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\* This ACS Webinar is produced for a target audience in India.

- How to become aware with realing competition is the key to a realing worklife balance and job satisfaction
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- How the US election could impact international trade and supply chains, especially with China
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- A brief history of photovoltaic technology, its current status, and its future
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What You Will Learn

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Chemistry for Life®

# <text>

#### THIS ACS WEBINAR WILL BEGIN SHORTLY...





#### How to Recognize and Respond to Microaggressions



Chemistry for Life®

Presentation slides available now! The edited recording will be made available as soon as possible. www.acs.org/acswebinars

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Paula Christopher Program Specialist & Certified Diversity Expert,

The American Chemical Society

### About She+ Geeks Out

SGO's mission is to educate, promote, and support diverse and inclusive organizations.

We achieve this through a holistic approach to fostering diversity, equity, and inclusion in the workplace.





Fatima Dainkeh Learning and Development Manager

She+ Geeks Out | <u>facilitators@shegeeksout.com</u> Diversity, Equity, Inclusion Programming

#### Learning Objectives

- Learn what a microaggression is
- Understand underlying messages and types of microaggressions
- Review ways to microaggressions as a recipient, offender, and witness



# Audience Survey constant Answer the QUESTION ON BLUE SCREEN IN ONE MOMENT

#### During my professional experience, I have:

(Select all that apply)

- ٠ witnessed a microaggression
- experienced a microaggression
- committed a microaggression
- not sure

## Understanding Microaggressions

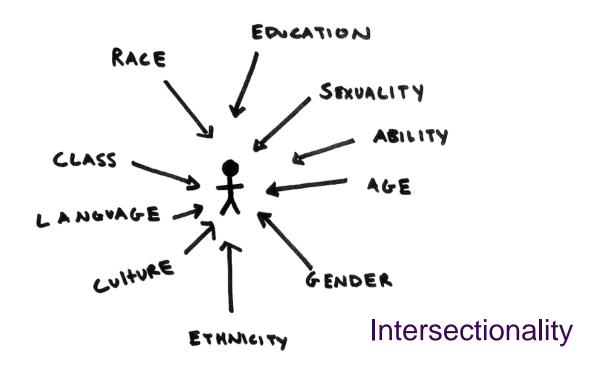
## Microaggressions

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"Microaggressions are the brief and commonplace daily verbal, behavioral and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative slights and insults to a target person or group." This can be because of a person's race, gender (identity or role expression), sexual orientation, religious, age, ability status, and/or class.

Sue, Capodilupo, et al, 2007



## Themes of Microaggressions





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- Alien in One's Own Land
- Ascription of Intelligence
- Color Blindness
- Myth of Meritocracy
- 。 Second-Class Citizen
- Sexist/Heterosexist Language
- Traditional Gender Role
   Prejudicing and Stereotyping

#### Audience Survey Question

ANSWER THE QUESTION ON BLUE SCREEN IN ONE MOMENT

#### Which of the following is a type of microaggression?

(Select all that apply)

- Microassault
- Microinsult
- Microinvalidation
- None of the above

## Types of Microaggressions



#### Microassault

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'Old-fashioned racism'. A verbal or nonverbal attack meant to hurt someone through name-calling, avoidant behavior, etc.

#### **Microinsult**

Subtle snubs or insults, often unintentional, but which convey rudeness and insensitivity, or demean one's heritage/identity.

#### **Microinvalidation**

Communications that exclude, negate, or nullify the psychological thoughts, feelings, or experiential reality of another person.

Examples of Microaggressions



#### **Microassault**

Calling someone the 'N' word

Displaying a swastika

#### **Microinsult**

'He only got the job because of his (insert marginalized identity)'

Calling something "gay" to mean stupid

#### **Microinvalidation**

'You're so articulate'

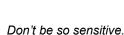
'What's your real name?'

'Where are you *really* from?'

## Additional Examples

Feel free to bring your wife (assuming heteronormativity).







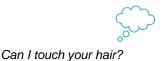
#### Being ignored in meetings.

Responding to Microaggressions

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I would've never

guessed you were gay!



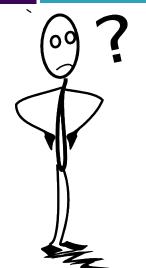
l'm not a racist, I have Black friends.





## What Do You Do?





- Recipient: How can someone who is experiencing a microaggression respond?
- **Offender:** How can someone who has done or said something harmful respond?
- **Witness:** How can someone who is witnessing a microaggression respond?

## Individual Level Tips



#### Recipient

- It's not your job to teach
- Respond if you feel safe
- Keep context in mind
- Criticize the act, not the person
- Reach out for support

#### Don't respond

#### Offender

Accept responsibility Try not to be offensive An apology is a critical first step Acknowledge the other person

Work to raise your own

awareness

Intent does not equal impact

#### Witness

#### Be an ally

Speak for yourself, not for the recipient of the microaggression

Develop and practice responses

Check in with the recipient of the microaggression

Report the incident

## Institutional Level Tips

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- Acknowledge that microaggressions occur on a daily basis in and out of the workplace
- Believe and support employees who report experiencing a microaggression
- Foster an environment that encourages open and honest conversations
- Develop formal and informal ways to provide and receive feedback
- Offer trainings and opportunities to support employees in their diversity, equity, and inclusion journey

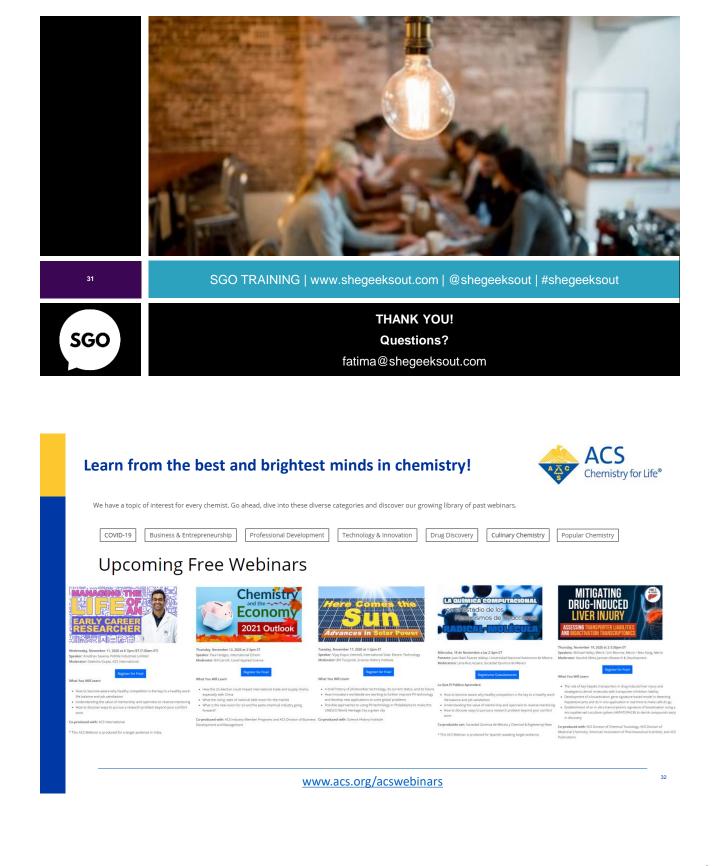
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