



# WORKSHEET

## LIST OF MICRO-AGGRESSIONS

### Activity 4

Read the following incidences and decide as a group whether they constitute incidences of prejudice, discrimination or abuse. Also rate how innocent or serious you think is the incidence

	Incidence of discrimination or prejudice (yes/No)	Innocent/ Harmless	Serious/ Harmful
1. A group of boys are 'checking out' girls. One of them points at a girl and shouts 'Look at that! I have to get myself a piece of that!'			
2. A boy and his girlfriend are talking to a group of friends. The boy often interrupts her as she's speaking and says, 'What Miranda is trying to say.....'.			
3. Amanda is the new girl who joined your class. One of the other girls had asked her to borrow her phone so she could call her parents. You later find out that the girl had sent a few texts from Amanda's phone to some of your classmates, saying 'Call me for hot sex'. She said that she did it as a joke.			
4. Some of your friends have started a discussion about sexual harassment and the #MeToo movement. One of the boys responds 'Men have strong sexual urges and it is up to women to know how to tame these urges'			
5. John likes to express his gender differently in his overall style. Sometimes he also wears make-up or nail polish. One of your friends, who was well-meaning, told him that he needs to watch out and consider changing his appearance to be more manly, so he can better fit in and avoid being harassed.			



	Incidence of discrimination or prejudice (yes/No)	Innocent/ Harmless	Serious/ Harmful
6. A friend of yours posts a picture of their boyfriend and compares it with the picture of a very athletic guy. Your friend jokes that the only six pack their boyfriend will ever have is a six pack of beer.			
7. Your friends criticize Paul that he is often over-reacting to things that are not a big deal and that he is overly sensitive. One of the girls even tells him to 'man up!'.			
8. At gym class, the students are split into groups of mixed genders. When a girl is delegated captain of one of the teams, one of the boys walks out saying 'no way I'll accept to be bossed around by a girl'.			
9. The boys asked a trans boy to leave the bathroom and go to the girls' one			
10. At the university track games, many people criticized that Janine, an intersex female athlete, should not have competed as a woman. They considered that because she has higher natural testosterone levels, she was somehow breaking the rules.			
11. Mary was in love with Johnathan and eventually asked him out. When he politely told her he wasn't interested, Mary told her friends that he must be gay and started posting discriminatory comments about his masculinity on Instagram.			
12. Some of your friends are joking with a person who expresses their gender as nonbinary "Hey! Do you wear panties or boxer shorts?"			
13. Some people started a discussion online under the picture of a trans person in Instagram about this person's appearance saying that they can never be beautiful or attractive.			



	Incidence of discrimination or prejudice (yes/No)	Innocent/ Harmless	Serious/ Harmful
14. Martinez identifies as nonbinary and wants to use the pronoun 'them'. Some people though, perceive that Martinez 'looks more like a boy' and continue to call Martinez 'he' or by their birth-given name.			
15. You're talking with your friend Lisa who has come out as bisexual and you constantly refer to her and her lesbian friends as 'You people.....'			
16. Your friend Michael has told you he is gay and your reaction is 'Wow! You don't look like it at all! Oh...what a shame. I was just trying to set you up with Annie so we could double date'.			
17. It is PRIDE month and some of your friends will go to some of the events. When they invite you to go too, your reply is: 'I really don't understand why PRIDE events need to be organized. Since we don't have a march for straight people, why do we need to have one for gay people?'			
18. Your friend Jane just got into a relationship with another girl. She invites you over to her place, so the three of you can hang out. You reply 'I'd love to. As long as you and your partner don't kiss or hold hands or get all lovey-dovey in front of me!'			
19. A friend of yours come out to you as asexual and you reply "Really? Do you really want to miss out on sex? Maybe it is only a phase and it will pass."			