

THE STATE OF
ANTI-AA/PI HATE
IN 2025

STOP
AAPI
HATE



CLOSING DOORS, WIDENING HARM

Persistent Hate Against Asian Americans &
Pacific Islanders in an Anti-Immigrant Climate

MAY 2026

CONTENTS

2 — Executive Summary

5 — Introduction

9 — Key Findings

9 Anti-AA/PI Hate Acts Remained High in 2025

13 The Negative Impacts of Hate

16 The Lack of Reporting & Support

18 The Harms of Anti-Immigrant Policies & Sentiment

21 Resistance to Hate in 2025

23 — Recommendations

23 What Policymakers Can Do

26 What Community Organizations & Leaders Can Do

28 — Appendix A. Survey Methodology

30 — Appendix B. Types of Hate Experienced in Detail

EXECUTIVE SUMMARY

Five years after the surge in anti-Asian racism during the COVID-19 pandemic, hate against Asian American and Pacific Islander (AA/PI)¹ communities remains entrenched across the United States. In 2025, about half of AA/PI adults experienced race-based hate acts,² a trend that has persisted for three consecutive years. This sustained level of harm must be understood within the context of an onslaught of anti-immigrant political rhetoric and policies with Trump's return to office. As many AA/PI people are immigrants or part of immigrant families, these policies and sentiments uniquely heighten their vulnerability. Hate acts, political rhetoric, and exclusionary policies form an interconnected system of harm disproportionately impacting AA/PI communities.

This year, Stop AAPI Hate conducted its third annual nationally representative survey to understand the scale of anti-Asian American and anti-Pacific Islander (anti-AA/PI) hate acts across the nation. This report on the state of anti-AA/PI hate, "Closing Doors, Widening Harm: Persistent Hate Against Asian Americans and Pacific Islanders in an Anti-Immigrant Climate," summarizes key survey findings and shares accounts of hate acts reported to Stop AAPI Hate's reporting center that occurred in 2025. Together, these sources provide a comprehensive and sobering picture of hate and its impacts on AA/PI communities.

The survey of 1,378 AA/PI adults was conducted in January 2026 with NORC at the University of Chicago, a nonpartisan research organization. It utilized the Amplify AAPI® Panel, the largest and most representative public opinion panel of AA/PI communities, and included diverse representation across ethnic groups, income levels, nativity, and citizenship status.



Key Findings

About half (49%) of AA/PI adults experienced a hate act in 2025 due to their race, ethnicity, or nationality – statistically similar to 53% in 2024 and 49% in 2023.

- Harassment and institutional discrimination continued to be the most common forms of hate. In 2025, 44% experienced harassment, 23% experienced institutional discrimination, 13% experienced physical harm or contact, and 10% experienced property harm.
- Rates of experiencing hate were similarly high across age, gender, income, language, and regional ethnic group.
- The prevalence of hate targeting Pacific Islander adults rose from 47% in 2024 to 57% in 2025, a statistically significant increase.
- The top three locations of hate continued to be online (43%), public spaces (40%), and businesses (36%).
- 52% of AA/PI adults said other aspects of their identity were targeted in addition to their race, ethnicity, or nationality. Age (27%), gender (25%), and class (23%) were the top three intersectional identities targeted.

53% of AA/PI adults said they or an AA/PI person they know personally were impacted by changes in immigration policies or anti-immigrant sentiment.

- The top impacts on AA/PI communities had to do with their fundamental place and future in the U.S: 36% of respondents said either they, or another AA/PI individual they know (e.g., friend, family member), had their immigration or citizenship status questioned or revoked – or feared it might be. 30% experienced or feared detention or deportation, and 28% considered leaving the U.S. or prepared to do so.
- Both U.S. citizens and non-U.S. citizens, as well as both those born in the U.S. and those born outside of the U.S., expressed similar levels of feeling the impacts of anti-immigrant policies and sentiment.

Hate continued to impact AA/PI adults' mental health, with those who experienced hate in 2025 reporting worse mental health than those who did not experience hate.

- 73% of AA/PI adults who experienced hate reported feeling stressed versus 54% of those who did not experience hate.
- 49% of AA/PI adults who experienced hate reported feeling isolated or alone versus the 26% of those who did not.
- 25% of AA/PI adults who experienced hate exhibited moderate or severe symptoms of anxiety or depression versus 10% of those who did not.

Reporting hate — especially to formal entities — and receiving sufficient support after hate remained low.

- After experiencing a hate act, only around half (54%) of AA/PI adults shared their experience with someone.
- Among those who experienced hate, just 22% reported to a formal authority or agency (e.g., a human resources department, school staff, the police, or a civil rights agency).
- Only one-third (33%) of those who experienced hate received any form of support.
- Around half (48%) of AA/PI adults who experienced hate reported insufficient support in at least one area of need.

Though AA/PI adults' participation in activities to reduce or resist racial discrimination dropped, their motivation to advance justice and equity for their communities remains high.

- 56% of AA/PI adults participated in activities to reduce or resist racial discrimination — a significant decrease from 2023 (74%) and 2024 (66%).
- 67% of AA/PI adults are motivated to advance justice and equity for Asian Americans and Pacific Islanders.

Recommendations

POLICYMAKERS

Protect immigrant communities through oversight, appropriations, and local and state laws.

Invest in civil society because community-based organizations are best positioned to serve AA/PI communities in the short and long term.

Advance AA & PI studies and enforce civil rights protections in schools.

Safeguard democracy to mobilize AA/PI civic power.

COMMUNITY ORGANIZATIONS & LEADERS

Build coordinated community response and healing systems.

Advance institutional accountability and civil rights enforcement.

Protect immigrant communities and civic participation.

Create pathways for AA/PI collective power.

CONTENT WARNING

This report includes stories of racism, violence, and harm and can be disturbing. We encourage you to prepare yourself emotionally.

INTRODUCTION

Five years after the surge of anti-Asian racism during the COVID-19 pandemic that was propelled by scapegoating rhetoric like “Kung Flu” and the “China virus,” hate against Asian American and Pacific Islander (AA/PI) communities has not subsided. Rather, it remains at persistently high levels, with **about half (49%) of AA/PI adults experiencing a hate act because of their race, ethnicity, or nationality in 2025**. This mirrors what we found in 2023 (49%) and 2024 (53%). There were also 426 unique hate acts reported to the Stop AAPI Hate reporting center that occurred in 2025, bringing the total number of reports from 2020 to 2025 to 13,225. Behind every statistic is a person — a worker demeaned by a customer, a student bullied in a classroom, a family harassed in their own neighborhood. The persistence tells a story: anti-AA/PI hate is still a major problem.

A key driver of the sustained high levels of anti-AA/PI hate is the escalating anti-immigrant political agenda. The Trump administration has cast immigrants of color as invaders and enemies and implemented sweeping immigration policies and practices that have put the lives and futures of AA/PI communities at risk. These include banning travel or freezing visas for 13 Asian countries and two Pacific Island countries; imposing a \$100,000 fee for H-1B visas; ending temporary protected status for Afghan, Burmese, and Nepalese people; subjecting admitted and vetted refugees to wrongful detention and interrogation; detaining people in inhumane conditions leading to record-high deaths; authorizing Immigration and Customs Enforcement (ICE) agents to raid schools, hospitals, and other sensitive locations and to engage in racial profiling; and attempting to terminate birthright citizenship.⁴ Together, these actions are fueling fear and uncertainty in AA/PI communities and cutting off critical pathways to safety, stability, and opportunity.

“[At a fast food restaurant], a lady came up right behind us mumbling, ‘murderers.’ We asked her if she was talking to us, to which her response was to yell at us, ... **‘you’re murderers, you’re dirty murderers and rapists. I’m going to call ICE on your dirty -sses so you get deported back to India.’** (We are all U.S. citizens). ... [She] ... threw food at our feet as she walked out.”

– Indian woman in Georgia³

“I was waiting in line at [a fast food restaurant]. A woman started screaming at me, got inches from my face twice, and **said she can’t wait until Trump deports me like he promised.** She physically shoved me, so I left [the restaurant].”

– Korean woman in California

“[A retail store manager] **called me a ch-nk** and told me to f-ck off when I tried calling him over. I tried ignoring it and tried to get him to help me. He told me if I’m dissatisfied with the customer service, go to another store.”

– Southeast Asian man in North Carolina

As 65% of Asian people and 27% of Pacific Islander people in the U.S. are immigrants and as many Pacific Islander people hold complex legal statuses, harsh and exclusionary immigration policies and dehumanizing anti-immigrant rhetoric have an enormous impact on AA/PI communities.⁵ We found that **53% of AA/PI adults said they or an AA/PI person that they know, such as a friend, family member, or co-worker, were affected by anti-immigrant policies and sentiment in 2025.** For AA/PI communities, racism and xenophobia are deeply intertwined, with anti-immigrant sentiment fueling anti-AA/PI hate.

How We Define Hate

Our definition of a hate act is guided by how our communities define it through reporting what they have experienced to our [Stop AAPI Hate reporting center](#). AA/PI community members have shared with us a wide range of harmful experiences they perceive to be motivated by bias or prejudice that includes events spanning from being called racial slurs to physical attacks to refusal of service at businesses.⁶ Stop AAPI Hate uses the term *hate act* as an umbrella term to encompass the various types of bias-motivated events people experience, including hate crimes and non-criminal hate incidents. Though most popular discourse and media coverage focuses on hate crimes, we believe it is important to bring attention to all types of hate acts AA/PI people experience.

