

TALKING TO KIDS ABOUT MICROAGGRESSIONS

★ GRADES K-2 ★

What to Say (Simple Language)

"Sometimes people say or do things that can hurt others' feelings, even if they don't mean to."

"These are called small hurts or unkind moments."

Help Them Understand - Use concrete examples:

"That hair is weird."

"You can't play because you're a girl/boy."

"Why do you talk like that?"

Explain:

"Even if someone thinks it's a joke, it can still hurt."

Teach Core Ideas - Kind words matter:

Everyone is different—and that's good

We don't point out differences in a mean way

What Kids Can Do - Give them simple phrases:

"That hurt my feelings."

"Please don't say that."

"That's not kind."

Encourage:

Telling a teacher or trusted adult

Being a helper: "Are you okay?"

Tips for Adults

Model kind, inclusive language

Gently correct in the moment:

"We don't say that—let's try again kindly."

Praise empathy:

"I like how you helped your friend."

