

# Ways to Respond To Microaggressions

[Summarized from an article by Aliya Khan](https://everydayfeminism.com/2015/01/responses-to-sexist-microaggressions/)

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## *Present Another Way of Viewing the Situation*

- Confrontation does not always mean saying “You’re wrong.” A more subtle form of confrontation can be saying “That’s not always right.”
- When a microaggression sneaks into your everyday conversation, a gentle redirection regarding why a given statement is not altogether true or factual can be helpful.
- Some examples of how you can start that conversation include: ***I experience that like...I’ve heard it explained like...That could also mean...That could also be experienced through...***

## *Challenge the Microaggression*

- Respond with “***that is not my experience, and is not the experience of many [insert] people.***”
- As a bystander, you can try the “if I were in that position” approach: “***For a woman who wants to be a mother, maybe she would be disappointed by not having that chance. But I don’t want to be a mother, so that’s not something I am looking for in my life.***”
- An open question: “***When have you heard that? Who have you talked to about that?***”

## *Expressing Your Disagreement*

- Asserting your position: “***I don’t agree with that.***” “***That is not right***”
- If you don’t feel comfortable continuing the conversation beyond this: “***There is plenty of research/information out there to give you another perspective.***” “***I’ve looked into this issue and have found data that supports my position.***”

## *Explain To Someone Why You Disagree*

- You are planting the seeds of dissent, which may go far with people who respect/love you
- ***I have studied and talked to people who identify as \_\_\_\_\_, and my understanding is that that is not their experience. They have experienced...***

- ***I have read and learned about that, and what you are saying is not only untrue, but it is also harmful. Comments like that contribute to...***

## ***Redirect the Conversation***

- May be the go-to option if in a public setting or formal space
- ***“Let’s talk about ... did you hear about ... what did you think when ...”***
- If possible, change the topic to something relatable that may shed light on what just happened to help bring awareness to the microaggression: ***“Hey, have you heard about the concept known as ‘codeswitching?’ I recently heard about ...”***

## ***Doing Nothing***

- It **IS** OK to do nothing, if the moment to do something is not right
- If you choose nothing, do some reflection on what you may be able to do the next time around or what circumstances would make it more plausible for you to do something