


Equalities Tutor Time: Microaggressions

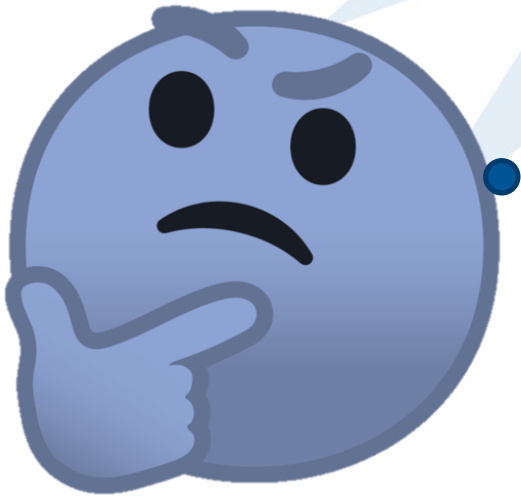
Produced at Fullbrook School

With extra resources from:
Focussed.Arts.Media.Education
Fusion Comedy


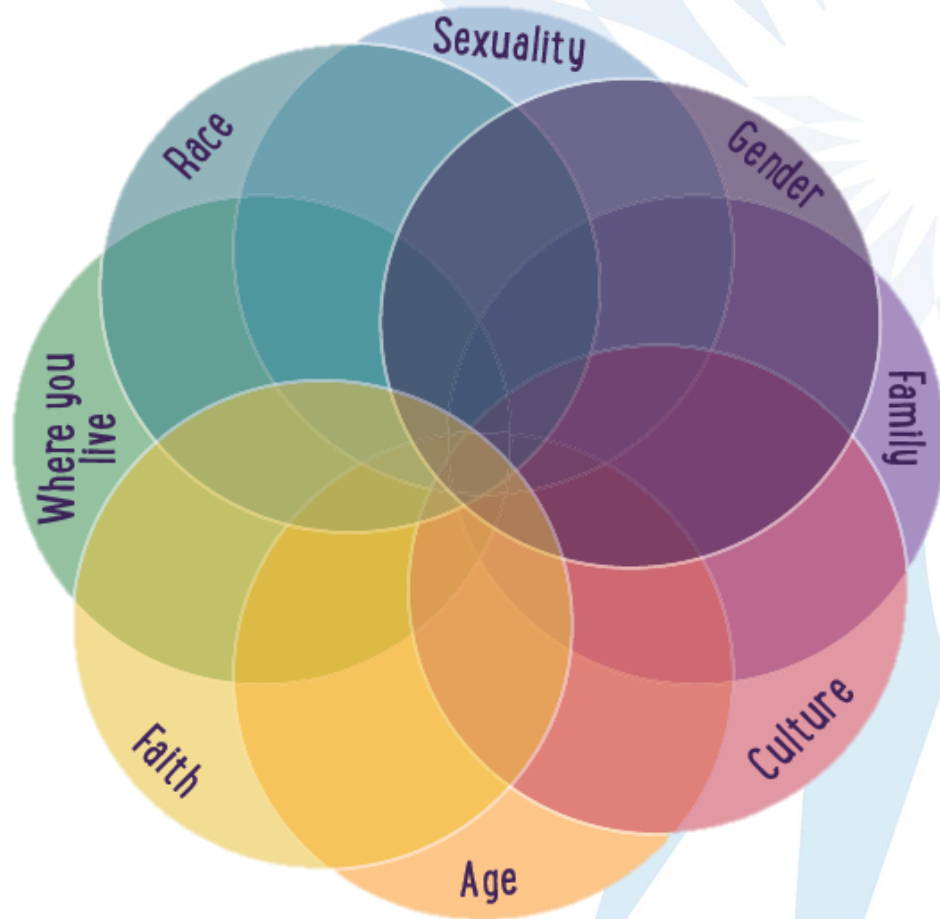
Big think



Do you have to be
obviously aggressive
to be doing or saying
racist?



Jot down the parts of your identity that are important to you!



Perhaps they are things you are proud of, elements that help us to understand who you are and what motivates your choices in life.

Jot down the parts of your identity that are important to you!

Perhaps they are

Now consider: these are things you may be proud of – but what if, every day, people said things to make you feel like maybe you should be ashamed of them instead.

Age

Jot down the parts of your identity that are important to you!

