

's PLAN

Spend 5 minutes to create a plan to apply the course concepts

WHO

DATE

WHAT

HOW

3

YOUR PLAN

What microaggressions have you witnessed before? What could you imagine witnessing in your everyday life? What could you do or say to intervene as an active bystander? Plan a practice conversation.

4

TRY IT

Practice the conversation out loud or with a friend. Try to imagine how they might react. Remember that the goals of intervention are to draw attention to an issue; invite people to do better, rather than ostracizing them; and offer support to the impacted individuals.

TRYING YOUR PLAN

Spend 5 minutes at work putting your plan into action

NOTES

's REFLECTIONS

Spend 5 minutes to reflect on how your plan went

5

WHAT HAPPENED

WHAT WORKED WELL

IDEAS FOR IMPROVEMENT

SPEAKER TIPS

What worked well?
What was hard?
What would you change next time?
Practice is critical to effective intervention, so keep practicing to build your confidence and repertoire of responses.