

# MICROAGGRESSIONS

Even though Juneteenth is a federal holiday, it often is not talked about in school, on the news, or in the workplace. Arizona, Arkansas, Florida, Hawaii, Indiana, Mississippi, Montana, New Hampshire, North Dakota, Wisconsin and Wyoming do not recognize Juneteenth as a state holiday, despite it being a federal holiday. It is important for us to remember that Juneteenth is not “a holiday just for African-Americans,” but a holiday for all Americans. It is a recognition of an important event in our nation's history, and it is a day of remembrance and celebration for the struggles that took place so that change can happen.



## Microaggressions are a big deal: How to talk them out and when to walk away (10 minute read, 21 minute podcast listen).

NPR's Life Kit program tackles the issue of microaggressions by explaining what they are, how to address them, and what to do when you can't work your way through them.

## Implicit Bias: Peanut Butter, Jelly and Racism (2 minute 26 second video)

PBS breaks down what implicit bias is and how it relates to racism in an easy to digest format.

## Microaggressions in the Classroom (1 minute 41 second video)

Another PBS video that talks about how to recognize microaggressions in the classroom and how teachers can help prevent them.

## “You’re So Sensitive” Microaggression, Racism, and Internalized Racism: A Psychoanalytic Understanding (10 minute read)

This article takes a deeper dive into internalized racism and how racial bias is systemically ingrained in our culture.

## How to Talk to Kids About Microaggressions (8 minute read)

This article gives examples of everyday microaggressions that you may hear on a regular basis. It offers insights into how to talk to children about microaggressions and tips on how to counteract implicit bias.

