**Examples of Microaggressions**

**Theme:** When people of colour are assumed to be from a different country.

**Microaggression:** “Where are you from?”

“Where were you born?”

“Your English is really good.”

**Message:** You aren’t from this country

**Theme:** A person of colour is presumed to be dangerous, criminal, or deviant on the basis of their race.

**Microaggression:** A store owner following a customer of colour around the store. A white person waits to ride the next elevator when a person of colour is on it.

**Message:** You are a criminal. You are going to steal / You are poor / You do not belong / You are dangerous.

**Theme:** When a person’s way of life is questioned or presumed wrong.

**Microaggression:** A parent moving their child away from a same sex couple holding hands.

**Message:** Your relationship is wrong.

**Theme:** Ableist language and prejudice towards disabled people’s abilities.

**Microaggression:** Telling someone “You’re so brave” just for existing in the same space as you.

**Message:** You don’t really belong here.

**Theme:** Use of heterosexist or transphobic terminology.

**Microaggression:** Saying “That’s so gay”.

**Message:** Being gay is abnormal and wrong."