

## Interrupting Bias: Calling Out vs. Calling In

### Calling Out:

- When we need to let someone know that their words or actions are unacceptable and will not be tolerated
- When we need to interrupt in order to prevent further harm
- Will likely feel hard and uncomfortable, but necessary
- Allows us to hit the “pause” button and break the momentum

Wow. Nope. Ouch. I need to stop you right there.	That word/comment is really triggering and offensive. Be mindful and pick a different word.	I need to push back against that. I disagree. I don't see it that way.
Okay, I am having a strong reaction to that and I need to let you know why.	I don't find that funny. Tell me why that's funny to you.	I wonder if you've considered the impact of your words.
Hmmm.. maybe you want to think this one through a bit more and speak about it later.	I need you to know how your comment just landed on me.	That's not our culture here. Those aren't our values.
Is sex/gender/gender identity/gender expression/race/class/ethnicity/religion/ability/immigration status/ body type/ marital status/ age/ pregnancy relevant to your point? How?	It sounded like you just said _____. Is that really what you meant?	I feel obligated as your peer/colleague/co-worker /friend/supervisor to tell you that your comment wasn't okay.
It sounds like you're making some assumptions that we need to unpack a bit.	You may or may not realize this, but you're talking about me/my story/my identity markers.	I need to leave the room if the conversation is going to continue down this road.
Remember, it is a powerful thing for the target of oppression to hear these words from the mouth of an ally!		

Adapted from Oregon Center for Educational Equity: *What Did You Just Say? Responses to Racist Comments Collected from the Field*



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