feeling stressed, regardless of their experiences with hate (71% among those who experienced hate vs. 67% among those who did not).
- Of those who received some form of support after experiencing a hate act, 72% of PI adults said that at least one form of support did not meet their needs.
- Over half (56%) of PI adults who experienced a hate act said that they needed some form of support but did not receive it.

## Of PI adults who experienced hate, about 6 in 10 (61%) did not report the hate act to a formal authority or agency such as a human resources department, the police, or a civil rights agency.

- 25% of PI adults who experienced a hate act did not share with anyone—not even family and friends.
- The top reasons why PI adults did not report to a formal authority or agency were that they thought it would not make a difference, would lead to unwanted attention, and that the hate acts were not serious enough to report.

## About two-thirds (67%) of PI adults participated in efforts to reduce or resist racial discrimination in 2024.

- The most common forms of involvement included supporting others who experienced racism (50%), confronting others who did or said something racist (46%), learning more about the history of racism (43%), and educating others or raising awareness about racism (41%).
- Participation in activities to reduce or resist racism in 2024 varied by party identification and personal experiences with hate. PI adults who identified as Democrats and those who experienced hate were more likely to have participated.

## PI adults were poised to confront racism in 2025.

- 83% of PI adults were optimistic about AA/PI power to end racism; 82% were concerned about the racial climate; and 75% were motivated to get involved in justice and equity efforts.
- Belief in the importance of cross-racial solidarity (89%) and AA/PI intra-racial solidarity (88%) were very high.

## Community Recommendations

**SPEAK UP** and report hate.

**PRIORITIZE YOUR MENTAL HEALTH**  
and take care of your well-being.

**COMBAT** misinformation.

**KNOW YOUR RIGHTS**  
and stay informed.

**PARTICIPATE** in civic  
engagement and advocacy.

Stop AAPI Hate is a U.S.-based coalition dedicated to ending racism and discrimination against AA/PI people. We strive to advance the multiracial movement for equity and justice by building power for our communities, working in solidarity with allied communities, and advocating for comprehensive solutions that tackle the root causes of race-based hate. Our work includes four strategy areas: data & research, policy & advocacy, strategic communications, and community care. For more information, visit [stopaapihate.org](https://stopaapihate.org).

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