

Identifying Microaggressions and Stereotypes



Microaggressions are comments or actions that unintentionally, but subtly reinforce a bias or stereotype about a specific group or characteristic. They are harder to identify because they aren't as obvious, and often people are unaware that they are acting or speaking from a place of bias.

Try filling out this worksheet and if you are comfortable, share and discuss your responses with your team. What observations do you make? Do you see any patterns in people’s responses?

Prompt:	Your Response:
Have you been the target of a microaggression before?	
How frequently do you experience microaggressions? Daily, weekly, monthly, etc.?	
Describe a specific microaggression you have experienced. What was said or done? How did it make you feel?	



Prompt:	Your Response:
Do you feel comfortable addressing microaggressions when they are directed at you? Why or why not?	
Was there a time you experienced a microaggression and someone intervened on your behalf? What did they do or say? How did it make you feel?	
Describe a time when you witnessed a microaggression being directed at someone else. What was said or done? How did it make you feel?	
Did you intervene on someone’s behalf when you witnessed a microaggression? What did you do or say? Was it effective? Why or why not?	