

Racially Abusive Messages Often Experienced Daily by People of Color and Various Ethnic Backgrounds

Sometimes Known as RACIAL MICRO-AGGRESSION



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

Racist Message:
You belong to an ethnic group that is always late and lazy.



"Here's my coat honey"

Racist Message:
You were mistaken as a service worker solely because of the color of your skin.



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

Racist Message:
You should assimilate to the dominant culture.



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

Racist Message:
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.

Racist Message:
She assumes I'm a criminal because I appear to be of Latinx descent.

(Continued on page 2)

Racially Abusive Messages Often Experienced Daily by People of Color and Various Ethnic Backgrounds

Sometimes Known as RACIAL MICRO-AGGRESSION



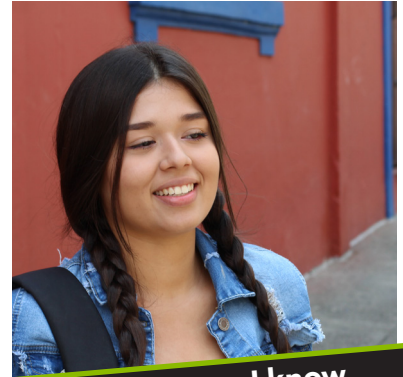
"You speak good English."

Racist Message:
You are not American.



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

Racist Message:
You cannot have your own unique culture.



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

Racist Message:
Your racial oppression is no different than my gender oppression.



"The store owner kept following me around."

Racist Message:
You are dangerous.



"Where were you born?"

Racist Message:
You must not belong here.

Racially Abusive Messages Often Experienced Daily by People of Color and Various Ethnic Backgrounds

Sometimes Known as RACIAL MICRO-AGGRESSION

Worksheet and Journal Page

Have you ever experienced this type of Racially Abusive Message?

- Yes
- No
- I'm not sure

If you think you have, or might have, how has this made you feel?

Did you respond?

- Yes
- No
- I wanted to but I didn't
- I was afraid of the consequences if I did

If you did respond, how did you respond to the other person when they said this statement or gave you this message?

If you wanted to but didn't, or were afraid of the consequences, why did you feel that way?

Journal any other thoughts or feelings you have here.

It's okay for you to have any feelings or concerns about experiencing Racially Abusive Messages. We encourage you to journal about them and talk about them with a trusted adult.