



CROWN Clubs

Managing Microaggressions





MANAGING MICROAGGRESSIONS

Microaggressions are the everyday slights, insults, putdowns, invalidations, and offensive behaviors that people may experience in daily interactions with generally well-intentioned individuals who may be unaware that they have engaged in demeaning ways.

Here are some suggested ways to handle common microaggressions that you may experience in school or in everyday life.

Q. Your hair so soft (or your hair is so curly), you must be mixed with something. What are you?

A. I am Black, my parents are Black, and my ancestors come from the beautiful shores of the continent of Africa ... OR ... I have parents of different races and am bi-racial.

Q. Can I touch your hair?

A. Thank you for asking first. No, you cannot touch my hair as it is an invasion of personal space; it also has a deeply negative association with historical racial issues that date back over 400 years.

Q. I really like it when you wear your hair the other way. When it was straight, it looked so pretty!

A. Thank you! I agree it looks pretty when I wear it straightened. I also love my natural hair and texture, and I am grateful that I can do so many things with my hair. In fact, I may do something different again tomorrow!

Q. Wow, your hair looks completely different today! How does it do that?

A. Black hair has many wonderful textures, and I am proud to be able to wear it in so many different, unique, and beautiful ways.

Q. Your hair is so curly (or so big); how do you get it so curly (or so big)? That it really amazing!

A. This is my natural hair. This is how it looks when I wake up every morning.

Q. Do you wash your hair?

A. Yes, I wash my hair just like you; with shampoo and conditioner that's designed for the care of my natural hair.

Q. Why do so many people like to wear those (negative word) "dreadlocks"?

A. They are actually called locs (not dreadlocs), and I think they are beautiful. You may want to read about them to find out more about their rich, powerful history.



All materials have been developed in partnership with Black hair care experts.

Log on to thecrownact.com for more tools to help care for your CROWN, handle microaggressions, and much more.