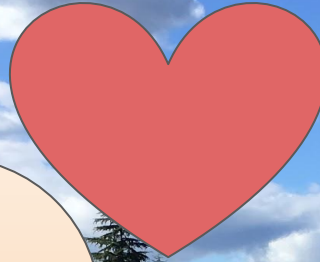


#FHSTANDTOGETHER

How To Avoid Xenophobia And Microaggressions

- **Be mindful with your words** - do not blame your frustrations on anybody because of their race, or ethnicity. That also includes how you refer to the COVID-19: ~~“a Chinese virus”~~ “a virus.”
- **Correct people** when they are using bad or offensive terminology.
- **Show empathy.**
- **Be mindful with memes.** Even though they are intended to be funny, they can be offensive too.
- **Explain** to children and those around you to not to affiliate covid w/ Asian cultures.
- **Be careful when obtaining information.** Read and follow sources that are respected and known for being objective.
- If you notice you have been disrespectful, own your words and **apologize immediately.**

Basically treat people the way you want to be treated.



What are Microaggressions?

As defined by the Oxford Dictionary, a microaggression “is a statement, action, or incident regarded as an instance of indirect, subtle, or unintentional discrimination against members of a marginalized group such as a racial or ethnic minority (Oxford Dictionary)”.

Foothill’s Policies on Discrimination

Foothill College has a strict **Non-discriminatory policies.**

“Foothill does not discriminate against any person in the provision of any program or service based on age, ancestry, color, gender, gender identity, marital status, medical condition, mental disability, national origin, physical disability, race, religious creed, sexual orientation or veteran status (Foothill College)”

If you are suffering or have witnessed any case of discrimination, you should report it.

If you want to **read more** about discrimination at FH College, click [here](#).