

HOW TO BE AN ALLY

For someone who belongs to a marginalized or minoritized group, having an ally can have a significant impact, especially on their emotional and mental well-being. To be an ally, you should be:

- Willing to educate yourself.
- Engaging in conversations with those who are different than yourself.
- Using your voice and actions to support others.
- Learning from your mistakes – because you will make them and that’s OK!
- Understanding that it is a process. You do not become an ally in one day. Continue to be open to learning and growing.

BEING AN ALLY DO'S



- Listen
- Respect confidentiality
- Be conscious of your biases
- Seek out knowledge
- Be a resource – include diversity, equity and inclusion topics in your curriculum
- Empathize
- Treat each person as an individual
- Support clubs and organizations on college campuses and in your community such as:
 - Gay-Straight Alliance
 - Black Student Union
 - PFLAG
 - Multicultural Student Organization
 - Best Buddies

BEING AN ALLY DON'TS



- Think you know all the answers
- Make unrealistic promises
- Pressure someone to “come out”
- Assume the following:
 - You know one’s gender identity, race, sexual orientation, religion or ethnicity
 - That being LGBTQ+, a certain race, ethnicity or religion is the most important aspect of a person
 - Their identity is sad or tragic

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