

# Wellness InSTALLments

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## June

"The single story creates stereotypes, and the problem with stereotypes is not that they are untrue, but that they are incomplete. They make one story become the **only story.**"

- Chimamanda Ngozi Adichie



### DID YOU KNOW?

The term "microaggression" was coined by Dr. Chester Pierce, a Harvard University professor, in the 1970s.

YOUR WORDS  
HAVE POWER

### Question of the Month

True or False:

Microaggressions are always intentional and are used to specifically marginalize a group of people.

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

### No Offense But...



Sometimes we say words without realizing the impact they have on others. People may use phrases or ask questions about a person's gender, race, or sexuality without malicious intent, but are often unaware that their words are hurtful to others.

**Microaggressions are slight verbal or behavioral actions, whether intentional or unintentional, that are discriminatory and derogatory in nature towards a specific group of people.**

What most people don't realize is that they could be unconsciously contributing to the continued marginalization of groups because they are unaware that their words can mistakenly fall into an offensive context. The first step to making a change is to become aware of microaggressions and understand why certain phrases are hurtful. Education will help us find better ways to express ourselves without perpetuating stereotypes. It is time we try to do better by our fellow Eagles and choose our words thoughtfully!

### Say This, Not That

LANGUAGE  
matters

#### Microaggression:

1. "Oh you're a girl, you shouldn't carry something so heavy!"
2. "So, if you're black, do you play basketball?"
3. "I want to introduce you to my **gay best friend!**"
4. "You're **not like other Asian people.**"
5. "Why do you **talk like you're white?**"

#### Try this instead:

1. "**Hey, can I help you carry that?**" Don't assume strength relates to gender.
2. "**Do you play any sports?**" Don't assume race relates to athleticism.
3. "**This is my best friend!**" Those in the LGBTQ+ community are people, not tokens to show off.
4. "**You're a really unique person!**" Everyone is their own individual person regardless of race.
5. "**I would love to hear you give a speech.**" Traditional European speech patterns are not the only norm for everyone.

### Words that Hurt and Why

#### Ghetto/Ratchet

◇ Describes something or someone as cheap, worn out, poor, dangerous, etc. Reference to housing communities that are impoverished and disproportionately impact people of color. Associates people of color with these negative characteristics.

#### Retarded, Lame, Crazy, and Dumb

◇ Targets mental, emotional and physical disabilities as objects for ridicule. Used as synonyms for "worthless," "bad," "unintelligent," "incapable," etc.

#### That's So Gay

◇ Stigmatizes LGBTQ+ people. Uses their identities to describe something as bad and undesirable. Replaces negative adjectives with words related to LGBTQ+ identities.



**PEERS CARE**  
Educate. Engage. Empower.

