

# WHAT YOU AND YOUR FRIENDS CAN DO IF YOU EXPERIENCE RACISM IN SCHOOL

ILLUSTRATED BY CHRISTINE CHEUNG

DEVELOPED BY **ACCT** Foundation



## WHAT IS A MICROAGGRESSION?

Psychologist Derald W. Sue, defines microaggression as: "The everyday slights, indignities, put downs and insults that people of color, women, LGBT populations or those who are marginalized experiences in their day-to-day interactions with people." Research has shown that microaggressions can also create negative mental health outcomes.

A subtle form of discrimination or microaggression can be disguised as a joke. Jokes about one's race, such as the one above, are discriminatory and can embody and perpetuate racial stereotypes. Know that you have the choice to walk away, ignore the bully, and that is okay. This means ignoring the bully and not giving him/her a reaction that they are seeking.

If you feel safe, and choose to stand up, do it with both words and body language. You can say loudly, "Stop! Get a life." Practice assertiveness by role playing. Know that your body language also conveys a message. You can literally stand up and use a power pose (e.g. picture Wonder Woman or Superman poses).

To report a racist incident, text message to a national reporting line at 1-587-507-3838.

**ACT 2  
END  
RACISM**

**CALGARY  
FOUNDATION**  
FOR COMMUNITY, FOREVER

Funded by the Government of Canada  
Financé par le gouvernement du Canada

Human Rights  
Education and  
Multiculturalism  
Fund

**Canada**

**ACCT  
Foundation**

Source: Desmond-Harris, J. (2016, February 16). What exactly is a microaggression? VOX. Retrieved from [www.vox.com/2015/2/16/8031073/what-are-microaggressions](http://www.vox.com/2015/2/16/8031073/what-are-microaggressions).

Bystanders to Bullying. (n.d.). Stopbullying.gov. Retrieved May 6, 2020, from [www.stopbullying.gov/prevention/bystanders-to-bullying](http://www.stopbullying.gov/prevention/bystanders-to-bullying).