

# TO BE AN ALLY IS TO...



1. Take on the struggle as your own.
2. Transfer the benefits of your privilege to those who lack it.
3. Amplify the voices of the oppressed before your own.
4. Acknowledge that even though you feel pain, the conversation is not about you.
5. Stand up, even when you feel scared.
6. Own your mistakes and de-center yourself.
7. Understand that your education is up to you and no one else.