



Ally Path

- Interrupt offensive jokes. Ask the teller of the joke to explain the joke.
- Learn from someone who is different from you
- Speak up for those voices not present.
- Educate yourself and others
- Attend a rally.
- Research the issues and candidates before you vote in an election
- Read up on social justice issues.
- Read books/articles on people different than yourself.
- Reflect on your own experiences and how you might be a better ally in the future.
- Interact and find support from other allies.
- Vote for change.
- Don't assume to completely know someone else's experience.
- Try to empathize not sympathize.
- Don't judge others.
- Keep an open mind.
- Don't assume you know another's experience until you walk in their shoes, and even then, try to show empathy.
- Attend a protest or march for something you believe in.
- Understand your own privileges.
- Acknowledge the power bestowed upon you based on your social group membership.
- Don't deny your privileges.
- Utilize your power to bring about social change that benefits all people, especially those underprivileged.
- Vote for candidates who promote social justice issues.
- Help others understand their own privileges.
- Don't show pity on others.
- Work together and support other allies.
- Join with other agents to further understand their collective power and privilege, while working together to bring about individual and social change.
- Seek to understand all the different forms of oppression.
- Let your actions speak louder than your words.
- Notice the numerous intersections between different forms of oppression.
- Highlight the commonalities between the various targeted groups.
- Believe that there are always possibilities for alliance building.
- Keep the faith and hope alive.



- Don't buy into stereotypes.
- Respond with acts of kindness.
- Don't expect external rewards for your work as an ally. Feel good and be proud about the work you do.
- Do it because it's the right thing to do.
- Walk your talk.
- Know there are different ways of doing and seeing everything. We can all be differently right.
- Be comfortable with criticism and feedback.
- Try to acknowledge your own prejudices and baggage.
- Challenge the norm.
- Use examples that don't exclude a particular group's experience.
- Don't get stuck feeling guilty for the oppression of the past.
- Take ownership in your own conscious and/or unconscious participation in oppression.
- Accept that others may stereotype you.
- Demonstrate your ally role through your actions rather than trying to convince others of it through your words.
- Believe that everything is a never-ending process.
- Let your voice be heard.
- Never speak for an entire group's experience or try to represent an entire group.
- Don't expect someone else to represent an entire social group.
- Remember to speak only from your own experience.
- Support people in the manner they want to be supported.
- Don't assume to know what support they want and what's best for them.
- Recognize that no one form of oppression is more significant than another - there is no hierarchy of oppressions.
- Be inclusive.
- Accept that none of us are experts in diversity.
- Provide support and assistance to those in need when requested, don't assume neediness.
- Know that your work is never done.
- Go out on a limb.
- Know that the past is not your fault, but the present and future are your responsibility.
- Do the best you can with what you have some of the time.

Adapted from New York University's Office of LGBT Student Services Queers & Allies group.
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