Racial Microaggressions

Brief, commonplace indignities (intentional or unintentional) that communicate racial slights and insults

Environmental Microaggressions - (Macro-Level)

Racial assaults, insults and invalidations which are manifested on systemic levels.



_



Microinsult

Rude and insensitive actions or comments that demean a person's racial heritage or identity



Explicit verbal or nonverbal attacks meant to hurt the intended victim through name-calling, avoidant behavior or purposeful discrimination

Microinvalidation

Comments or behaviors that exclude, negate, or nullify the thoughts, feelings or experiences of a BIPOC.







Ascription of Intelligence: Assigning a degree of intelligence to a BIPOC based on their race.

Second Class Citizen: Treated as a lesser person or group.

Pathologizing Culture: Notions that the values and communication styles of BIPOC are abnormal.

Assumption of Criminal Status: Presumed to be a criminal, dangerous, or deviant based on race.

Alien in own land: Belief that visible racial/ethnic minority citizens are foreigners.

Color Blindness: Denial or pretense that a white person does not see color or race.

Myth of Meritocracy: Statements which assert that race plays a minor role in life success.

Denial of Complicity: Denial of personal racism or one's role in its perpetuation.