Tips for Being an Ally

An **Ally** is a member of a dominant group (people without disabilities) who takes action against oppression out of a belief that eliminating oppression benefits everyone.

# **Do** This:

* Presume competence.
* Use neutral language to describe disability.
* Amplify the voices of people with disabilities.
* Seek consent and teach youth to set personal boundaries.
* Take seriously the experiences of people with disabilities.
* Actively work to understand your own privilege.
* Become aware of your own fears, biases, and stereotypes with regard to people with disabilities.
* Seek out people and settings that can assist you in unlearning ableism.
* Assume that ableism is everywhere, every day.
* Be willing to learn, grow, be challenged, and be corrected.

# **Don’t** Do This:

* Pity people with disabilities.
* Use people with disabilities as objects of inspiration.
* Speak for people with disabilities.
* Assume that you know what is best for people with disabilities.
* Tell people you don’t notice their disability or don’t think of them as disabled.
* Ask individual people with disabilities to speak for “their people.”
* Expect people with disabilities to be grateful for your allyship.
* Disclose a person’s disability without their permission.