

MICROAGGRESSIONS TOWARD IMMIGRANTS



HOW THOSE WHO EXPERIENCE MICROAGGRESSIONS CAN EFFECTIVELY RESPOND

1. Ask:

- Clarify the person's intentions
e.g.,
 - "I want to make sure I understand what you were saying. Were you saying...?"
 - "Could you say more about what you mean by that?"
 - "How have you come to think that?"



2. Educate and Express your Feelings:

- Promote empathy and understanding
- Focus on how the words made you feel, rather than the offender's intention

e.g.,

- "When I hear your comment, I think/feel..."
- "I know you didn't realize this, but when you said ..., it was hurtful/offensive because ..."



3. Challenge the Stereotype:

- Share your experience or facts
e.g.,
 - "Actually, in my experience ..."
 - "I think that's a stereotype. I've learned that ..."
 - "Another way to look at it is ..."



4. Seek Support:

- Seek support from family, friends, or a counsellor
- Report to authorities, if needed

ADDITIONAL RESOURCES

