

Tips for Being an Ally

Listen.

Pay attention to marginalized voices.

Respect privacy and dignity.

Know what is simply not your business.

Acknowledge your privilege.

Consider whether you have had un-earned advantages in your life as a result of race, class, gender, or other factors.

Manage your discomfort.

Learn to face what is unfair in the world, so you can help change it.

Own your biases.

We all judge what we observe. Practice noticing your thoughts and considering where they come from.

Pay attention to language.

Learn what language is respectful or harmful to groups of people.

Do your share of the work.

Research what you need to learn. Don't expect marginalized people to teach you. If someone shares their story, thank them.

Don't be a bystander.

Speaking up can be hard. Practicing how you want to respond in uncomfortable situations can help you get past your fears.

Strive to be inclusive.

Notice who is left out of opportunities, and find ways to include them.

teach young
people that in
diversity
there is beauty
and
there is strength

– Maya Angelou

