**Microaggressions**

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| Microaggressions | Examples |
| Microassaults | * “You don’t belong here. Go back home!” * A person of color being followed in the store. * Barring a person from entry into an event based on their assumed group membership. * Racial profiling by law enforcement. * Restricting a person’s freedom of movement on campus based on their assumed group membership. |
| Microinsults | * Assuming the Black, Latinx, and Native American students are probably not prepared for college. * “You’re so articulate!” (to a Black student (or faculty/staff)) * “You’re different, not like most \_\_\_\_\_\_\_ people.” * “You don’t *seem* gay.” * “You have great fashion sense for a plus-sized girl.” * White woman moving away and clutching her purse when a * Black man joins her in an elevator. * “You look like a girl!” (to a Native American boy/man with long hair) * “Where are you from? You’re so interesting-looking.” |
| Microinvalidations | * “You won’t succeed here. This is not the place for you.” * “When I look at you, I don’t see color.” * “It must have been easy for you to get into the grad program because you’re Black.” * “As a woman, I know what it’s like to be in a minority group.” * “You’re an outsider. You don’t count.” * “How did *you* get this job?” * Repeatedly using the wrong pronouns for a transgender person. |

Categories from Sue, D. W., Capodilupo, C. M., Torino, G. C., Bucceri, J. M., Holder, A. M. B., Nadal, K. L., & Esquilin, M. (2007). Racial microaggressions in everyday life: Implications for clinical practice. *American Psychologist, 62*(4), p. 276.