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](https://www.ncwit.org/resources/interrupting-bias-industry-settings)