Hate act

a term used by Stop AAPI Hate to refer to any event motivated by bias or prejudice, whether explicit or implicit, against a person or group's actual or perceived identity(ies) that inflicts individual or community harm; includes hate crimes and hate incidents

► Hate crime

a legal term defined by the Department of Justice as “a crime motivated by bias against race, color, religion, national origin, sexual orientation, gender, gender identity, or disability”⁷ (e.g., bias-motivated assault, murder, arson, vandalism, or threats to commit these actions)

► Hate incident

a non-legal term defined by the Department of Justice as “acts of prejudice that are not crimes and do not involve violence, threats, or property damage”⁸ (e.g., calling someone a racial slur without assaulting or threatening imminent violence, posting hate material that does not result in property damage, bias-motivated refusal of service at a restaurant⁹)

In January 2026, for the third consecutive year, Stop AAPI Hate conducted a large nationally representative survey with NORC at the University of Chicago, a nonpartisan research organization. We surveyed 1,378 AA/PI adults about their experiences with race-based hate in 2025. What we found is both sobering and clarifying. We found that AA/PI communities are still being harmed by both interpersonal and institutional hate. This report presents key survey findings on anti-AA/PI hate, including:

- Prevalence, type, location, and identities targeted in race-based hate acts in 2025
- Negative impacts of hate acts
- Challenges in receiving support and in reporting hate acts
- Harms of anti-immigrant policies and sentiment
- Participation in activities to reduce or resist racism in 2025

While our communities continue to demonstrate resilience and commitment to justice amid ongoing hate and new challenges, there has been a notable decline in participation in efforts to reduce or resist racial discrimination from 2023 to 2025. AA/PI adults report less participation in efforts like supporting others who experienced racism and educating others.

Methods: A Survey That Represents AA/PI Communities

Our nationwide survey was conducted by NORC at the University of Chicago, a nonpartisan research organization. It utilized [NORC's Amplify AAPI® Panel](#), the largest and most representative public opinion panel of Asian American and Pacific Islander communities. The survey was offered online and by telephone. This panel excels in language accessibility with the online version offered in English, Traditional and Simplified Chinese, Vietnamese, and Korean, the most common languages used by Asian people with limited English proficiency. The ability to participate in Amplify AAPI's monthly survey has made it much easier for community organizations and researchers to conduct nationally representative surveys of AA/PI adults. Nationally representative surveys are critical to ensuring that the findings accurately reflect AA/PI communities.

The survey was conducted January 5–12, 2026 and asked AA/PI adults about experiences related to anti-AA/PI hate in 2025 and current attitudes and feelings in 2026. We surveyed 1,378 Asian American and Pacific Islander people aged 18 and older living in the United States. There were 1,077 respondents from a probability sample of AA/PI adults. In order to have a large enough sample to provide reliable estimates for Pacific Islander and South Asian adults, we also included a non-probability oversample of 210 Pacific Islander adults and 91 South Asian adults (to bring the total to 1,378 respondents). To reflect the Pacific Islander population, the Pacific Islander sample includes both those who are Pacific Islander alone (n=196) and those who are multiracial Pacific Islander (n=86). The margin of sampling error for the full sample is +/- 4.57 percentage points. Please see [Appendix A: Survey Methodology](#) for a detailed breakdown of the sample by ethnicity.

We conducted analyses on all of the following group differences: gender, age, California residency,¹⁰ region (e.g., West, Midwest, South, Northeast), income, party identification, born in/outside the U.S., language spoken at home, whether they experienced hate in 2025, education, ethnicity, and U.S. citizenship status. If the sample size for a subgroup was less than 100, we are not able to provide reliable estimates, and, thus, do not report these findings. When reporting on differences between groups, we only report differences that are statistically significant after taking into account all of these demographic factors. When reporting on differences by year, we only report differences that are statistically significant. Any exceptions to these rules will be noted.

For more information on methodology, see [Appendix A: Survey Methodology](#) on p. 28.



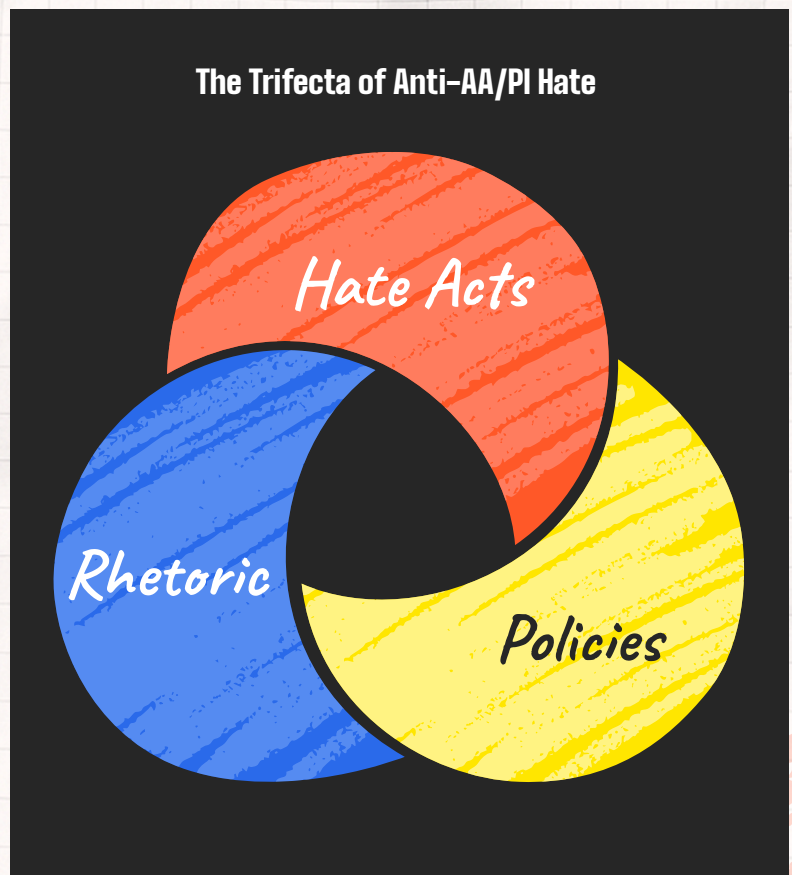
Understanding the Trifecta of Anti-AA/PI Hate

With harm to AA/PI communities taking both interpersonal and institutional forms, it is helpful to understand how both fit within a *trifecta of violence*. Researchers describe the *trifecta of violence* as “a web of violent ideology, violent policy, and violent actions that ultimately entangle and incapacitate vulnerable populations.”¹¹ This framework explains how violent ideology (such as racism, xenophobia, heteronormativity, and other systems of exclusion) justifies and produces violent or discriminatory laws and policies. Those policies, in turn, embolden both state actors and private citizens to commit acts of violence against communities singled out by that ideology. Crucially, the relationship is not linear. Violent ideology, violent policy, and violent acts reinforce one another in a cyclical process, each sustaining and reproducing the others. This cycle makes harm feel normalized and difficult to disrupt.

Anti-Asian hate illustrates this trifecta clearly. Racialized narratives portraying Asian people as perpetual foreigners, disease carriers, economic threats, or geopolitical enemies function as violent ideology. These narratives shape and legitimize exclusionary policies, heightened surveillance, immigration restrictions, and institutional discrimination. In turn, such policies signal that Asian communities are suspect or less deserving of protection and rights, emboldening harassment, different treatment, and physical attacks in workplaces, schools, businesses, public spaces, and online.

Anti-Pacific Islander hate can also be understood within this trifecta. For PI communities, violent systems under empire including land dispossession, military occupation, nuclear testing, and ongoing colonization shape and legitimize U.S. military presence in the Pacific, recruitment of PI people into the military, and takeover of their ancestral lands. Although Pacific Islander people pay the firsthand price of American military occupation, they remain “othered” within American society, whether due to exoticization in the media, racial misclassification, or as a result of policies which have barred them from certain rights that U.S. citizens have¹² – which then fuels hate and discrimination. PI people also experience erasure when researchers, government, education, and media fail to meaningfully include their communities, render them invisible, or lump them indiscriminately with Asian Americans.¹³

The data in this report – from interpersonal slurs to institutional discrimination to the chilling effects of anti-immigrant policies and sentiment – show how ideology, policy, and everyday acts of harm operate together. Anti-AA/PI hate is not merely a series of isolated incidents; it is a patterned and self-reinforcing system that spans beliefs, institutions, and lived experiences. With the ever-increasing attacks on diversity, equity, and inclusion initiatives, understanding the ecosystem of hate is critical to fighting against it.



KEY FINDINGS

This section summarizes key findings in the following areas: 1) anti-AA/PI hate experienced in 2025, 2) the negative impacts of hate, 3) lack of reporting and support, 4) the harms of anti-immigrant policies and sentiment, and 5) resistance to hate in 2025. Additionally, because Pacific Islanders are too often overlooked in discussions of AA/PI communities, and in response to the significant rise in anti-Pacific Islander hate, this report incorporates dedicated analyses that center and reflect Pacific Islander experiences.

Anti-AA/PI Hate Acts Remained High in 2025

About half (49%) of AA/PI adults experienced some form of hate in 2025 due to their race, ethnicity, or nationality.

This rate is similar to 2023 (49%) and 2024 (53%), demonstrating that anti-AA/PI hate has remained entrenched and widespread for an extended amount of time. This persistence reflects how each year since the onset of COVID-19 has introduced new factors that sustain elevated levels of hate – from the pandemic, to rising anti-China political rhetoric amid worsening U.S.-China relations, to the 2024 election cycle marked by xenophobic discourse, and now with the current administration's anti-immigrant policies.

Harassment continued to be the most prevalent form of hate.

44% of AA/PI adults experienced harassment, 23% experienced institutional discrimination, 13% experienced physical harm or contact, and 10% experienced property harm. These rates are largely consistent with 2023 and 2024.

Major Types of Hate Acts¹⁴

- ▶ **Harassment**
actions that “subject (a person or group) to unwarranted ... speech or behavior causing annoyance, alarm, distress, or intimidation”¹⁵ (e.g., being called a racial slur)
- ▶ **Physical Harm or Contact**
actions that involve a physical, bodily component (e.g., being pushed)
- ▶ **Institutional Discrimination**
actions that involve unfair, inferior, or biased treatment by an institutional representative (e.g., being refused service at a business by owner or employee)¹⁶
- ▶ **Property Harm**
actions that involve harm to property (e.g., car vandalized with racial slur)

Harassment

"A [man] on two separate occasions has said racist comments to my family while passing on the sidewalk. First, **calling my 1-year-old a 'cute future Nazi' and a separate time saying 'you are all rapists'** to my entire family. Both occasions were the same man on the same block."

– Multiethnic Asian man in Illinois

Physical Harm or Contact

"[An] attacker ran towards my wife and toddler in a stroller and **yelled, 'Can I kill your child'** three times. Then [they] told my wife to 'go back to her country.' (She was born/raised in the US). The attacker then **proceeded to physically kick the stroller**. My wife attempted to kick the attacker but missed. Then the attacker **swung his jacket at my wife's face** and ran away. I was not present and was furious to hear this. Fortunately, both my wife and kid were not injured."

