Microaggressions

Interrupted

How to use this card in a group setting:

- Read the situation on the card aloud.
- Discuss the following prompts:
  - What is your first reaction?
  - How could react?
  - How could you intervene?
    - Could intervening be upsetting?
    - In what ways can the identities you hold (e.g., gender, race, position of influence, etc.) influence your decision to intervene?
- Take turns, go around the group and share.

_We strongly recommend anonymity and confidentiality when sharing stories._

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You notice that someone is repeatedly interrupted in a meeting.

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Definition:

Microaggression: a comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a member of a marginalized group (such as a racial minority) (Merriam-Webster).

Reference:

Interrupting Bias in Industry Settings. National Center for Women and Information Technology.  
[https://www.ncwit.org/resources/interrupting-bias-industry-settings](https://www.ncwit.org/resources/interrupting-bias-industry-settings).

Merriam-Webster, [https://www.merriam-webster.com/dictionary/microaggression](https://www.merriam-webster.com/dictionary/microaggression)