

# *Microaggressions summary*

- Microaggressions are little verbal comments which insults people mostly without intending to do. They also can be nonverbal. There are three types of microaggressions.
- Microassaults are intentional discriminating the other.
- Microinsults are not intended and supposed to be a compliment but include an exception to a stereotype.
- Microinvalidations aren't intentional and ignore the individual with their thoughts, feelings and experiences.
- You'll find microaggressions everywhere but the majority of people aren't intending to insult anyone.
- Everyone can do something to stop microaggression. It's very important to raise awareness so nobody accidentally hurt someone anymore. Presentations, websites, or similar things help a lot.