

TEN ACTIONS FOR ACTIVE ALLYSHIP

Be Curious:	Learn about the struggles of others and understand how you can support them.
Be Engaged:	Actively engage with minority groups you don't necessarily identify with to demonstrate your support and learn from them.
Be Unassuming:	Don't make assumptions – get to know the individual.
Be Empathetic:	Show empathy. Be kind.
Be Open:	Speak out: Tell your story. Talk about your allyship.
Be Loud:	Speak up for others and amplify their voices.
Be Affirming:	Use microaffirmations - small gestures that make others feel respected, valued and included.
Be Supportive:	Invite, include and give opportunities to others with less experience or power than yourself.
Be Attentive:	Be part of a culture that listens, learns and acts.
Be There:	Show up as an ally not only when it's easy but also when it's difficult.