

Let's talk about microaggressions

A microaggression is an intentional or accidental comment or action that negatively targets a marginalised group of people. Here are some common examples which can harm BAME colleagues.

"I don't see colour"

"No, where are you really from?"

"You act so white"

"You speak English so well"

"All lives matter"

"You people..."

"She is so exotic"

"When was the last time you went 'home'?"

Remember to focus on the **effect** your words and actions can have on others – your **intentions** are not the only thing that matter

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www.bva.co.uk/goodworkplaces



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