

Microaggressions and Social Work Research, Practice and Education

A microaggression is a subtle, often unintentional, form of prejudice. Rather than an overt declaration of racism or sexism, a microaggression often takes the shape of an offhand comment, an inadvertently painful joke, or a pointed insult. For example, a person might comment that an Asian American employee speaks English well. Another might ask where an American Indian student is from. A woman may cross the street when she sees an African American man walking toward her at night.

These individuals may not have intended to offend anyone, but the comment or action still reminds the person who receives the microaggression that they are not fully accepted or trusted in their community. People are often well-intentioned, and they want to consciously promote equality, but unconsciously they may act differently.

Reference

[The COVID-19 Butterfly Effect: Embark on a Journey of Global Discovery as You Navigate the Good, the Bad, and the Motivational!](#)

[Speaking Honestly with Sick and Dying Children and Adolescents: Unlocking the Silence](#)