Tips for Being an Ally in the Fight Against Racism

**Speak out!** Take a stand against injustice. Take risks and be willing to act, despite your own fear and the resistance you face from others.

**Recognize** that learning to see oppression & privilege is an ongoing, lifelong process.

**Accept** that you will make mistakes, and approach them as learning opportunities. It is okay to be uncomfortable; it is a sign that you are learning!

**Listen to, Respect, & Support** the leadership, perspectives, and experiences of members of oppressed groups.

**Mobilize and Organize** to respond to inequality without being prompted by members of oppressed groups.

**Take responsibility** for learning about how oppression and privilege work, and teach others. Do not expect others to teach you.

**Seek community:** there are many websites, organizations, and social movements out there working for social justice that you can join.

**Assume that inequality and oppression are everywhere,** all the time, even when not visible to you.

**Work continuously** to be aware of your own privilege and the way privilege operates. Notice who the center of attention is, who has access to power, and whose voices are missing.

**Notice** the ways in which oppression and privilege are denied, ignored, minimized, or justified.

**Learn from history:** from both the history of specific forms of inequality as well as from social movements that have worked for change and social justice.

(Some items adapted from Adams, Bell, & Griffin, 1997; Kivel, 2002; Wong (n.d.)).