Experiencing Microaggressions: How Can I Respond?

INTRODUCTION

People who experience microaggressions feel a range of emotions, frequently including stress, distress, anxiety, insecurity, and decreased feelings of well-being and self-esteem. What can I do when I am a target of a microaggression? What supports can I access? How can I respond effectively?

In this course – which is broken into six 5-minute blocks – speaker Noma Anderson explores the impacts of microaggressions, provides tools for responding, and guides us through practicing effective and empowered communication strategies as well as purposeful empathy and reflection to reduce the consequences of these events.

LEARNING OUTCOMES

You will be able to:

• Describe what it feels like to experience microbullying and the consequences of these events
• Describe specific responses that can effectively respond to microaggressive statements in ways that empower and validate self-worth
• Identify resources that can offer support to individuals who experience microaggressions

CONTENTS

How Do Microaggressions Feel? ................................................................. 5 min.
Review Examples .................................................................................. 5 min.
Plan ........................................................................................................... 5 min.
Practice ................................................................................................. 5 min.
Reflect ..................................................................................................... 5 min.
Learning Assessment ............................................................................. 5 min.

PROGRAM HISTORY and IMPORTANT INFORMATION

Recording date: December 2020
End date: January 1, 2026

To earn continuing education credit, you must complete the learning assessment on or before January 1, 2026.

This course is offered for 0.05 ASHA CEUs (Intermediate level, Related area).

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