Ally Action

A way to put our values into action is by choosing to become an ally. It’s not something that just happens, however. There’s a path to walk along that includes important road markers.

To Do:

We can be allies to a variety of populations, as long as we’re open to learning. Here are some key factors to stress with participants wanting to become allies...

- Educate yourself by reading, researching and just talking with the people who are experiencing oppression and challenges.
- Get in touch with how you feel about the issues involved.
- Determine how you feel about yourself and your comfort level when it comes to the pros and cons of being an ally.
- Listen closely without assumptions. People who are considering talking with you may test the water to see how open you are when they throw hints your way.
- Express opinions and be willing to talk things through.
- Be prepared to overcome fear and the probability of discomfort sometimes associated with being an ally.
- Create a welcoming and comfortable environment by considering the messages that your surroundings send (i.e. what’s on your walls and what you post in other public areas).
- Use inclusive language instead of relying on old assumptions.
- Confront oppressive/inappropriate statements, jokes or slurs. Silence may communicate that you condone such comments.
- Educate and challenge family, friends and colleagues by sharing information with them. (However, don’t write people off or judge them if they don’t agree with your views. You’re trying to raise awareness – and that can happen, even if someone doesn’t see eye to eye with you.)
- Recognize when it’s time to refer someone to additional resources. You can’t do it all.
- Develop a supportive network of other allies to help you get through the rough patches and to continuously teach you to be a more effective ally.
- Maintain a sense of humor.
- Treat people respectfully and as the unique individuals that they are.


An ally is “a person who is a member of the ‘dominant’ or ‘majority’ group who works to end oppression in his or her personal and professional life through support of, and as an advocate with and for, the oppressed population.”