– Chinese family in California

Institutional Discrimination

"[Fitness studio staff] refused to allow me to sign up for a class or answer questions. **Told me my kind aren't valued there,** [and] started to ignore my questions. Never asked me to leave but said I couldn't afford classes and then **called me ch-nk, curry-muncher, darkie, half-breed**. As I left, the employee gestured the middle finger towards me, and **I heard her remark how Indians are smelly, poor, and subhuman.**"

– Multiethnic Indian woman in California

Property Harm

"[My neighbor] **made racially offensive remarks toward me,** including 'go back to your country' and 'eating too much rice makes you stupid,' in front of my child. He's **driven over my lawn, damaged my trash bins,** and made threatening comments ... "

– Vietnamese man in California



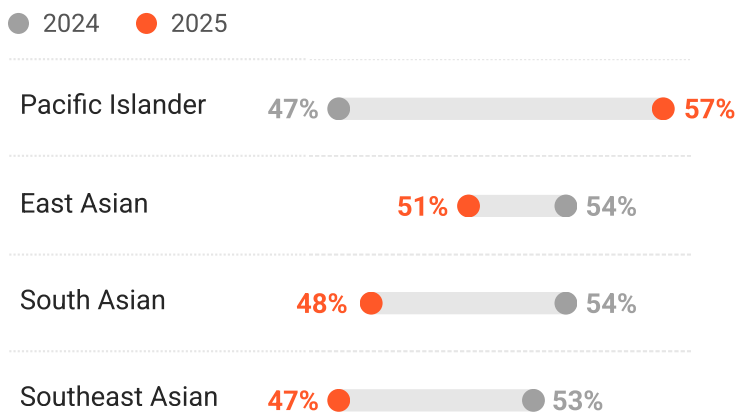
In 2025, Pacific Islander adults experienced a significant increase in hate.



57% reported experiencing a hate act, up from 47% the year prior. Hate remained high across all regional ethnic subgroups — 51% of East Asians, 48% of South Asians, and 47% of Southeast Asians reported experiencing hate — but the rise in anti-Pacific Islander hate is particularly alarming (see “Anti-Pacific Islander Hate” on p. 15 for more information).

Anti-PI hate increased from 2024 to 2025 while hate across other regional subgroups remained high

% of AA/PI adults who said they experienced at least one type of hate (e.g., harassment, physical injury) due to their race, ethnicity, or nationality



Note: Differences across groups are not statistically significant. Differences across time were not significant except for Pacific Islanders.
Source: Stop AAPI Hate Survey, conducted by NORC in January 2025 and 2026

Hate can be intersectional,¹⁷ or directed at multiple identities.

Among those who experienced hate, 52% said other aspects of their identity were also targeted — including age (27%), gender (25%), class (23%), immigration status (17%), religion (13%), disability (12%), LGBTQ+ identity (10%), and caste (9%).

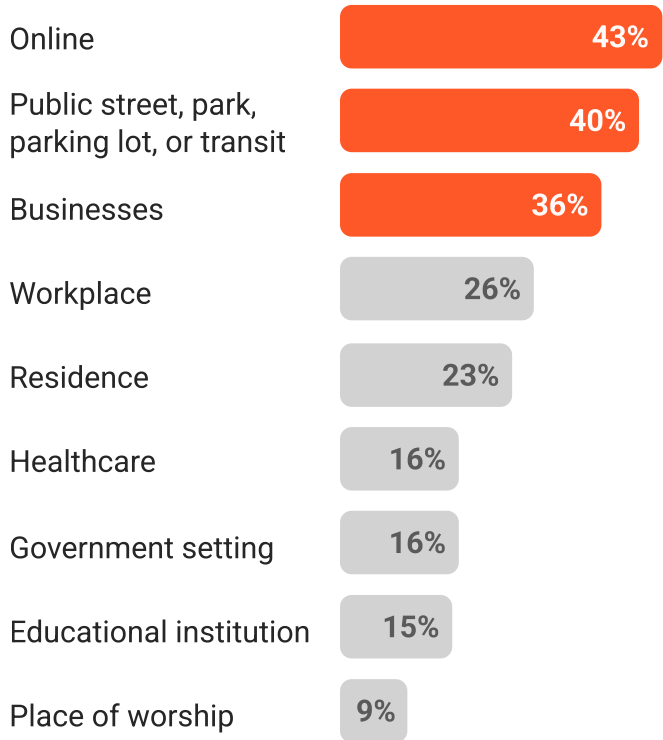
“[I was walking with my husband in my neighborhood. An older man on a bike shouted ‘ILLEGAL!’ at us. We were the only other two around, and I instantly knew he was attacking our perceived immigration statuses and race. We later ran into him again and he sneered at us ...”
— Korean woman in Washington

Hate was reported in a variety of locations with the **top three locations remaining the same as previous years.**

These included **online spaces (43%), public spaces (40%),¹⁸ and businesses (36%).** All of these are spaces where behavior is less consistently monitored or enforced – such as limited moderation online or fewer immediate consequences in public settings – and where strangers are more likely to interact.

In 2025, **online spaces, public spaces, and businesses** were the top 3 sites of anti-AA/PI hate

Of AA/PI adults who experienced hate, % who experienced hate in the following locations.



Note: Percentages may add up to over 100% because participants could select multiple categories
Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

“I made a random comment on a [social media] post [related to the release of dolphins to the wild]. ... Some guy posted that I should be locked up in concrete and do tricks. ... This person then proceeded to post that they are reporting me to ICE (I'm a citizen), and I should get my papers ready. Is this 1930s Germany? I fear for my safety with the current ICE raids.”

– Multiracial Pacific Islander man



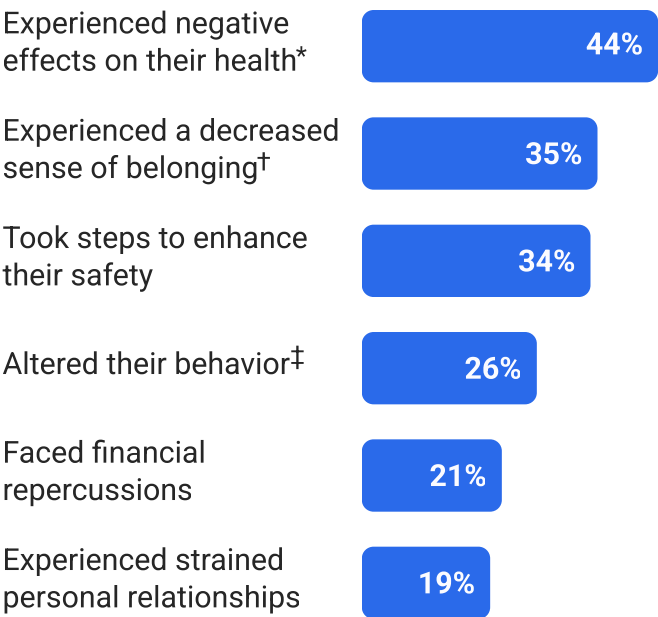
The Negative Impacts of Hate

Overall, **44% of AA/PI adults who experienced hate reported negative effects on their mental or physical health.**

This is similar to 43% of AA/PI adults who experienced these impacts in 2023 and 40% in 2024. Experiences of hate also impacted people socially and economically.

Anti-AA/PI hate impacted AA/PI adults in multiple ways in 2025

% of AA/PI adults who experienced anti-AA/PI hate and said they _____



* Includes feeling stressed, anxious, or depressed, or having trouble eating or sleeping

† Includes feeling alienated in their schools, workplaces, and communities

‡ Includes changing schools, jobs, or disguising their identity

Note: Percentages may add up to over 100% because participants could select multiple categories

Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

“While flying a recreational drone, I was forcibly stopped and detained for 20 minutes by two men who claimed to be military personnel but refused to show ID or wear uniforms. They blocked my vehicle, verbally harassed me, and repeatedly called me a ‘f-cking Chinese spy’ based on my race. This incident has caused me serious fear and emotional trauma.”

– Chinese man in Hawai‘i

Experiencing hate was strongly associated with worse mental health outcomes.

Like in 2023 and 2024, we investigated how hate may affect AA/PI adults’ mental health outcomes. We asked about six different mental health outcomes and for each of these outcomes, AA/PI adults were more likely to report worse mental health outcomes if they experienced hate.

Four of the mental health questions we asked were from the PHQ-4, a validated screening tool for anxiety and depression. The PHQ-4 asks whether respondents have experienced any of the following over the past two weeks: 1) little interest or pleasure in doing things, 2) feeling down, depressed, or hopeless, 3) feeling nervous, anxious, or on edge, and 4) not being able to stop or control worrying. 60% of AA/PI adults who experienced hate in the past year felt anxious in the past two weeks. Around half struggled with depression (53%), loss of interest in daily activities (55%), or difficulty controlling worry (55%). Combining these four measures, we found that 25% of AA/PI adults who experienced hate exhibited moderate or severe symptoms of anxiety or depression versus 10% of AA/PI adults who did not experience hate in the past year.

To widen our understanding of mental health outcomes and because there may be a stigma around mental health issues,¹⁹ we also asked AA/PI adults about their feelings of stress and feeling isolated or alone. 73% of AA/PI adults who experienced hate in the past year experienced persistent stress compared to the 54% of AA/PI adults who did not experience hate in the past year. Nearly half (49%) of those who experienced hate felt isolated or alone versus 26% who did not experience hate in 2025. Experiencing hate was significantly correlated with worse mental health outcomes. These findings demonstrate the sustained mental health burden associated with anti-AA/PI hate.

AA/PI adults who experienced hate suffered from worse mental health than those who did not

% of AA/PI adults who answered several days or more to the question “Over the last two weeks, how often have you been bothered by the following problems?”

