Walking the Ally Path
To put your values into action, you can choose to become an ally to members of various populations…

- Determine how you feel about issues & your ally comfort level
- Educate yourself by reading, researching & talking with people
- Express opinions & be willing to talk things through
- Create a welcoming, comfortable environment
- Be prepared to overcome fear & possible discomfort
- Educate & challenge others by sharing info
- Confront inappropriate statements, jokes or slurs
- Use inclusive language
- Listen closely without assumptions
- Maintain a sense of humor
- Treat people respectfully & as unique individuals

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.”