**Reflection on Interrupting Microaggressions**

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Microaggression is a verbal or nonverbal slight that affects an individual who may identify as belonging to a marginalized or nonmainstream community. This webinar does a great job explaining the types and implications of microaggression and how it’s important to become an active ally i.e., interrupting the microaggression and educating the person causing it.

I learned a lot after watching this webinar. Microaggressions are anything but “micro” and people oftentimes do it without thinking about it. I have been guilty of microaggression even though I have never intended to harm anyone by it. It made me realize that I’ve often been on the receiving end of it as well and I have been bothered by certain things people say such as “you must be good at science” or “I’m surprised your English is very fluent” etc. This webinar forced me to realize that if I didn’t really like these things being said to me, I need to be careful not to say something similar to someone else.

The speaker was very passionate about the topic and described the 3 types of microaggression which were microinsults, microassaults, and microinvalidation. She also gave various examples of how people commit microaggressions and I was surprised by some of them, for example, “Where are you from?” and “Wishing everyone Merry Christmas”. I assumed they were harmless; the former being asked as an icebreaker to get to know someone and the latter wishing someone as if to include them in the holiday even if they don’t celebrate it. Personally, I don’t mind if people wish me a Merry Christmas but after thinking about it, I can see why it would be considered a microaggression.

My favourite part of this webinar was when the speaker discussed the suggestions for interrupting microaggressions from the standpoint of those experiencing, observing, or perpetrating them. Constantly experiencing slights can be devastating to our mental health. This is why it’s vital that those who experience them talk openly about how they feel, those who witness microaggressions be active in interrupting them, and those causing the microaggressions engage in self-reflection, accept responsibility for their actions, and educate themselves on how to avoid it in the future.

**References**

EatrightPRO.org Login Page. www.eatrightpro.org. Accessed July 18, 2024. <https://www.eatrightpro.org/-/media/files/eatrightpro/ndep/ndep-pdfs/interrupting-micoaggressions-slides.pdf?rev=049b33e936f343c78fabf7d553cb582c&hash=F493FDA64973B3F8E0E8A6B7F514D19E>

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