	Did not experience hate	Experienced hate
Felt stressed	54%	73%
Felt nervous, anxious, or on edge	39%	60%
Unable to stop or control worrying	31%	55%
Had little interest or pleasure in doing things	30%	55%
Felt down, depressed, or hopeless	26%	53%
Felt isolated or alone	26%	49%

Note: Differences between those who did or did not experience hate are statistically significant, $p < 0.05$. Categories are adopted from the Four-Item Patient Health Questionnaire for Anxiety and Depression (PHQ-4), except “Felt stressed” and “Felt isolated or alone.” Percentages may add up to over 100% because participants could select multiple categories.
Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

Anti-Pacific Islander Hate

Pacific Islander communities are often overlooked when grouped under the broader AA/PI umbrella. As a result, their distinct experiences with hate can be obscured or completely erased. Understanding anti-PI hate requires acknowledging the broader historical context of colonization, militarization, nuclear testing, and forced displacement that has shaped many PI communities.²⁰

Anti-PI hate is rising.

In 2024, nearly half (47%) of PI adults reported experiencing a hate act because of their race, ethnicity, or nationality. In 2025, that number rose to 57%. The increase was particularly pronounced in PI adults' experiences with institutional discrimination (27% in 2024 vs. 35% in 2025) and physical harm (23% in 2024 vs. 31% in 2025). As political leaders advance policies and rhetoric against diversity, equity, and inclusion initiatives and immigrant communities, the definition of who belongs in the U.S. is becoming more restrictive and exclusionary, heightening the visibility of nonwhite individuals and their risk of harm.²¹ As a result, PI communities may be especially vulnerable, as they are often racially misclassified, subjected to colorism, and perceived as "other" making them susceptible to racial discrimination.²²

Hate impacts PI community members' daily lives and well-being.

For PI adults who experienced hate, the consequences extended far beyond the hate act itself. Respondents reported negative impacts on their health (52%), sense of belonging (41%), safety (40%), financial stability (39%), relationships (37%), and changes in behavior (27%). In 2025, 41% of PI adults who experienced hate reported moderate or severe symptoms of anxiety or depression, compared to 17% of those who did not experience hate. Those who experienced hate were also consistently more likely to report stress, nervousness, hopelessness, isolation, inability to control their worries, and having little interest or pleasure in doing things. These disparities underscore the serious mental health toll associated with experiences with hate.

The rise in anti-PI hate is a serious and urgent concern. Greater visibility, targeted research, and sustained policy attention are needed to better understand and address the unique challenges facing PI communities.

"I am living in a homeless shelter. [My roommate] spit at me and called me a demon, monkey, and a n-gg-r."

– Multiracial Pacific Islander woman in California

PI adults who experienced hate suffered from worse mental health than those who did not

% of PI adults who answered several days or more to the question "Over the last two weeks, how often have you been bothered by the following problems?"

	Did not experience hate	Experienced hate
Felt stressed	54%	78%
Felt nervous, anxious, or on edge	44%	76%
Felt down, depressed, or hopeless	42%	74%
Felt isolated or alone	36%	73%
Unable to stop or control worrying	36%	70%
Had little interest or pleasure in doing things	36%	67%

Note: All differences between those who did or did not experience hate are statistically significant, $p < 0.05$. Categories are adopted from the Four-Item Patient Health Questionnaire for Anxiety and Depression (PHQ-4), except "Felt stressed" and "Felt isolated or alone." Percentages may add up to over 100% because participants could select multiple categories.

Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

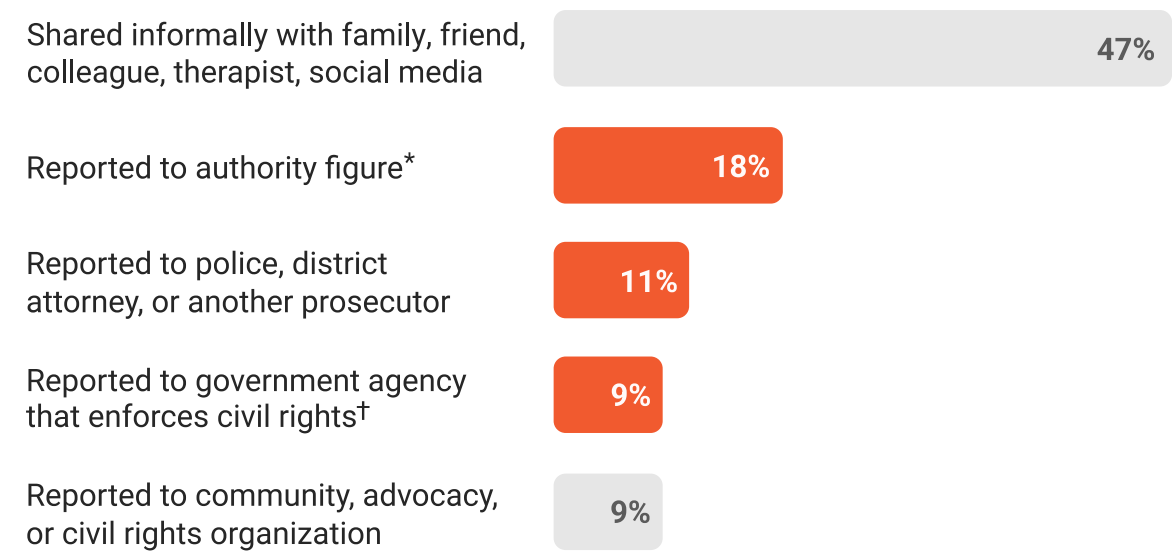
The Lack of Reporting & Support

After experiencing a hate act, **only 22% of AA/PI adults shared the hate act with a formal authority or agency.**

Underreporting remains widespread — especially formal reporting. Amongst those who experienced hate, 54% of AA/PI adults reported a hate act to someone, but only 22% reported to a formal authority or agency (e.g., a human resources department, school staff, the police, or a civil rights agency). In a previous survey, we found that AA/PI adults did not report hate acts because they did not trust in institutional responses and did not think it would make a difference to report.²³ For those who experienced a potentially unlawful hate act,²⁴ including explicit threats of harm, physical injury, and institutional discrimination, only 34% reported to a formal authority or agency. Discussions of hate crime data should take into account this underreporting from AA/PI communities.²⁵

Many AA/PI adults who experienced hate in 2025 did not **formally** report it

% of AA/PI adults who said they spoke about or reported their experience of anti-AA/PI hate to the following people or organizations



* Such as a supervisor, Human Resources staff, school staff, or property manager

† Such as the Department of Justice

Note: Percentages may add up to over 100% because participants could select multiple categories. Formal reporting options are colored in red.

Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

Only one-third (33%) of those who experienced hate received any form of support, similar to 2024 (33%) and 2023 (32%).

Among those who experienced hate, 23% received support and said their needs were mostly met, 23% received support but said their needs were mostly not met, and 38% needed support but did not receive it. This means that around half (48%) of AA/PI adults who experienced hate reported insufficient support in at least one form. Unmet needs remain particularly acute in areas such as mental health services, safety training, community support, and legal help.

Support fell short for AA/PI adults who experienced anti-AA/PI hate in 2025 and needed help

% of AA/PI adults who experienced anti-AA/PI hate and said they _____ the following forms of support

	Received, needs met	Received, needs not met/needed but did not receive
Mental health support	8%	26%
Community support*	11%	24%
Safety training	8%	23%
Help reporting experience	6%	22%
Legal help	5%	21%
Financial assistance	3%	21%
Supportive work/school environment	7%	20%
Mediation opportunities†	5%	19%
Medical care	6%	19%
Language services	5%	11%

* Includes but is not limited to healing circles, chaperone programs, or someone to talk to
† Refers to opportunities to engage in mediation with the offender(s) outside of formal systems
Note: Not showing % of AA/PI adults who did not need one of the above forms of support. Percentages may add up to over 100% because participants could select multiple categories.
Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

“An individual called my son’s group of friends ‘ch-ng ch-ngs’ and ‘n-gg-s.’ My son told him to stop and leave them alone. The kid grabbed my son’s head and took his hat. My son reported [to the school], and it is not being taken seriously.”

– Father of Southeast Asian boy in Washington

The Harms of Anti-Immigrant Policies & Sentiment



About half (53%) of AA/PI adults said they or an AA/PI person in their community were **impacted by changes in immigration policies or anti-immigrant sentiment**.

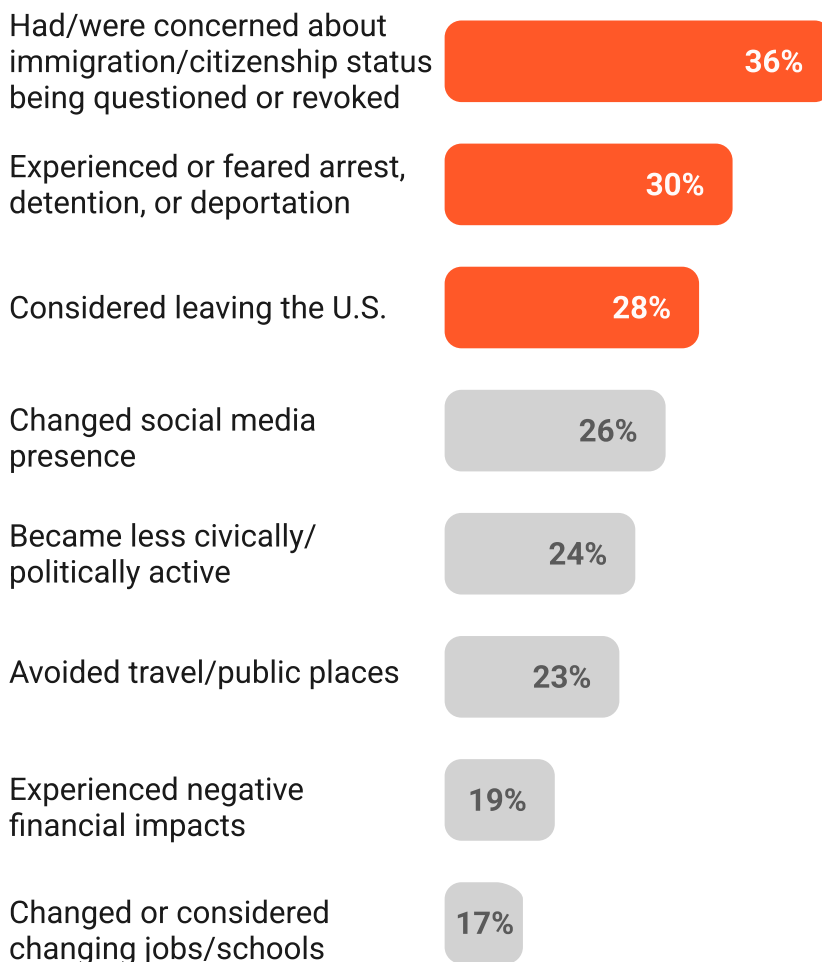
Beyond individual hate acts, broader anti-immigrant policies and rhetoric are taking a heavy toll on AA/PI communities. Many AA/PI adults have already had their lives disrupted by this anti-immigrant climate or are worried about the ramifications. The ripple effects are profound.

