

Understand Microaggression



Understand Microaggression - Course description



Microaggressions are things that people say or do that subtly reflect biases like racism, sexism, and homophobia. Frequently, they are not meant to be aggressive. Members of marginalized groups often experience microaggressions in their daily interactions, and these microaggressions can not only be hurtful but can also perpetuate marginalization. Commenting on someone's accent, dress, or other features can be considered a microaggression, especially if it reinforces a stereotype. Be thoughtful about what you say to others and how they might receive it.

Understanding the roles in a microaggression - Aggressor

Find explanations of the roles that people play in microaggressions below.



The aggressor is the person who says or does something offensive or hurtful. They may have good intentions and be unaware of the impact, or they may use microaggressions to exert power or assert their status. But even if they had good intentions, what matters is the impact.

Understanding the roles in a microaggression - Reciever

Find explanations of the roles that people play in microaggressions below.



The receiver is the person who is the target of the comment or behavior. Experiencing a microaggression feels like a personal insult. It can also make someone feel isolated or alienated from a whole group of people, even if they aren't all aggressors.



Understanding the roles in a microaggression - Ally

Find explanations of the roles that people play in microaggressions below.



An ally is someone who publicly shows support for the person who experienced a microaggression and tells the aggressor that what they said or did was not OK. Although the goal is to be an ally in any microaggression, it's not a label we should claim for ourselves.



Understanding the roles in a microaggression - Bystander

Find explanations of the roles that people play in microaggressions below.



A bystander is someone who witnesses a microaggression and takes no action, even if they know it was inappropriate. The bystander effect is the principle that the more people are present, the less likely anyone is to help someone in need.



Identifying microaggressions



The course in original is called” microaggressions”.
<https://learn.rotary.org/members/learn/mycourses>
Then search for “Preventing and addressing
microaggressions”.

You must be logged in at <https://my.rotary.org/en/>

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