



Microaggressions

December 2, 2020



Check-in

What's your favorite way to relieve stress when it's building up for you? Do you think your go-to strategy is healthy? Why or why not?



Winter ShelfCare Coming Up

- Want to do more thinking and reading about social justice?
- Interested in the judicial system?
- Ready to learn ways to take action?
- Want a great book to read over Winter Break?

Stay tuned for more info and the title reveal for this year's winter ShelfCare!! Your English teachers will have all the deets for you very soon.



Learning Objectives

- Learn what microaggressions are and how they occur in everyday lives
- Reflect on ways you might have experienced or perpetrated microaggressions
- Understand the messages that accompany microaggressions
- Explore ways to counteract microaggressions



Cupertino Community Statement

Cupertino High School is a community where all students should feel safe, welcome, and included. We are here to learn and support each other, seeing our differences as sources of strength and empowerment. We denounce racism and racial discrimination as well as all other forms of bias. We commit to speaking up.

*“Every day, you have
the power to choose
our better history—by
opening your hearts
and minds, by
speaking up for what
you know is right.”*

Michelle Obama



Microaggression

Does anyone know what the word “microaggression” means?



Definition

Microaggressions are brief and commonplace verbal, behavioral or environmental indignities—whether intentional or unintentional—which communicate insults to people from marginalized groups.

Microaggressions can appear to be a compliment but contain a “metacommunication” or *hidden insult* to the target groups to which it is delivered.



Think about it

As we go through the lesson today, think about how one might separate the action from the person. If the person who is directing a microaggression toward you is someone you value, then how might you respond in a way that generates conversation and changes behavior--and allows you to maintain your own dignity and boundaries?

Also, if someone calls you on a microaggression, how might you respond in a way that shows you're listening and interested in doing better?



Microaggressions in Everyday Life



Discussion Questions

1. What are some examples of microaggressions that were revealed in the video?
2. Did any of them surprise you or resonate with you?
3. What is the impact of a microaggression?
4. How are microaggressions communicated non-verbally?
5. Have you ever acted on your biases in a form of microaggression? How would that make the other person(s) feel? Why?
6. Have you ever been a victim of microaggression? How did this make you feel? Why?







Discussion

- What did you observe in the videos?
- How did you feel looking at these examples of microaggressions?
- Did any of the videos resonate with you? If so, which ones and why?
- Did seeing the videos make you think of other microaggressions you have experienced or witnessed?
- Many of the examples we've talked about already are either based on race or gender. What other categories might also lead to microaggressions?

Let's explore the microaggression

What is the underlying assumption or message when someone asks, "No, where are you really from?"

Why is that hurtful? How does that lead to bigger stereotypes?





Let's break it down

In the chart, add other examples of microaggressions, perhaps from your own life or from the videos or the news, and explain the underlying assumption or message in the other column. Why is the comment, behavior, or environmental detail problematic?

https://docs.google.com/document/d/1Ko-YI_tD5sOjDm9TVUhtLSgVcOg7J7LfSn1WrqBat5Q/edit



Examples of Microaggressions

We've shared some examples of microaggressions through the videos and our own experiences. Take a look at the links below at a variety of racial, ableist, ageist, and sexist microaggressions and the messages they convey. Choose one that resonates with you and write about why. Does it surprise you? Has it happened to you? Have you witnessed it? What ideas does it inspire?

<https://sph.umn.edu/site/docs/hewg/microaggressions.pdf>

<https://www.businessinsider.com/microaggression-unconscious-bias-at-work-2018-6#why-do-you-wear-that-14>



Closing

Have students put their answers to the following statement in the chat or on a Padlet or Jamboard...

“One realization that I had today about microaggressions is _____.”

Then, ask them each to choose one of the three possible extensions to complete in Schoology and submit.



Possible extensions: Choose One

CREATE: Use poetry, art, music, or another creative medium to share your thoughts/feelings/experiences with microaggressions.

STUDY and PERSUADE: Read [“Acts of Microaggression”](#) and write a persuasive paragraph about whether it’s useful and/or relevant to define, identify, and talk about microaggressions. Bring in evidence from the lesson or your own experiences.

READ AND REFLECT: [“I Didn’t Mean It Like That”: Challenging Your Own Biases](#) outlines how recognizing that all people have biases—developed consciously and unconsciously through socialization, education and media exposure—can help to create opportunities for us to “unlearn” biases and to check ourselves for stereotypes or misinformation that we may hold about people with backgrounds different from our own. Read the article, think about the steps and write a reflective response in a paragraph.





