

Actions of Allyship

There are many ways and forms to practise allyship, and all are important.



Protest

Show your support and solidarity by joining a protest, supporting protesters with materials or supplies, and by assisting protest organizers.



Advocate

Use your social media and public platforms to circulate learning materials, messages, events, news, etc., of anti-oppression movements and groups. Join and follow social media of marginalized groups and anti-oppression movements and amplify their voices to your public platforms.



Interrupt oppression

Speak out when people, even strangers and organizations, speak or behave in ways that are racist, sexist, homophobic, transphobic, xenophobic, ableist, ageist, and misogynist.



Volunteer

Join an organization or community group and offer your time in support of and solidarity with anti-oppression work.



Take political action

Whenever possible, support the campaigns of progressive candidates with explicitly anti-oppression records and aims by volunteering your time and promoting these campaigns on public platforms.



Learn

Attend, support, and/or co-ordinate anti-oppression training, workshops, and conferences.



Work with children

Take your children and/or students to events, art exhibits, historical sites, etc., where speakers and facilitators explore topics around equity, inclusion, and anti-oppression. Provide children with books and media—including TV, movies, digital, and social media—that feature members of equity-seeking groups in meaningful, empowered protagonist roles.



Provide financial support

Donate or help raise money for anti-oppression groups, movements, and organizations.



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