

Racial Microaggressions

“Racial microaggressions are brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults towards people of color. Those who inflict racial microaggressions are often unaware that they have done anything to harm another person.”

Racial Microaggressions in Everyday Life: Implications for Clinical Practice.
The American Psychologist , 62 (4) 271-286.

Reflection:

1. Underline the key words and phrases in this definition. Why did you choose those particular parts of the definition?
2. Do you have examples from your own experience of encountering racial microaggressions? What have you experienced?

With a partner:

3. Share what you highlighted with an elbow partner and your reasons for choosing those passages. What parts of the definition received the most emphasis from both of you? Why do you think those were the important elements?
4. Share the examples of racial microaggressions you cited. How do they fit the definition, above?