

INTRODUCTION TO MICROAGGRESSIONS

LGBTQ+

Microaggressions are slight, subtle, and sometimes undetectable to an outsider



Microaggressions are manifestations of unquestioned assumptions, stereotypes, and biases that we hold

Discrimination is still harmful even when it's carried out quietly and appears to be well-intentioned

Repeatedly facing microaggressions can be demotivating, exhausting, and damaging

You should hold yourself and others accountable for the stereotypes you are perpetuating. Remember to question your unconscious biases

