

Activity: exploring impact of microaggressions

- Groups of 3-4.
- Discuss the example microaggressions on the following slide.
- Put yourself in the marginalised person's shoes – if you were to hear/see/experience this everyday, what is the message that you receive?
- Discuss the impact of the underlying messages of each microaggression.
- **Focus on understanding from the marginalised person's point of view, not the intention of the micro-aggressor.**

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Microaggression:

“Why do TV shows always have to shove in an LGBTQ storyline now? I just want to watch TV!”

Theme: Sexual orientation

Microaggression:

“I could not live how you do, you're so inspiring!”

Theme: Disability

Microaggression:

“I would never have guessed you were transgender.”

Theme: Gender identity

Microaggression:

“You don't look Muslim!”

Theme: Religion

Microaggression:

“When I look at you, I don't see colour.”

Theme: Race

Microaggression:

“Where are you *really* from?”

Theme: Race