

Respectful Remedies

"The body of the human world is sick. Its remedy and healing will be the oneness of the kingdom of humanity." —'Abdu'l-Bahá

Where are you *really* from? What race are you? Do you even speak *English*?

These may not seem like obvious insults, but they can be hurtful. Questions like these are subtle put-downs called **microaggressions**. They imply that a person isn't welcome or doesn't fit in. Like microscopic bacteria that are invisible to the eye but still make you sick, microaggressions can be powerful—especially

when they are heard often.

Your immune system battles harmful bacteria in your body. In life, you can fight microaggressions by zooming in on the oneness of humanity and respecting those who are different from you. See each person as a unique individual as well as a member of a race or ethnic group. You can stop invisible insults from sneaking into your conversations.

Find words to complete these tips about stopping microaggressions.

- 1 Remember to focus on treating everyone with _____.
- 2 If a friend says you're being prejudiced, _____ and learn.
- 3 A person's _____ doesn't determine their interests or talents.
- 4 Get to know about and accept different styles of _____.
- 5 Help people from diverse backgrounds to feel _____.
- 6 _____ for books and movies with characters that are very different from yourself.
- 7 Don't ask one person to _____ for their whole race or ethnic group.
- 8 Make _____ with people from diverse groups.
- 9 Try to become _____ of your own unconscious prejudices by reflecting on your actions.