

DIVERSITY, INCLUSION & ACCESS

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Microaggressions

Low and slow

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 hear someone coach a colleague on how to get ahead, encouraging her to take it “low and slow,” meaning to lower her voice and speak more slowly.

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>