

An open source starter guide to help you become a more thoughtful and effective ally.

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 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.

SO YOU WANT TO BE AN ALLY.

Welcome to the *Guide to Allyship*.

Think of this guide as one of many starting points in your journey to become a better ally. This comprehensive nor is it perfect. There are people far more versed than I,

and even more people are unable to fulfill the duties allyship requires.

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OUT THIS GUIDE?

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t, you need to take

learn more.

Finally, this is a resource to help anyone considering allyship better understand the pros and cons of what being an ally entails. Allies understand their role in collaboration with people whose lives are affected daily by systemic oppression.

Don't take the responsibility of being an ally lightly.

WHAT THIS GUIDE COVE

Being an ally is hard work.

BOOTS & SANDALS: HOW TO HANDLE MISTAKES

Contributed by [Presley Pizzo](#). Please credit Presley when referencing this section.

Note: Parts of this section were originally based on [Kayla Reed's \(@iKaylaReed\)](#) tweet sharing along with this section!

when it comes to oppression, the problems with many common responses are obvious:

- **Centering yourself:**
- **Denial that others' experiences are different from your own:**
- **Derailing:**
- **Refusal to center the impacted:**
- **Tone policing:**
- **Denial that the problem is fixable:**
- **Victim blaming:**
- **Withdrawing:**

In reality, most of us naturally know that we can use that to help us learn how to react when we commit microaggressions.

- **Center the impacted**
- **Listen to their response and learn.**
- **Apologize for the impact, even though you didn't intend it:**
- **Stop the instance:** move your foot
- **Stop the pattern:** be careful where you step in the future. When it comes to oppression,

(sneakers for all!), but m

reasonable

the moment, because these issues are so charged in our society. As such, it may be helpful to

o the opportunity to learn rather than embarrassed to have been wrong. Being able to let go of your ego is an incredibly important skill to develop.

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