



STARTING YOUR JOURNEY AS AN ALLY



EDUCATION & AWARENESS

Educate yourself by understanding the history and experiences of marginalized communities. Use non-burdensome avenues like reading books, attending events, and participating in educational presentations. Employ inclusive language and avoid terms that may be offensive or exclusive.

ACTION & ENGAGEMENT

Volunteer with and/or donate to organizations supporting marginalized communities. Participate in political activism by attending protests, writing to officials, and volunteering for campaigns.

ALLIES IN SOCIAL JUSTICE

‘Individuals who support members of different social identity groups.’
Being an ally involves taking action and continually educating oneself about the needs of marginalized communities.



EMPOWERMENT & AMPLIFICATION

Support leaders and activists from marginalized communities by amplifying their voices through sharing their work to broaden reach. Use your privilege to uplift the community. Make sure you do not take over the dialogue but rather ask how you can help.



SUPPORT

Challenge discriminatory or offensive remarks. Interrupt and address biased statements. Support businesses and organizations owned by people of color.

