



Supporting CommUnity

Microaggressions – A Nudge, A Conversation, and a Learning Opportunity

Microaggressions are defined as the everyday, subtle, intentional – and oftentimes unintentional – interactions or behaviors that communicate some sort of bias toward historically marginalized groups. Yet, some of us might not even recognize that we are navigating microaggressions or even perpetrating them. And if someone points it out to us, do we become defensive or want to learn? Together, we'll discuss examples of microaggressions, and how to recognize our possible biases that contribute to them. We'll learn ways to gain information to reduce microaggressions for ourselves and possibly others. Finally, we'll understand that It's really about learning how to be empathetic to people.