

THE DO'S & DON'TS OF



# ALLYSHIP



**SER** JOBS 

Just as a society will not change overnight, neither will you. Here are some important do's and don'ts to consider as you learn, grow, and step into the role of an ally.

### **The Do's**

- Do be open to listening.
- Do be aware of your implicit biases.
- Do your research to learn more about the history of the struggle you are participating in.
- Do the inner work to figure out a way to acknowledge how you participate in oppressive systems.
- Do the outer work and figure out how to change the oppressive systems
- Do use your privilege to amplify (digitally and in-person) historically suppressed voices
- Do learn how to listen and accept criticism with grace, even if it's uncomfortable
- Do the work every day to learn how to be a better ally

### **The Don'ts**

- Do not expect to be taught or shown. Instead, take it upon yourself to use the tools around you to learn and answer your questions.
- Do not participate in the gold medal in the "Oppression Olympics" (you don't need to compare how your struggle is "just as bad as" a marginalized person's)
- Do not behave as though you know best.
- Do not take credit for the labor of marginalized people and did the work before you stepped into the picture.
- Do not assume that every member of an underinvested community feels oppressed.