The top impacts on AA/PI communities had to do with their fundamental place and future in the U.S. 36% of respondents said either they, or another AA/PI individual they personally know, had their immigration or citizenship status questioned or revoked — or feared it might be. Three in 10 (30%) experienced or feared being arrested, detained, or deported. And 28% considered leaving the U.S. or prepared to do so.

Their fear is not unfounded. ICE enforcement actions involving Asian and Pacific Islander (A/PI) people have increased sharply under Trump compared to the previous administration.²⁶ Between January 20, 2025 and March 10, 2026, arrests were five times higher than the previous administration (14,678 vs. 2,758), while detentions were six times higher and deportations over seven times higher. In total, this period saw 14,678 arrests, 13,455 detentions, and 6,453 deportations involving Asian and Pacific Islander people.²⁷

The top three ways AA/PI adults were impacted by anti-immigrant policies or sentiment concerned **fears around existing and belonging in the U.S.**

% who said they or another AA/PI person in their community were impacted in the following ways:



Note: Percentages may add up to over 100% because participants could select multiple categories
Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

Moreover, the growing fear of scrutiny and immigration enforcement activities appears to be leading to a troubling withdrawal from public life. More than a quarter (26%) of survey respondents said they or an AA/PI individual they personally know changed their social media presence. Meanwhile, 24% became less civically or politically active, and 23% avoided travel or public places.

The anti-immigrant climate has also had economic and educational repercussions for AA/PI communities. 19% of AA/PI respondents or an AA/PI person in their community suffered financial losses while 17% changed or considered changing jobs or schools due to changing immigration policies and anti-immigrant sentiment.

We have already seen the mental health toll of experiencing hate, but on top of this, those who have felt the impacts of anti-immigrant policies and sentiment personally or in their community are facing additional mental health challenges. AA/PI adults affected by anti-immigrant policies or sentiment – including those who were directly impacted or know someone who was – were nearly twice as likely to report moderate to severe anxiety or depression compared to those not affected (24% vs. 10%). Individuals impacted by anti-immigrant policies and sentiment experienced higher levels of stress, anxiety, depressive symptoms, and social isolation than those who were not impacted.

Even AA/PI U.S. citizens are feeling the destabilizing effects of political hostility directed at immigrants. The data shows that across AA/PI communities both citizens and non-citizens are just as likely to report negative impacts from anti-immigrant policies or sentiment on them or an AA/PI individual they personally know (53% vs. 55%). This trend holds regardless of where people were born (U.S. born: 53%; foreign born: 53%).

“In front of students, a school contractor made a discriminatory joke about me: ‘ICE is looking for you’ even though he knows I’m legally staying in the U.S.”

– Chinese man in Pennsylvania

AA/PI adults impacted by anti-immigrant policies and sentiment suffered from worse mental health than those who did not

% of AA/PI adults who answered several days or more to the question “Over the last two weeks, how often have you been bothered by the following problems?”

	Not impacted	Impacted
Felt stressed	49%	76%
Felt nervous, anxious, or on edge	36%	62%
Unable to stop or control worrying	29%	56%
Had little interest or pleasure in doing things	30%	54%
Felt down, depressed, or hopeless	24%	53%
Felt isolated or alone	26%	48%

Note: All differences between those who did or did not experience hate are statistically significant, $p < 0.05$. Categories are adopted from the Four-Item Patient Health Questionnaire for Anxiety and Depression (PHQ-4), except “Felt stressed” and “Felt isolated or alone.” Percentages may add up to over 100% because participants could select multiple categories.
Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

Impacts of Anti-Immigrant Policies and Sentiment on Pacific Islanders

Current changes in immigration policies along with proposed or enacted travel bans targeting Pacific Island nations may serve as additional stressors for PI communities, reinforcing longstanding patterns of exclusion. When asked how they or an AA/PI person in their community (e.g., friend, family member) had been impacted by anti-immigrant policies or sentiment, half (50%) of PI adults reported that they or someone they personally know had experienced some form of impact. Multiracial PI individuals (60%) were more likely than monoracial PI individuals (47%) to report that they or someone in their community had been impacted. The most commonly reported impacts among PI respondents included changing their social media presence (34%); experiencing or fearing arrest, detention, or deportation (33%); becoming less civically or politically active in the U.S. (29%); and negative financial consequences such as loss of job or income (29%). These findings suggest that beyond interpersonal acts of hate, broader sociopolitical conditions are shaping PI communities' feelings of safety, belonging, and stability in the U.S. PI communities are becoming further erased from public life and actions as they are perhaps pressured to withdraw.

These concerns are especially evident among Compacts of Free Association (COFA) migrants,²⁸ who can legally reside in the U.S. but are neither U.S. citizens nor nationals and do not hold lawful permanent resident status. This important distinction is often not well understood by the public or government officials, and this "in-between" status leaves COFA migrants in a particularly precarious position amid the current surge in immigration enforcement,²⁹ contributing to growing concerns about the possibility of detainment and deportation under shifting immigration policies. One COFA migrant described the toll of this uncertainty in a news media report: "My kids are scared for me. They told me to get all my documents up to date."³⁰

Similar fears have also been reported in communities with large PI communities such as the Marshallese population in Arkansas. In a recent town hall meeting, the Marshallese Consul General, described the widespread community anxiety among Marshallese individuals:

*Their primary worry is the possibility of being deported as [they fear they may be targeted under this [immigrant deportation] mandate. The constant exposure to news reports and social media coverage has also intensified these concerns... videos circulating online showing ICE agents knocking on doors of members of the Marshallese community [have] only heightened anxiety and fear among the local families.*³¹

Recent ICE data show that these fears are already becoming reality. From January 20, 2025 to March 10, 2026 under the Trump Administration, 276 arrests, 275 detentions, and 235 deportations involved PI people, representing increases of 22%, 30%, and 29%, respectively, compared to the previous administration.³² The top five PI countries of citizenship for ICE arrests were: the Federated States of Micronesia (49%), Marshall Islands (29%), Samoa (6%), Fiji (5%), and Tonga (5%).³³



Resistance to Hate in 2025



Participation in resistance activities has declined significantly.

In 2025, 56% reported engaging in activities to reduce or resist racial discrimination — down significantly from 74% in 2023 and 66% in 2024. Despite ongoing harm, 67% of AA/PI adults say they are motivated to advance justice and equity for AA/PI communities, and they are equally motivated to protect immigrant communities.

Efforts by AA/PI adults to reduce or resist racism fell in 2025

% of AA/PI adults who said they _____ in an effort to reduce or resist anti-AA/PI racism

		2023	2024	2025
Education	Learned more about the history of racism	49%	40%	37%
	Educated others about racism and/or shared experience(s) to raise awareness*	49%	35%	28%
Interpersonal support	Supported others who experienced racism*	53%	46%	37%
	Confronted others who did or said something racist*	41%	34%	26%
Collective/ political action	Participated in civic or political activities†	27%	26%	25%
	Participated in school/workplace activities*‡	28%	21%	18%

* Annual differences are statistically significant

† Such as writing a letter, signing a petition, voting, or protesting

‡ Such as employee resource groups, work events, conferences, or school clubs that foster ethnic identity or racial justice

Note: Percentages may add up to over 100% because participants could select multiple categories

Source: Stop AAPI Hate Survey, conducted by NORC in March 2024, January 2025, and January 2026

The decline in participation does not necessarily reflect indifference. Instead, it may reflect exhaustion, fear, competing concerns, or diminished faith in institutions — dynamics that appear heightened in the current political climate. Amid intensified immigration enforcement; anti-immigrant rhetoric; federal attacks on diversity, equity, and inclusion initiatives; and concerns about surveillance or retaliation, some individuals may feel less safe or less empowered to challenge racism. Older adults, non-citizens, and those with less formal education reported lower participation rates, suggesting that vulnerability to these pressures is unevenly distributed. At a time of persistent harm, sustaining resistance to racism and building civic engagement will require renewed support, trusted infrastructure, and sustained investment.

Conclusion: We Must Act

These findings show disturbing continuity. Hate remains widespread. Its mental health consequences are severe. Reporting remains low. Support systems remain insufficient. On top of this, AA/PIs are now also contending with the negative impacts of anti-immigrant policies and rhetoric. *And yet, motivation to seek justice endures.*

Community organizations, service providers, policymakers, government agencies, educators, and neighbors all have a role to play. We need to work across sectors to build coordinated systems of rapid response and healing and strengthen institutional accountability. We must also fight back against policies that lead to the exclusion and diminishment of AA/PI communities, including the wide-scale and systematic efforts to restrict, deter, and expel immigrants.

Participation in resistance to racial discrimination has waned, and this serves as a wake-up call to build pathways for civic engagement that are safe, accessible, and sustained so that AA/PI people have a voice in their livelihoods and futures. The very foundations of democracy in the U.S. are on the line — including checks and balances, due process, and voting rights — and AA/PIs face a choice as to whether we let this happen or we mobilize to secure a better future for our communities now and for generations to come.



Recommendations

What Policymakers Can Do

Policymakers at all levels of government have an important role to play in fighting anti-AA/PI hate. As a start, they should listen to our communities. Across the country, community members and organizations are demonstrating exactly what courageous leadership looks like: in Minneapolis, AA/PI-serving community groups are forging powerful coalitions, developing community-driven safety solutions, and pioneering models of advocacy that are rippling outward to shape policy conversations nationwide. This report issues a clear call to federal, state, and local policymakers: leverage every tool of governance available and follow the lead of those closest to the harm. Our recommendations for policymakers are actionable, grounded in frontline wisdom, and calibrated for this political moment. Now is the time for policymakers who claim solidarity with AA/PI communities to match their words with their actions.

Here are some concrete steps that policymakers can take:

Protect immigrant communities through oversight, appropriations, and local and state laws.

