

# what are microaggressions?

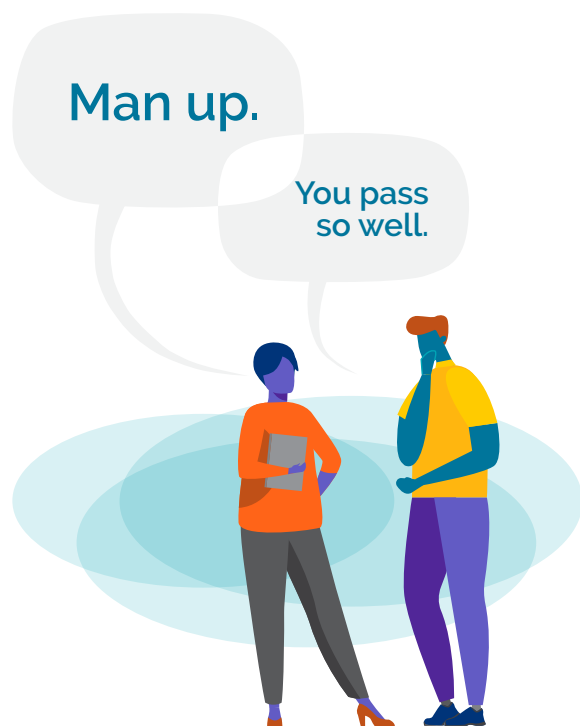
C.A.L.M.



Mental Health Microaggressions



Disability Microaggressions



Gender-Based Microaggressions



Racial Microaggressions



Sexuality Microaggressions

stay C.A.L.M.

A Tool for Repairing After a Microaggression from Active Minds, CLASP, and The Trevor Project

Learn more at [activeminds.org/calm](https://activeminds.org/calm)

# you've committed a microaggression. what do you do?



**Center the  
other person**



**Acknowledge  
impact over intent**



**Listen**



**Make it right**

## stay C.A.L.M.

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