



## Handout to Activity 2: Thinking about yourself as...

Describe what you learned about Sarah from the story:

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Describe what you learned about David from the story:

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Describe how would you feel as Sarah in this situation – describe it:

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Describe how would you feel as David in this situation – describe it:

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Now think about alternative ways to deal with the situation. Write down how to deal with the microaggression.

Step 1: Acknowledgement – acknowledge that microaggression has occurred (restate or paraphrase: I think I heard you saying....).





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Step 2: Name the behaviour or action as microaggression (for example: I know that you didn't realize, but when you ...).

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Step 3: Explain how the microaggression makes you feel (When you ..... I felt...)

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Step 4: Ask the perpetrator to stop behaviour (I would like you to stop....).

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Write down how you would avoid responding in social groups as a man or as a woman, but as a person, so you will not offend or hurt someone. (you can choose if you would like to represent David or Sarah).

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The presence of other students might change the direction of social categorization entirely, leading both David and Sarah to think of themselves as students at their own university. In that case how would you deconstruct David's statements?

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How would you respond as a bystander – as a student who is seating near the David and Sarah?

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