

# WAYS TO BE AN ALLY

TIPS AND THINGS YOU CAN DO TO CHANGE YOUR CAMPUS AND THE WORLD

An ALLY is someone who works as an advocate for an oppressed group to which they may or may not belong.

## EMPOWER YOURSELF

- 1. Recognize where you have privilege.
- 2. Deepen your awareness of the levels and types of oppression: *individual, cultural, and institutional.*
- 3. Don't be afraid to make mistakes.
- 4. Learn your own history.
- 5. Learn about signs and symbols: *Post visible signs that show you are an Ally.*
- 6. Challenge assumptions, myths, and misperceptions.
- 7. Operate with integrity.
- 8. Ask about things you don't understand.
- 9. Step out of your comfort zone.
- 10. Deconstruct the media: *Take a look at stories being covered in the major news networks, podcasts, and blogs. See if the facts change.*
- 11. Be sincere in your efforts.
- 12. Find a group of people who will keep you honest about your role as an Ally.

## EMPOWER OTHERS

- 13. Don't 'out' people unless given permission to do so.
- 14. Assume that people are wondering how safe the environment is for them.
- 15. Work to keep each other physically and psychologically safe and secure.
- 16. Affirm identities out loud.
- 17. Model positive language and inclusive behavior.
- 18. Use inclusive language: *like 'partner' or 'date'*
- 19. Think about who is not represented in the spaces you inhabit.
- 20. Listen: *Listen to other people's experiences. Listen with an open heart and an open mind.*

## EDUCATE YOURSELF

- 21. Attend an LGBTQ Safe Zone Training.
- 22. Attend a Quench queer lunchtime discussion.
- 23. Take the Intergroup Dialogue course.
- 24. Create an '-ISMs' Project.

- 25. Participate in Foundations Training for diversity issues in higher education.
- 26. Read the Universal Declaration of Human Rights.
- 27. Do your own research!: *Do not expect other people to take responsibility for educating you about their experience.*

## EDUCATE YOUR COMMUNITY

- 28. Encourage acceptance, not just tolerance.
- 29. Attend events, meetings, and programs of a community you are an Ally to.
- 30. Speak Out: *If you notice someone is making an offensive comment towards someone else, don't be afraid to express your discomfort.*
- 31. Talk with friends informally and openly about issues facing particular communities.
- 32. Start a study group with your classmates.
- 33. Sponsor an event supporting a particular community to which you may or may not belong.

## TAKE ACTION

- 34. Take the pledge to become an Ally during I AM HERE TO RECRUIT YOU: NYU ALLY WEEK 2011.
- 35. Visit the NYU LGBTQ Student Center in Kimmel 602
- 36. Visit a place of worship different than your own.
- 37. Vote: *From student government to federal government, your voice matters.*
- 38. Sign a petition.
- 39. Take a class about a community you are not familiar with.
- 40. Go one week without eating out: *keep track of how much money you save and donate that money to the NYC foodbank.*
- 41. Visit the Center for Multicultural Education and Programs in Kimmel 806
- 42. Operate from a global perspective: *Work to challenge "US" centrism.*
- 43. Participate in an Alternative Break Trip.
- 44. Attend a protest.

THIS WEEK I COMMIT TO BE AN ALLY BY:

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(tips to change your campus and the world)

Anything else you would like to commit to?

(something more specific or personalized)

