

MICROAGGRESSIONS

A microaggression is a comment or action that is regarded as discriminatory against a marginalised group that is often subtle, indirect or unintentional

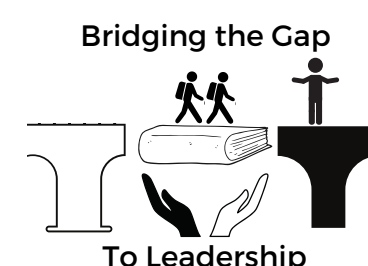


How to prevent microaggressions:

- Educate yourself on social constructs eg. race, gender, sexuality.
- Reflect on your thoughts, perceptions and expectations.
- Become aware of your biases, perceptions, assumptions and expectations.
- Challenge your beliefs and celebrate difference as well as commonality.
- Listen to understand and empathise.
- Don't assume all experiences will be the same.
- Take action and confront discriminatory behaviour.

Learn more at:

- University of Brighton Supporting Health and Sport Students in Practice (2021) 'Supporting students of colour'
Available at: <https://blogs.brighton.ac.uk/uobsupportinghealthandsportstudentsinpractice/equality-diversity/bame/>
- Canterbury Christ Church University (2021) Closing our Gap
Available at: <https://www.canterbury.ac.uk/closing-our-gap/closing-our-gap.aspx#:~:text=Closing%20Our%20Gap%20is%20our,and%20our%20wider%20academic%20community.>



Created by:
Dimple Hirani (UOB) and
Japheth Rubiato (CCCU)