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 commonalties 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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