

# MICROAGGRESSIONS TOWARD IMMIGRANTS



## WHY MICROAGGRESSIONS ARE HARMFUL

### AND WHY IT IS IMPORTANT TO ADDRESS THEM



#### IMPACT ON THOSE WHO ARE TARGETS OF MICROAGGRESSIONS:

May invalidate their identity and background

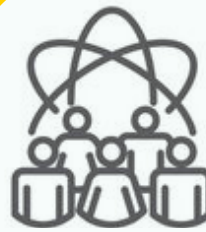
- Send an indirect message that:
  - They are less important
  - They do not belong
  - Their presence is threatening

May harm their mental health

- Can lead to anxiety and depression

May lead to social isolation

- Can discourage newcomers from participating in social activities
- Can diminish newcomers' sense of belonging



#### IMPACT ON SOCIETY:

Create a hostile environment  
Reduce social cohesion in society

May create barriers to the full participation of immigrants in their new community

- May justify unfair treatment of immigrants
- May make it more difficult for immigrants to fully contribute to the community



#### ADDITIONAL RESOURCES

