

# DIVERSITY, INCLUSION & ACCESS

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## Microaggressions

### Interrupted

How to use this card in a group setting:

- Read the situation on the card aloud.
- Discuss the following prompts:
  - o What is your first reaction?
  - o How could you react?
  - o 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.*

You notice that someone  
is repeatedly interrupted  
in a meeting.

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>.

*Merriam-Webster*, <https://www.merriam-webster.com/dictionary/microaggression>