

Racial Microaggressions

“Commonplace verbal or behavioral indignities, whether intentional or unintentional, which communicate hostile, derogatory, or negative racial slights and insults.”

Microinsult

Often unconscious

“Behavioral/verbal remarks or comments that convey rudeness, insensitivity and demean a person’s racial heritage or identity.”

Microassault

Often conscious

“Explicit racial derogations characterized primarily by a violent verbal or nonverbal attack.”

Microinvalidation

Often conscious

“Verbal comments or behaviors that exclude, negate, or nullify the psychological thoughts, feelings or experiential reality of a person of color.”

Microexclusion

Often unconscious

“The omission or lack of presence of people of color in real and symbolic locales that serve to facilitate perceptions of exclusion.”