

Activity: Microaggressions

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NSE Goal Focus: Cultural Humility

Activity Goal: Students will gain an understanding of engaging with people that may be different from themselves and the importance of cultural humility.

Activity Objectives: 1) To teach students what microaggression are and the impact they have on others.
2) To demonstrate what microaggression are so that individuals can recognize their use.

Materials: #HatchKids Discuss Microaggressions <https://youtu.be/8RfwnibEd3A>

Modification: This activity can be done in the classroom or as an assignment.

Caution: Be aware that some students may know what microaggressions are and do not feel they are a valid concern for others. Some common responses that invalidate these include: “people take things too serious; people just look for reasons to be offended; I wouldn’t feel insulted if someone asked me that or said those things to me; People say things to me all the time but I do not make a big deal about it.”

Activity: **First**, ask students to watch the referenced video above.
Second, ask students to get in groups of two or three to discuss the content of the video. Or ask students to write reflection papers about the video and concept of microaggressions.
Third, Process the responses from small groups and or paper responses. Discuss what students respond and how they responded to the video and put it in context of world-wide leadership and service.

Discussion Questions: 1) Have you ever heard of microaggressions before this video?
2) If you repeated heard comments and questions that made you question who you are and how others perceive you, how would you respond?
3) If someone informs you that they are offended by something you said or did, how would you respond?
4) If someone said or did something that offended you, what would you want them to know?
5) How can you respond when others experience microaggressions?

Reflection Prompts:

- 1) Describe the differences between ‘impact’ and ‘intent’ when it comes to microaggressions. Does the intent of the comment or action change the impact to the person receiving the action or comments?
- 2) If someone informs you that they are offended by something you said or did, how would you respond?
- 3) How can you respond when others experience microaggressions?
- 4) How do microaggressions impact relationships?
- 5) If you repeated heard comments and questions that made you question who you are and how others perceive you, how would you respond?