

# Understanding Racial Micro-Aggression

## with Examples



**"I see you are running on colored people time this morning..."**

**You belong to an ethnic group that is always late and lazy.**



**"Here's my coat honey"**

**I was mistaken as a service worker solely because of the color of my skin.**



**"Why do you have to be so loud? Just calm down!"**

**You should assimilate to the dominant culture.**



**"When I look at you I don't see color."**

**I'm denying one of the most important identifying factors about you in order to make myself more comfortable.**



**She clutched her purse when I walked by.**

**She assumes I'm a criminal because I appear to be of Latino descent.**

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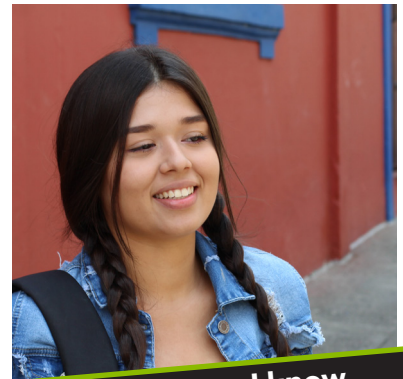
**"You speak good English."**

**You are not American.**



**"There's only one race - the human race."**

**You cannot have your own unique culture.**



**"As a woman, I know what you go through as a minority."**

**Your racial oppression is no different than my gender oppression.**



**"The store owner kept following me around."**

**You are dangerous.**



**"Where were you born?"**

**You must not belong here.**