

Examples of Microaggressions	
Microaggression	Implicit Message
“Where are you from?” “You speak good English.”	You are not an American.
“You are so articulate.” “You are a credit to your race.”	People of color are not as intelligent as Whites.
“There is only one race: the human race.”	Other ethnic experiences do not matter.
Asking a Black person to speak calmly and quietly, or an Asian person to speak up.	You must assimilate to the dominant culture.
“Everyone can succeed in this society if they work hard enough.”	People of color are lazy and need to work harder.
“I’m not a racist. I have several Black friends.”	Racism and implicit bias have no societal impact.
Walking away from or protecting oneself around people of color.	You are a criminal.

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