

On May 27<sup>th</sup>, 2020 the Office of Intramural Training and Education at NIH offered a bystander training webinar:

**From bystander to upstander: dealing with incivility and microaggressions at school, work and beyond.**

You can watch the webinar here:

<https://videocast.nih.gov/watch=37765>

**Description of the webinar**

by Sharon Milgram, Director of the Office of Intramural Training and Education at NIH:

Have you been on the receiving end of unkind language, bullying and microaggressions? Or have you witnessed someone in your group treated with disrespect? Have you ever found yourself unsure of what to say, either in the moment or after the fact? Perhaps you are a mentor and want to learn how to support your trainees when they report microaggressions and incivility to you? Regardless of where you are now and where you want to be in the future, we all need practice and discussion to develop the skills necessary for making our work environments welcoming and inclusive for all.