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 accidently hurt someone anymore. Presentations, websites, or similar things help a lot.