# Examples of Verbal and NonVerbal Microaggressions

<table>
<thead>
<tr>
<th>Microaggression</th>
<th>Theme</th>
<th>Implicit Bias/Context</th>
<th>Impact/Message</th>
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</table>
| “Where are you from?”  
“Where were you born?”  
“You speak good English.” | Alien in own land | When Asian Americans and Latino Americans are assumed to be foreign-born | You are not American. You are a foreigner |
| “You are a credit to your race.”  
“You are so articulate.”  
Asking an Asian person to help with a Math or Science problem. | Ascription of Intelligence - Assigning intelligence to a person of color on the basis of their race. | People of color are generally not as intelligent as Whites.  
All Asians are intelligent and good in Math / Sciences. | It is unusual for someone of your race to be intelligent. |
| “When I look at you, I don’t see color.”  
“America is a melting pot.”  
“There is only one race, the human race.”  
“All lives matter” | Color Blindness - Statements that indicate that a White person does not want to acknowledge race | Since race doesn’t have an affect on me (white person) I can’t see why we can’t all get along. | Denying a person of color’s racial / ethnic experiences.  
You must Assimilate / acculturate to the dominant culture.  
Denying the individual as a racial / cultural being. |
| A White man or woman clutching their purse or checking their wallet as a Black or Latinx person approaches or passes.  
A store owner following a customer of color around the store.  
Crossing the street when a person of color approaches. | Criminality – Assumption of criminal status on the basis of race | A person of color is presumed to be dangerous, criminal, or deviant on the basis of their race. | You are a criminal.  
You are going to steal  
You are poor  
You do not belong  
You are dangerous. |
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<th>Description</th>
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| “Don’t you want a family?”  
“Have you ever had real sex?”  
“So who is the man in the relationship?” | **Heteronormativity** | That people who aren’t in heterosexual relationships are unable to have a family. Assumptions that they all relationships must fall along heteronormative lines. | Your relationship isn’t real.  
You can’t be fulfilled.  
You must pick a side. |
| “You’re going to stay home with the kids right?”  
“What she’s trying to say is…”  
“You should smile more” | **Sexism** | That women must fall into gendered roles from the 1950’s. That male affect, presence, behavior is the standard and everything else is contrary to. | You shouldn’t be working.  
You’re a failure as a woman.  
You’re not good enough.  
You’re not being listening to and valued. |
| “You have a mental illness, but you seem so normal”  
“Why don’t you just get out of bed and get some fresh air” | **Invalidation of Severity of Mental Illness** | That mental illness looks/behaves a certain way. General misunderstanding of the effects that mental illness can have. | You must not be hurting that much.  
It must not be that bad.  
Why can’t you get over this? |
| “Oh! I wouldn’t think you live here”  
“Oh you haven’t been to Europe, you really should go” | **Classism** | Assuming someone doesn’t live in a certain neighborhood because of how they look, talk, act. Assuming that everyone has means to travel | You don’t belong.  
You’re not going to lead a fulfilling life. |
| Washington Redskins  
Robert E. Lee High School  
College rooms and hallways with pictures of predominantly White heterosexual upper class males | **Environmental** | Assumes that harm cannot take place by names or visuals. Assumes that | You don’t belong.  
You’re not welcome here. |
| “You’re just being too sensitive”  
Eye rolling  
“You’re always so difficult” | | Dismissive reactions that occur when bringing up that a microaggression has taken place. | |
“You’re making too big of a deal of things”