Race

Sexuality

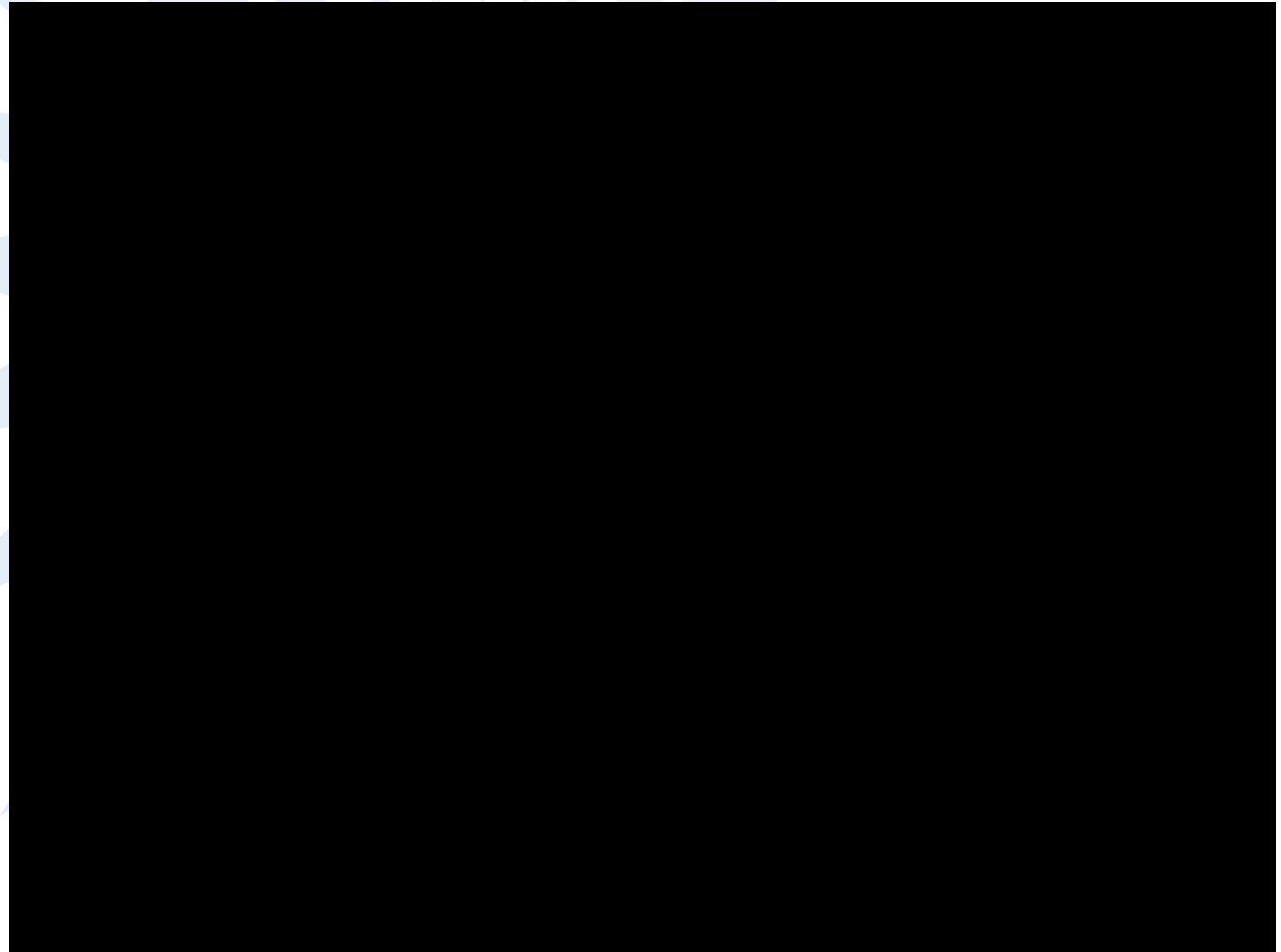
Gender

Perhaps they are

Remember a time when: someone says something to you without even thinking about it, and it trips you up, makes you feel rubbish or small. Perhaps they didn't mean it, so you don't feel confident to call them out on it. – but it stays on your mind for a while and it doesn't feel good.

Age

As you watch, make a list – what things do the students say had an impact on them?



<https://youtu.be/ZahtlxW2CIQ>

Did you get...

- Implying people don't belong if they don't have an English name/family
- Implying you can't be gay if you don't look a certain way.
- Assuming all members of a group fit a negative stereotype
- Assuming people who aren't white can't speak English
- Surprise when people from specific racial groups don't fit the negative
- Assuming all people in a whole racial group think the same way or behave a certain way with no room for individuality
- Refusing to listen to people of colour's experiences of racism, saying its not a big deal

So why are people upset by these seemingly small things?

Discuss: Are these students just making a big deal out of nothing?

Why might these things feel important to them?




Don't forget, little things add up:



Warning, YouTube version contains swearing.

<https://youtu.be/hDd3bzA7450>

By yourself - think about it:



What stereotypes are in your head, whether you agree with them or not?

Do any of the things we've heard mentioned ring a bell as things you've said or experienced?

How might they affect how you interact with people?

Is there anything you might think twice about saying or doing now?