Witnessing Microaggressions: What Can I Do?

INTRODUCTION

As a bystander, we may not recognize a microaggression as it is happening, may not know what to do, or may feel uncomfortable speaking up, but a passive response can significantly exacerbate the consequences. How should we respond when we witness a microaggression?

In this course – which is broken into six 5-minute blocks – speaker Noma Anderson explores how to change our natural response as a bystander from passive to productive and guides us through practice activities to improve our ability to recognize microaggressions and increase our confidence in speaking up in support of individuals experiencing these events.

LEARNING OUTCOMES

You will be able to:

• Describe key characteristics of microaggressions, and recognize them when they occur
• Practice microinterventions – specific ways to respond when witnessing a microaggression that improve safe and effective communication

CONTENTS

Productive Microinterventions .......................................................... 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).