

TIPS TO SPOT MICROAGGRESSIONS

Microaggressions are subtle but offensive actions or comments that reinforce preconceived perceptions, which can marginalize some people. It's challenging to recognize when our actions may be offensive to others. Here are the most common microaggressions.

- 1 Being ignored or overlooked.
- 2 Expected to have inferior abilities.
- 3 Being talked down to, treated as "stupid", or treated rudely.
- 4 Having ideas minimized and devalued.
- 5 Treated in an overly intimate way.
- 6 Being started at, examined, or objectified.
- 7 Being excluded from conversations or activities.