Over the past year, through ICE, Customs and Border Protection (CBP), and military personnel, the federal government has terrorized American cities using unprecedented measures to detain and deport immigrants. Stop AAPI Hate found that half of AA/PI adults or those close to them have been negatively impacted by changes in immigration policies or anti-immigrant sentiment. For PI communities, concerns about heightened immigration enforcement are especially salient for individuals with COFA status in which they are legally permitted to reside in the U.S. but are neither U.S. citizens nor nationals and do not hold lawful permanent resident status. This “in-between” status leaves them vulnerable to indiscriminate detention and deportation, yet this is not widely understood or discussed in current immigration discourse.

On the federal level, members of Congress, including those in the minority, should use their committee platforms to conduct rigorous oversight, demand accountability from agency heads, and scrutinize the conduct of officials, especially those at the Department of Homeland Security, whose enforcement posture has had devastating consequences for AA/PI families. They must harness appropriations power and funding leverage as instruments of accountability and refuse to extend taxpayer dollars to agencies and programs that violate civil rights and human dignity.

State and local policymakers must also step up. While many state and local governments have sued to stop the federal government’s attacks against immigrant residents, state and local legislatures can do more by passing laws that protect immigrant communities. Stop AAPI Hate will be releasing an Immigrant Defense Policy Toolkit with model resolutions and legislation that state assembly members and senators, county commissioners and supervisors, and city councilors can introduce today. The Immigrant Defense Policy Toolkit draws from real bills and executive orders from cities and states leading the way, including how to fight back against mass deportation

and affirm birthright citizenship. For instance, the toolkit contains model “ICE Free Zones” legislation that is modeled after Chicago, Denver, and San Francisco, which have all prohibited the use of city-owned property or resources for federal immigration enforcement.

Invest in civil society because community-based organizations are best positioned to serve AA and PI communities in the short and long term.

Stop AAPI Hate’s data consistently shows that hate against AA/PI communities is persistent. As a whole, about half of AA/PI adults experienced a hate act in 2025 due to their race, ethnicity, or national origin, which is similar to 2023 and 2024. When we look specifically at PI adults, experiences with hate acts actually increased from 47% in 2024 to 57% in 2025. As a result of experiencing hate, AA/PI adults report negative effects on their mental or physical health, and the data indicates they need more support. Nearly half (48%) of AA/PI adults who experienced hate said they received insufficient support to meet their needs. This highlights the need for more funding to support frontline AA-serving and PI-serving community organizations, alongside strengthening the infrastructure and backbone support needed to sustain their work, as they are best equipped to provide in-language and culturally competent care for AA/PI hate survivors.

California has the opportunity to renew its historic \$110 million of “Stop the Hate” direct funding to community-based organizations that provide mental health services, legal support, and programs to heal from hate. In 2025, residents outside of California (51%) reported higher rates of hate than those in California (46%), which may be evidence that “Stop the Hate” funding is effective and it should continue. New York State also passed a similar investment, and these funds must be sustained because hate and the immediate need for support continue.

These investments in civil society are also a necessary strategy for building civic engagement infrastructure. Many AA-serving and PI-serving community-based organizations already provide multilingual voter education, and targeted funding can expand this outreach so that language is never a barrier to political participation. Resources can also support leadership pipelines and candidate development programs that encourage underrepresented AA and PI community members to run for office, helping to diversify the halls of power with voices that reflect the full breadth of our city, state, and county populations. This civic engagement infrastructure can in turn create the long term political and cultural shifts needed to address anti-AA/PI hate.

Focus on the youth: advance AA and PI studies and enforce civil rights protections in schools.

Stop AAPI Hate has long advocated for systemic remedies to hate, including inclusive education, and the alarming rise in anti-PI hate from 47% in 2024 to 57% in 2025 indicates why starting in schools is imperative. In “Unsettled Waters: Anti-Pacific Islander Hate Amid Ongoing Justice,” Stop AAPI Hate discussed the pervasive and harmful stereotypes of Pacific Islanders as “naturally tough” and “born to be warriors,” which dehumanizes PI people and makes them vulnerable to hate. In response, local and state leaders should invest in the development and adoption of AA/PI studies programs — either through comprehensive AA/PI curricula with dedicated PI content (such as the upcoming Multimedia Textbook on Asian Americans and Pacific Islanders from UCLA) or through separate AA and PI studies programs — that teach accurate histories, confront stereotypes, and foster cross-racial solidarity. This ensures that the distinct histories and experiences of both AA and PI communities are recognized and understood. For instance, the University of Washington offers a minor in Oceania and Pacific Islander Studies, and more schools should teach students of all levels about the histories and contemporary cultures of Oceania. New York, Illinois, New Jersey, Colorado, Nevada, California, Oregon, and Nebraska have all made varying levels of progress on AA/PI studies, and other states should follow suit.

In addition to implementing AA/PI studies, schools must be held accountable under Title VI of the Civil Rights Act to prevent and remedy harassment based on race, color, or national origin. As the U.S. Department of Education Office for Civil Rights pulls back Title VI enforcement affecting students of color, including AA/PI students, state and local civil rights agencies must step up to investigate complaints promptly, enforce anti-discrimination laws, and ensure that schools take meaningful corrective action. Protecting AA/PI youth requires both proactive education that affirms identity and robust civil rights enforcement that guarantees every student a safe, inclusive learning environment.

Safeguard democracy to mobilize AA/PI civic power.

AA/PI voting power is untapped and can be harnessed to advocate for leaders and policies who can combat anti-AA/PI hate but only if policymakers defend our fragile democracy. In this report, Stop AAPI Hate found that two-thirds of AA/PI adults are motivated to protect immigrant communities and to advance justice and equity for AA/PI communities. However, AA/PIs are underrepresented in terms of registered voters, meaning there are far more AA/PIs eligible to vote than are registered to vote.

Congress should work to expand access to voting and pass legislation like the John R. Lewis Voting Rights Advancement Act to revitalize the Voting Rights Act of 1965, which the Supreme Court weakened in *Shelby County v. Holder* (2013) and *Brnovich v. DNC* (2021). This bill named after civil rights icon John Lewis would restore and update preclearance in places with a history of voting discrimination and strengthen protections against vote dilution and vote denial. In addition, Congress and state leaders should invest in fully language-accessible voting materials and outreach under the Voting Rights Act and state civil rights laws, expand early and mail-in voting options, strengthen protections against voter intimidation and disinformation targeting AA/PI communities, and fund community-based organizations that provide civic engagement support.

At the same time, lawmakers must enact strong data privacy protections that prevent the misuse of personal information for discriminatory enforcement, racial profiling, or political retaliation, including clear limits on data-sharing between agencies and robust oversight of digital platforms and government databases.

Protecting both the right to vote and the right to privacy is essential to ensuring that AA/PI communities — and all communities — can participate in our democracy safely, freely, and without fear.



What Community Organizations & Leaders Can Do

At a moment when our democratic values face growing pressure, confronting anti-AA/PI hate means more than responding to isolated events. It means strengthening civil society itself. This report makes clear that protecting communities requires sustained investment: in infrastructure that upholds equity and justice, in holistic support for survivors, in civil rights enforcement, in accessible mental health care, in immigrant rights, and in meaningful civic participation. Community organizations are essential to this work. A strong civic foundation allows us to rebuild trust, reinforce accountability, and help communities participate fully in civic life.

Here are some concrete steps that community organizations and leaders can take:

Build coordinated community response and healing systems.

When hate happens, people need immediate support — and sustained care to recover. But our findings reveal a deep gap between harm and help. More than a third of AA/PI adults who experienced hate received no support despite needing it, and nearly half said that the support available didn't meet their needs. The emotional toll is real and lasting: 73% reported feeling stressed, 60% anxious, and 53% depressed, with many experiencing ongoing isolation and harm to their well-being.

Community organizations and leaders should work across sectors — including civil rights, health, education, and public agencies — to build coordinated systems that provide both rapid response and long-term healing. This means centralized, multilingual reporting mechanisms, clear referral pathways, and strong partnerships between community-based organizations and public institutions, alongside culturally and linguistically responsive mental health care and trauma-informed services.

Several state-led models show what this can look like in practice. New York's [Hate and Bias Prevention Unit](#) within the Division of Human Rights offers accessible, non-law enforcement reporting alongside community support, restorative practices, and coordinated regional response networks. California's [CA vs Hate](#) provides a multilingual reporting system that connects people to trusted community-based services, while the [Stop the Hate grant program](#) invests in organizations delivering victim services and healing-centered support for long-term recovery.

Investing in coordinated response infrastructure reduces barriers, builds trust, and strengthens communities' ability to not just survive harm, but to heal, stay connected, and remain active in public life.

Advance institutional accountability and civil rights enforcement.

Hate isn't only happening in online spaces or on the street. It's happening in the places people rely on every day. In 2025, 26% of those who experienced hate reported it occurred at work, 16% in healthcare settings, 16% in government offices, and 15% in schools. Discrimination isn't limited to isolated interpersonal encounters — it runs through workplaces, schools, hospitals, housing, and public agencies.

That's why strengthening institutional accountability must be a priority. Community organizations and leaders should push for internal systems of reporting discrimination in workplaces and schools, stronger enforcement of civil rights protections at every level of government, and adherence to language access provisions that ensure

equitable services for all. Know Your Rights education is equally critical — people need to understand their protections and feel confident seeking help when discrimination occurs. Agencies like the [California Civil Rights Department](#) demonstrate how government action can hold institutions meaningfully accountable.

Employers, healthcare providers, public agencies, landlords, and schools all have legal obligations to prevent discrimination and respond appropriately when it happens. Community coalitions play a vital role in monitoring patterns of harm, pushing for policy reform, and holding institutions to account. Real change requires not just community resilience, but consistent enforcement, transparency, and public awareness within the institutions that shape everyday life.

Protect immigrant communities and safeguard civic participation.

Immigration-related fear is being shaped by more than policy — it's being driven by visible enforcement actions and political rhetoric in cities across the country, from [Los Angeles](#) to [Chicago](#) to [Minneapolis](#). For many families and communities, this has created a climate of fear that is pushing people out of public and civic life.

