



Thank you for attending our Microaggressions 101 workshop with the Office of Diversity and Inclusion’s DEI Education program. Below you’ll find some helpful resources to further support your DEI work.

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Microaggression Categories and Themes

A flow-chart of Racial Microaggressions with definitions and a break-down of verbal, nonverbal, and environmental manifestations. [Access a PDF of the Microaggressions Categories and Themes flow-chart](https://www.researchgate.net/figure/Categories-of-and-Relationships-among-Racial-Microaggressions-Sue-2010-p-29_fig1_325455294) (https://www.researchgate.net/figure/Categories-of-and-Relationships-among-Racial-Microaggressions-Sue-2010-p-29_fig1_325455294).

Microaggressions: Themes, Examples, and Messages

This tool is designed to attach themes of microaggressions to examples and describe the messages they send, so that they can be recognized and avoided. [Access a PDF of the Microaggressions: Themes, Examples, and Messages tool](#)

Knowledge is power. If you share this resource, please share in this ODI branded format. 1





https://academicaffairs.ucsc.edu/events/documents/Microaggressions_Examples_Arial_2014_11_12.pdf).

Microaggressions in Everyday Life: Race, Gender and Sexual Orientation

Derald Wing Sue

“In a very constructive way, Dr. Sue provides time-tested psychological suggestions to make our society free of microaggressions. It is a brilliant resource and ideal teaching tool for all those who wish to alter the forces that promote pain for people.” – Melba J.T. Vasquez, PhD, ABPP President, American Psychological Association. [Purchase Derald Wing Sue's book on Amazon \(https://www.amazon.com/Microaggressions-Everyday-Life-Gender-Orientation/dp/047049140X\)](https://www.amazon.com/Microaggressions-Everyday-Life-Gender-Orientation/dp/047049140X).

Microintervention Strategies – What You Can Do to Disarm and Dismantle Individual and Systemic Racism and Bias

Derald Wing Sue, Cassandra Z. Calle, Narolyn Mendez, Sarah Alsaidi, Elizabeth Glaeser
This book delivers a cutting-edge exploration and extension of the concept of microinterventions to combat micro and macroaggressions targeted at marginalized groups in our society. [Purchase Microintervention Strategies on Amazon \(https://www.amazon.com/Microintervention-Strategies-Dismantle-Individual-SystemicRacism/dp/1119769965/ref=sr_1_1?dchild=1&keywords=Microinterventions&qid=1626806179&s=books&sr=1-1\)](https://www.amazon.com/Microintervention-Strategies-Dismantle-Individual-SystemicRacism/dp/1119769965/ref=sr_1_1?dchild=1&keywords=Microinterventions&qid=1626806179&s=books&sr=1-1).

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Undoing Ableism: Teaching About Disability in K-12 Classrooms

Susan Baglieri, Priya Lalvani

Conceptually ground in disability studies, critical pedagogy, and social justice education, this book provides both a rationale as well as strategies for broad-based inquiries that allows students to examine the social and cultural foundations of oppression, learn to disrupt ableism, and position themselves as agents of social change. [Purchase Undoing Ableism on Amazon \(https://www.amazon.com/Undoing-Ableism-Teaching-Disability-Classrooms/dp/1138545597/ref=sr_1_7?dchild=1&keywords=ableism&qid=1626806258&s=books&sr=1-7\)](https://www.amazon.com/Undoing-Ableism-Teaching-Disability-Classrooms/dp/1138545597/ref=sr_1_7?dchild=1&keywords=ableism&qid=1626806258&s=books&sr=1-7).

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Visit The Office of Diversity and Inclusion's Strategic Diversity Planning, Training, and Assessment website (<https://odi.osu.edu/strategic-diversity-planning-training-and-assessment>).

Visit The Office of Diversity and Inclusion's DEI Education website (<https://odi.osu.edu/dei-education>).

