Microaggressions are commonplace verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative slights and insults to historically marginalized peoples.

While these everyday slights are often committed unintentionally, the emotional harm of having daily reminders of one’s perceived social difference and inferiority can be overwhelming and debilitating for marginalized peoples.

Whether or not we understand the power of our words, we still use them...

So what kind of impact do you want to make?

your voice. your choice.