53% percent of AA/PI adults said they or someone in their community was affected by changes in immigration policies or anti-immigrant sentiment. 36% percent worried about their immigration or citizenship status being questioned or revoked. 23% percent avoided public places out of fear. And 24% said they had become less civically active. When people pull back from schools, workplaces, and community spaces because of enforcement threats or misinformation, the damage extends beyond individuals and families — it weakens collective voice and democratic participation.

Community leaders must respond with visible, coordinated infrastructure that restores safety and confidence. In-language Know Your Rights education, accessible legal clinics, rapid-response communication, and trusted partnerships with cultural and faith institutions can counter misinformation and reduce fear. Models like [AAPI United](#) in Minnesota show how centralized coordination — connecting families to legal aid, mutual aid, and trusted community support — can move resources quickly while keeping leadership rooted in local communities.

Protecting immigrant communities and protecting civic participation are inseparable. This work isn't only about legal defense. It's about making sure communities stay visible, connected, and able to fully participate in public life.

Create durable pathways from community motivation to collective power.

Despite the harm they've faced, AA/PI communities are ready to act. 67% of adults say they are motivated to advance justice and equity, and 56% have already taken action to resist discrimination. This is not apathy — it's potential.

Community organizations and leaders should invest in leadership development, especially for young people, who face some of the highest rates of hate. And communities need clear, lasting pathways to turn that motivation into sustained action.

That means creating real opportunities for volunteerism, coalition building, policy advocacy, and participation in democratic processes at every level. Engagement should be ongoing — not just activated in moments of crisis. Steady involvement over time builds leadership, amplifies community voice, and shapes the institutions that affect daily life. Groups like [New Virginia Majority](#) show how year-round organizing and voter engagement can transform community participation into sustained political power. When people have clear, structured ways to stay involved, resilience becomes organized power.

APPENDIX A. Survey Methodology

Stop AAPI Hate commissioned NORC at University of Chicago, a nonpartisan research organization, to conduct a survey of Asian American and Pacific Islanders (AA/PI) on their experiences of hate acts, the impact of anti-AA/PI hate, support needed and received, responses to racism, and the impact of the immigration climate.

Our approach to designing the survey was a ground up approach. We based the categories of hate we asked about on categories of hate identified through reports submitted to Stop AAPI Hate. This includes nine types of harassment, four types of physical harm or contact, six types of institutional discrimination, and two types of property harm, for a total of 21 types of hate experienced (see [Appendix B](#)). These detailed categories give us a more accurate view of the landscape of anti-AA/PI hate in the U.S. While our categories are generated with legal definitions of hate crimes and civil rights violations in mind so that it is possible to gauge what may constitute potential hate crimes and civil rights violations, they are not confined to the limits of the law.³⁴

We gathered input from community leaders of diverse AA/PI ethnic backgrounds on the reporting center questions, survey questions, and the hate act classification system to improve their validity across the diversity of AA/PI communities, but there are limitations, especially as AA/PI people come from over 95 countries or ethnic groups.³⁵ As South Asian and Pacific Islander communities are underrepresented in the hate acts reports that form the basis for the survey questions, the findings may not fully represent the experiences of these communities. We continue to invest in understanding how different AA/PI communities may experience hate differently.

The categories of impact are informed by follow-up interviews we have conducted with people who have reported to Stop AAPI Hate. If an individual indicates consent for follow-up in their reporting form, a staff member will arrange a phone call to gather more information about the hate act they reported and support the person harmed. The support services we list are informed by a landscape analysis of what AA/PI organizations are doing to support their communities.

The survey utilized [NORC's Amplify AAPI® Panel](#) conducted January 5–12, 2026, a nationally representative sample that consisted of 1,378 AA/PI-identifying participants aged 18 and over living in the United States.

Operated by NORC at the University of Chicago and funded by NORC and through grants and contributions from [funders](#), Amplify AAPI is a large probability-based panel designed to be representative of the U.S. Asian American and Pacific Islander household population, including all 50 states and the District of Columbia. U.S. households are randomly selected with a known probability from a national frame of addresses and then recruited by mail and telephone, and in limited cases face-to-face. The online survey was offered in English, Vietnamese, Korean, and Traditional and Simplified Chinese. Amplify AAPI panelists participate in NORC studies or studies conducted by NORC on behalf of governmental agencies, academic institutions, nonprofit foundations, the media, and commercial organizations.

The sample was weighted, using a raking procedure, to reflect population benchmarks of the U.S. Census for AA/PI adults in the U.S. by age, gender, education, born/not born in the U.S., U.S. census region, and the following AA/PI subgroups: Chinese, Indian, Filipino, Vietnamese, Korean, Japanese, Pacific Islander, and other AA/PI. For detailed methodology see: [NORC Amplify Monthly Survey January 2026 Project Methods and Transparency Report](#).

ETHNIC COMPOSITION OF FULL SAMPLE

Ethnicity*	Weighted Count†	Weighted Percent	Unweighted Count	Unweighted Percent
Chinese	290	21%	290	21.0%
Indian	276	20%	256	18.6%
Filipino	224	16%	94	6.8%
Vietnamese	125	9%	93	6.7%
Korean	111	8%	111	8.1%
Japanese	80	6%	92	6.7%
Pacific Islander	49	4%	196	14.2%
Other Asian‡	136	10%	61	4.4%
Multiple AA/PI ethnicities	86	6%	185	13.4%

*Ethnicity data reflects respondents who have one ethnicity. Respondents who have multiple AA/PI ethnicities are categorized as "multiple AA/PI ethnicities."

† The counts for ethnicity are mutually exclusive.

‡ Detailed ethnicity for "other Asian" not reported in order to protect respondent privacy.

ETHNIC COMPOSITION OF UNWEIGHTED PACIFIC ISLANDER SAMPLE

Ethnicity*	Unweighted Count*	Unweighted Percent (of full sample)
Native Hawaiian	169	12.3%
Guamanian/CHamoru†	27	2.0%
Samoan	41	3.0%
Other Pacific Islander‡	64	4.6%

*The counts in this table are not mutually exclusive.

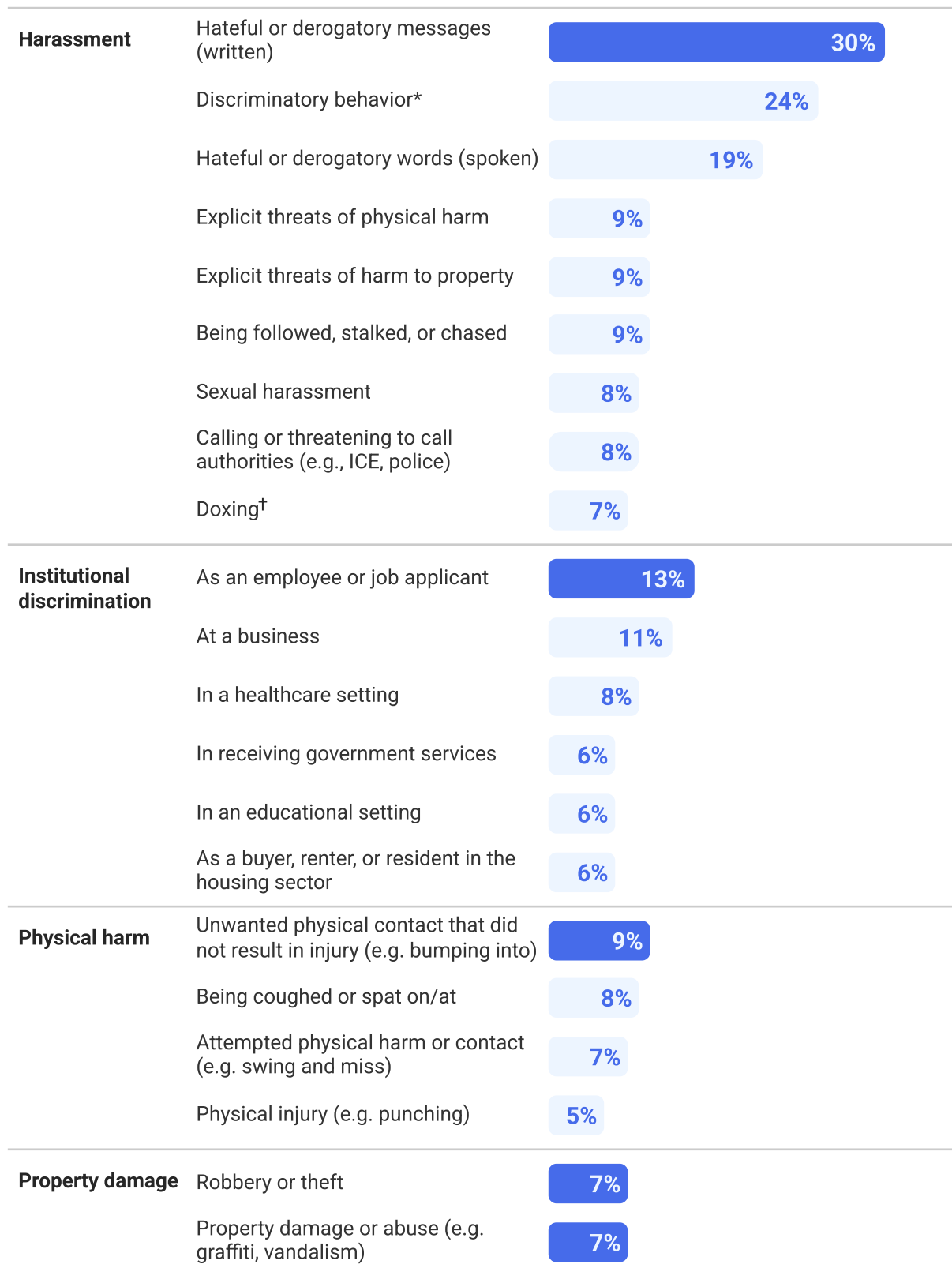
† This spelling follows the guidance of the [Commission on CHamoru Language and the Teaching of the History and Culture of the Indigenous People of Guam](#).

‡ Detailed ethnicity for "other Pacific Islander" not reported in order to protect respondent privacy.

