Tool: Reco i ing Mi oag and the

Mi aggressions are the e y verbal, nverb nental sligl
uni entional, that commun ostile, de gatory essages to
ma inalized group membe p from Div ity in t UCLA Dive
firs step in addressing m ggressio is to n a microa
me age it may be sendi T e contex f the r d situatio
wh microaggressions att .

TH MES	MICRO GRE	PLES
Ali in One's Own Land Wh Asian Americans, Latir Am cans and others who lo diff nt or are named differer fro the dominant culture are ass ned to be foreign-born	• ere ar • u spea • at are • erson a erican guage. • tinuing r stude again pronun	ere were you ll." teresting lo merican or rds in their r the names d the perso en closely a English base
As otion of Intelligence Ass ning intelligence to a per of c or or a woman based on his r race/gender	• u are a • w! Ho • an Asia you he • a woma you w	e." so good in ust be good roblem?" ld have nev
Co Blindness Sta nents that indicate that a Wh person does not want to nee o acknowledge race.	• en I lo • ere is c • erica i • on't bel • ying th stionin	see color." human race students by alidity of the
Cri nality/Assumption of Cri nal Status A p son of color is presumed be ngerous, criminal, or dev bas on his/her race.	• hite m cks wa roache • ore ow store. • neone id a pe • le walk ding, a lent of umptio of the	ches his/her Latino perso ustomer of c er side of th alls of the C ches a post e/he is lost, is trying to b
De l of Individual Ra m/Sexism/Heterosexis A s ement made when bias i der d.	• not ra • a wor al minc • a perso wed in	al Black frier you go throu ou sure you t believe it."
My of Meritocracy Sta nents which assert that or g der does not play a role life ccesses, for example in issu like faculty demographi	• elieve t " • course lished n and ieveme • nder pl • erica i • eryone d enou • irmativ	person sho even though k!" al opportuni o we hire." ortunity." his society, "

Ada d from Sue, Derald Wing, ac ressions in eryday and Sexual C