



microaggressions

A microaggression is an action, or statement that is discriminatory, but passed off as not of the sort. Brief comments or actions that are directed towards minorities.

Microaggressions can be racist, ableist, anti-semitic, sexist, and so much more.

Unfortunately, microaggressions are normalised, so we should be taking every step we can to make sure we aren't unintentionally using them.

Check out @clarabellecwb on tiktok! She makes really great and educational videos on racial micro aggressions, put into reverse, if white people experienced them. Her content is a great way to educate yourself!



How can you help?

Check in with yourself! Ask yourself if you do any of these, and if the answer is yes, acknowledge that now is the time to change! You can find many more examples of micro aggression on google, all over social media, and news sources.

If you know what micro aggressions are, you know how to avoid them.



Examples of micro aggressions:

The assumption of somebody's job because of something like their race or gender.

The fact that in the workplace, a black person's natural hair is seen as unprofessional. (In reality, it's beautiful and should be celebrated!)
Saying things like 'no homo' or 'that's so gay'

Explaining to a disabled person what their disability is, and deciding for the person what 'counts' as disability, or saying 'you look so normal'

