



Tips for Using the Micro-aggressions Document

1. Before introducing this tool, participants should be familiar with the Power Wheel, which is available on the Raising Awareness section of the BCTF Equity and Inclusion webpages.
2. Ask participants if they are aware of the term, micro-aggressions, and have someone explain this term to the group. If no one is familiar with the term, explain that micro-aggressions are comments or actions, that while often unintentional, are offensive because they single out a person based on how they are perceived to differ from the “norm.”
3. View the YouTube video, How Micro-aggressions are like Mosquito Bites, Same Difference at the following *link*.
4. Hand out the micro-aggressions worksheet and in small groups, ask participants to discuss examples of micro-aggressions they have experienced.
5. Remaining in their groups, challenge participants to identify micro-aggressions they have engaged in themselves.
6. In a large group, ask participants to share their thoughts on how their awareness of micro-aggressions and their impacts might influence their behaviours in the future.