

# MICROAGGRESSION\*

A microaggression is a subtle belittling behavior in words, actions, or attitudes that are aimed at people who are discriminated against. It is often disguised as humor or compliments.

The behavior can seem harmless, but for the person who is affected, it is exhausting and stressful.

## EXAMPLES OF DIFFERENT MICROAGGRESSIONS:

- When someone speaks louder to a person with a disability. This can be perceived as degrading because a disability is not synonymous with poor hearing or difficulty understanding.
- When a homosexual couple is asked who the “man” is in the relationship and who the “woman” is in the relationship.
- When a Swedish person who is racialized as non-white gets the question where they come from, or when their name is mispronounced.

Microaggressions are common online and offline.

