

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 women.

"Can I speak to someone more senior?"

"That's not very ladylike"

"You're too pretty to worry about that"

"Did you never want children?"

"She's feisty!"

"Why are you getting emotional?"

"It's impressive that you've had kids and a career"

"We need someone who is strong"



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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