**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.
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| 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.”
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| 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.
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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.