**Base Readings/Videos:** Primary materials we’ll reference during the Study Group.

* [Microaggressions in Everyday Life (Video)](https://www.youtube.com/watch?v=BJL2P0JsAS4) (~4.5 minutes)
* [Categories of / Relationships Among Racial Aggressions Chart](https://drive.google.com/file/d/1uaDmMr18Ht4qhaSu4svVJiDCdqhGGuRS/view?usp=sharing)  (from [Racial Microaggressions in Everyday Life](https://world-trust.org/wp-content/uploads/2011/05/7-Racial-Microagressions-in-Everyday-Life.pdf))
	+ Optional: [Examples of Racial Microaggressions](https://sph.umn.edu/site/docs/hewg/microaggressions.pdf)
* [Microaggressions Don’t Just "Hurt Your Feelings"](https://www.usatoday.com/story/news/2018/02/28/what-microaggressions-small-slights-serious-consequences/362754002/)
* [Racial Microaggressions: Comments that Sting (Video)](https://www.youtube.com/watch?v=_85JVcniE_M) (~ 4 minutes)
	+ Optional: [I, Too, Am Harvard: Play (Video)](https://www.youtube.com/watch?v=57lM9fp9aNU) (~ 90 seconds)
* [No, We Can’t Calm Down - Tone Policing Is Just Another Way to Protect Privilege (Comic Strip)](https://everydayfeminism.com/2015/12/tone-policing-and-privilege/)
* [Audre Lorde’s “The Uses of Anger: Women Responding to Racism” (1981)](http://www.blackpast.org/1981-audre-lorde-uses-anger-women-responding-racism)

In addition to the base readings, complete the following **Pre-meeting activity (~5 minutes)**:

On a piece of paper that can be cut or ripped into pieces...write down two of three from below:

* A microaggression that you have heard or witnessed recently
* A microaggression that you have said or thought but not said at any point
* A microaggression that you have experienced

Our conversation will focus on race, but the microaggressions you write down can be about any type of prejudice.

**An important note:**

Our goal is to ground this discussion within our work as progressive women, so everyone is encouraged to bring statements or actions that are likely to occur in progressive circles, and which may be interpreted differently by those within the group. As an example, "You are very smart for a black person" is a VERY good example of a microaggression, BUT because it is a very clear-cut example, it may not prompt brave discussion within the group. If you are not totally sure if something *counts* as a microaggression, or *why* it does - that's encouraged! Please bring it in a spirit of learning together.

**How we will use these statements:**

We will be putting your examples in a hat, and then each small group will select a few and talk about the meaning behind the statement. You won't have to "claim" your submissions, though you certainly can in conversation if you like.

**Questions to Consider:**

* Do you feel you have ever been judged because of your identity, looks, gender, sexuality, ethnicity, or race?
* Have you ever judged others based on account of their identity - perceived or actual?
* How do microaggressions within our own group (SJWPC) limit our ability to accomplish our goals in South Jersey? (or any other group or setting you work or participate in).

**Optional Readings/ Videos/Activities:** If you have the time and/or interest, you can explore some or all of the materials below related to our monthly topic.

* [Interactive and Informative Game: Killing Me Softly](http://fobettarh.github.io/Killing-Me-Softly/) (~10 minutes)
* [Different Types of Microaggressions Chart](https://drive.google.com/file/d/1h8C4ztH1GU9Mm0To5K5Mq7ctWJSt2Nyc/view?usp=sharing) (from [A Guide to Responding to Microaggressions](https://advancingjustice-la.org/sites/default/files/ELAMICRO%20A_Guide_to_Responding_to_Microaggressions.pdf))
* [Insidious Oppression: 10 Common Racial Microaggressions](https://www.goodtherapy.org/blog/insidious-oppression-10-common-racial-microaggressions-0323155)
* [What Are Microaggressions and Are You Committing Them?](https://blavity.com/what-are-microaggressions-and-are-you-committing-them?utm_content=buffere4590&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer)
* [Cambridge’s Minority Report: Volume 1](https://www.youtube.com/watch?v=ZlTwyJ677Ro) (~ 4 minutes)
* [21 Microaggressions You Hear on a Daily Basis](https://www.buzzfeed.com/hnigatu/racial-microagressions-you-hear-on-a-daily-basis?utm_term=.avDq5qnyYj#.hi36N6WVXB)
* [Racial Microaggressions, Visual Project by Kiyun Kim](http://nortonism.tumblr.com/tagged/microaggression)
* [A Refresher Course on Tone Policing](https://groupthink.kinja.com/a-refresher-course-on-tone-policing-1562126390)
* [I’m Sick of People Tone Policing Me For Being Angry About Oppression](https://www.xojane.com/issues/tone-policing-anger)

# [Tone Policing 101: What It Is, Why It’s Problematic, Why You Shouldn’t Do It](http://bondedmagazine.com/2017/06/21/tonepolicing/)

* [Tone Policing (and what to do instead)](https://disruptingdinnerparties.com/2014/11/05/tone-policing-and-what-to-do-instead/)