APPENDIX B. Types of Hate Experience in Detail

Types of anti-AA/PI hate in 2025

% of AA/PI adults who said they experienced _____ in 2025 due to their race, ethnicity, or nationality



* Includes avoidance behavior and making a slanted eye gesture

† The sharing of personal information to intimidate or encourage harm

Note: Percentages may add up to over 100% because participants could select multiple categories

Source: Stop AAPI Hate Survey, conducted by NORC in January 2026

Endnotes

- ¹ 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. Pacific Islander (“PI”) includes Native Hawaiian people.
- ² “Hate act” is a term used by Stop AAPI Hate to refer to any event motivated by bias or prejudice, whether explicit or implicit, against a person or group’s actual or perceived identity(ies) that inflicts individual or community harm. This includes hate crimes and hate incidents. See the “How We Define Hate” box on p. 6 for more information on definitions.
- ³ We only share stories in which we have been given consent to share anonymously. The gender, ethnicity, and geographic information is for the person targeted. To preserve anonymity, we only share gender, ethnicity, and geography if there are at least 20,000 people who share those demographic and geographic characteristics. If there are less than 20,000 people with those characteristics, we identify the region (Western, Eastern, Midwestern, Southern U.S.) or U.S. For particularly vulnerable populations, including minors and gender nonconforming/nonbinary people, we keep the demographic and geographic information even more general. Stories are in people’s own words, but we lightly edit for clarity.
- ⁴ See Stop AAPI Hate, “Keeping Count | A/PI adults feel the impact of ICE as arrests quadruple under Trump,” March 2026, <https://stopaapihate.org/2026/03/05/keeping-count-a-pi-adults-feel-the-impact-of-ice-as-arrests-quadruple-under-trump/>.
- ⁵ AAPI Data, “By The Numbers: Immigration,” January 9, 2025, <https://aapidata.com/featured/by-the-numbers-immigration/>.
- ⁶ For more information about how we define and categorize hate, see our “Shades of Hate” report.
- ⁷ U.S. Department of Justice, “Learn About Hate Crimes,” <https://www.justice.gov/hatecrimes/learn-about-hate-crimes>. States also define hate crimes in laws that go beyond the federal definition.
- ⁸ Ibid.
- ⁹ Bias-motivated refusal of service at a restaurant is not a hate crime, but it is a possible civil rights violation. See our civil rights report, “Righting Wrongs,” to learn more about civil rights violations.
- ¹⁰ California is the only state for which there is a large enough sample size to allow for comparison.
- ¹¹ Emily Lenning, Sara Brightman, and Carrie L. Buist, “The Trifecta of Violence: A Socio-Historical Comparison of Lynching and Violence Against Transgender Women,” *Critical Criminology* 29, no. 1 (March 2021): 151–72, <https://doi.org/10.1007/s10612-020-09539-9>.
- ¹² See Stop AAPI Hate, “Unsettled Waters: Anti-Pacific Islander Hate Amid Ongoing Injustice,” December 2025, <https://stopaapihate.org/2025/12/17/pacific-islander-report-dec25/>.
- ¹³ Stop AAPI Hate Pacific Islander Advisory Council, Sensemaking Session, March 2026.
- ¹⁴ For more information on these categories and the sub-categories that fall within them, see our “Shades of Hate” report.
- ¹⁵ Oxford English Dictionary Online, s.v. “harassment,” accessed August 7, 2024, <https://oed.com>.
- ¹⁶ Discriminatory behavior from an individual, as opposed to an institution or institutional representative, falls under our umbrella category of “harassment.”
- ¹⁷ “Intersectionality” is a concept developed by civil rights advocate and feminist scholar Kimberlé Crenshaw. See Katy Steinmetz, “She Coined the Term ‘Intersectionality’ Over 30 Years Ago. Here’s What It Means to Her Today,” *TIME*, February 20, 2020, <https://time.com/5786710/kimberle-crenshaw-intersectionality/>.
- ¹⁸ The 2026 annual survey combined public spaces and public transit as locations of hate experienced in comparison to the 2025 and 2024 where these two locations were separate.
- ¹⁹ Andrew M. Subica et al., “Mental Illness Stigma Among Pacific Islanders,” *Psychiatry Research* 273 (2019): 578–585, <https://doi.org/10.1016/j.psychres.2019.01.077>; Sophia Buhun Kim and Yeonjung Jane Lee, “Factors Associated with Mental Health Help-Seeking Among Asian Americans: A Systematic Review,” *Journal of Racial and Ethnic Health Disparities* 9 (2002): 1276–1297, <https://doi.org/10.1007/s40615-021-01068-7>.
- ²⁰ See Stop AAPI Hate, “Unsettled Waters: Anti-Pacific Islander Hate Amid Ongoing Injustice,” December 2025, <https://stopaapihate.org/2025/12/17/pacific-islander-report-dec25/>.
- ²¹ Stop AAPI Hate Pacific Islander Advisory Council, Sensemaking Session, March 2026; Miri Song, “Rethinking Minority Status and ‘Visibility,’” *Comparative Migration Studies* 8, article 5, (2020): 1–17, <https://doi.org/10.1186/s40878-019-0162-2>.
- ²² Jennifer A. Andersen et al., “Experiences of Discrimination Among Native Hawaiians and Pacific Islanders Living in the USA,” *Journal of Racial and Ethnic Health Disparities* 11 (2024): 184–191, <https://doi.org/10.1007/s40615-022-01509-x>; Joseph Keawe’aimoku Kaholokula et al., “Association between Perceived Racism and Physiological Stress Indices in Native Hawaiians,” *Journal of Behavioral Medicine* 35, vol. 1, (2012): 27–37, <https://doi.org/10.1007/s10865-011-9330-z>.
- ²³ Stop AAPI Hate, “Still Under Fire: Relentless Racism Against Asian Americans & Pacific Islanders in a Heated Election Year,” June 2025, <https://stopaapihate.org/2025/06/02/state-of-hate-june25/>.
- ²⁴ Conclusively determining the unlawfulness of these acts would require investigation and prosecution according to federal, state, and local laws. As this is beyond the scope of this study, what we have done is estimated the number of possible hate crimes and civil rights violations, or unlawful hate acts, based on what people experienced. This includes explicit threats of physical harm or harm to property; being stalked, followed, or chased; sexual harassment; physical injury; attempted physical harm or contact; institutional discrimination, property damage or abuse; or robbery or theft.
- ²⁵ See also Brendan Lantz and Marin R. Wenger, “Are Asian Victims Less Likely to Report Hate Crime Victimization to the Police? Implications for Research and Policy in the Wake of the COVID-19 Pandemic,” *Crime & Delinquency* 69, no. 8 (2022): 1292–1319, <https://doi.org/10.1177/00111287211041521>.
- ²⁶ To compare administrations, we analyzed the period from Dec 1, 2023 to Jan 19, 2025 (under the previous administration) and Jan 20, 2025 to Mar 10, 2026 (the latest data under the Trump administration.) Periods differ by one day due to a leap year; impact on totals is negligible.
- ²⁷ Government data provided by ICE in response to a FOIA request to the Deportation Data Project (DDP) and analyzed by Stop AAPI Hate.

- ²⁸ Pacific Islander people from the Federated States of Micronesia, Republic of Marshall Islands, and the Republic of Palau have COFA status. COFA migrants are classified as non-immigrants and are not considered U.S. citizens or nationals, though they are legally permitted to live and work in the U.S. See “[Unsettled Waters](#)” for more details.
- ²⁹ Stop AAPI Hate Pacific Islander Advisory Council, Sensemaking Session, March 2026.
- ³⁰ Eddie Dowd, “COFA migrants feel threat of deportation despite federal law protecting their status,” *Hawaii News Now*, April 10, 2025. <https://www.hawaiinewsnow.com/2025/04/10/cofa-migrants-feel-threat-deportation-despite-federal-law-protecting-their-status/>.
- ³¹ Jacqueline Froelich, “Marshallese in Arkansas Fear ICE deportation,” *Arkansas Times*, April 4, 2025. <https://arktimes.com/arkansas-blog/2025/04/04/marshallese-in-arkansas-fear-ice-deportation>.
- ³² To compare administrations, we analyzed the period from Dec 1, 2023 to Jan 19, 2025 (under the previous administration) and Jan 20, 2025 to Mar 10, 2026 (the latest data under the Trump administration.) Periods differ by one day due to a leap year; impact on totals is negligible.
- ³³ Government data provided by ICE in response to a FOIA request to the Deportation Data Project (DDP) and analyzed by Stop AAPI Hate.
- ³⁴ In our report “[Righting Wrongs](#)” (2022), we discovered that there is a lot of confusion in our communities as to what constitutes a hate crime or a civil rights violation. People overidentified hate acts as hate crimes and underidentified hate acts as civil rights violations. Moreover, what counts as a hate crime or civil rights violation differs by state and local laws, and these laws evolve over time. Finally, looking at hate outside of the legal bounds can alert us to where new policies may be needed and point to the need for solutions that lie outside of the legal system.
- ³⁵ 2020 Census National Redistricting Data (Public Law 94–171) Technical Documentation, prepared by the U.S. Census Bureau, 2021.

ABOUT *STOP AAPI HATE*

Stop AAPI Hate is a U.S.-based coalition dedicated to fighting racism and discrimination against Asian Americans and Pacific Islanders (AAs & PIs). We strive to advance the multiracial movement for equity and justice by raising awareness about anti-AA/PI hate, working in solidarity with allied communities, and advocating for comprehensive solutions that tackle the root causes of race-based hate.

As the nation's largest reporting center tracking anti-AA/PI hate acts, our coalition publishes data and research to paint a vivid and nuanced picture of racism and other forms of bigotry as it is experienced by our communities. Leveraging our core strategies — Data & Research, Policy & Advocacy, Community Care, and Strategic Communications — we work to create a safer, more equitable future for all. For more information, visit stopaapihate.org.

ACKNOWLEDGMENTS

We are grateful to the thousands of individuals who have shared reports of hate against Asian American and Pacific Islander people on behalf of themselves or others, especially the individuals who gave us their consent to share their stories in this report. Without you, this work would not be possible. If you or someone you know experiences anti-AA or anti-PI hate, please report to stopaapihate.org/report-hate.

We are also grateful to all the individuals who contributed to the research, writing, review, design, and dissemination of this report. We extend our appreciation and gratitude to our Pacific Islander Advisory Council and our collaborators at NORC at University of Chicago — for their invaluable insights in helping to inform and shape this report.

This project was supported by Delta Dental Community Care Foundation. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of funders.