

Practising allyship

In striving to become an effective ally in anti-oppression activism, it's important to understand that the term "ally" does not denote an identity. **It's not who you are, it's what you do!**

Acting

Allyship involves more than words. It means taking concrete action in solidarity with people from equity-seeking groups.

Listening

An ally respectfully listens to people from equity-seeking groups with an open heart and mind.

Learning

An ally makes the effort to learn about personal privilege, historical injustices, and the impacts on the lived experience of oppressed people.

Yielding

An ally is mindful to avoid monopolizing conversations, interrupting, patronizing, and speaking for others. Instead, we yield space for others.

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ALLY

Act. Listen. Learn. Yield.

