Microaggressions handout action worksheet

Notes to self (jot down ideas that inspire you here):

Three steps I will start to work on today on a personal level:

1. Educate yourself and others
   What are ways in which you will continue to examine your own privilege? How can you continue to work on cultural humility?

2. Model the behavior
   How can you set an example for your team? Use your own stories of microaggressions you may have committed as examples.

3.

4.
Three steps I will start to work on today on an institutional level:

1. Educate, educate, educatee
   How can you work towards implementing mandatory bias training at your institution. How might you ensure that diverse voices have a seat at the table to share their stories?

2. Create safe and inclusive working environments
   Can you work to create a policy on how bias and microaggressions will be handled at your institution? How will you start to acknowledge when microaggressions take place and provide a space to debrief them?

3.

4.

Resources to help me enact my action plan:

- Project Implicit Study at Harvard University (https://implicit.harvard.edu/implicit/takeatest.html)
- Microaggressions.com (project aimed at providing visual representation to everyday microaggressions)
- Breaking the Prejudice Habit (contains workshops and other teaching materials to microaggressions and other forms of bias) http://breakingprejudice.org/
- Mayes, TR. “Recognizing and Addressing Microaggressions” lecture video can be found at https://vpge.stanford.edu/resources/recognizing-and-addressing