

Ten Ways to be an Ally

DON'T LAUGH. Let others know that jokes and comments based on race, religion, sexual orientation, gender, ethnicity, etc., are NOT funny.

SPEAK UP! If you feel safe, let those who behave disrespectfully know that you don't appreciate it.

CHALLENGE BYSTANDERS. If you feel safe, let spectators know they are not helping.

DON'T "GET EVEN". Responding to meanness with meanness won't help matters.

BE A FRIEND. Show kindness and support to the targets of negative behavior.

INVOLVE ADULTS. Tell a teacher or counselor about ongoing incidents and get support at home from parents and family members.

BE NONJUDGMENTAL. Demonstrate to others that you are willing to listen and talk with an open mind.

BE INCLUSIVE. Ensure that your language and behavior are respectful to all people.

BE SELF-REFLECTIVE. Be aware of your own prejudices and work to change them.

TAKE ACTION! Speak out against bias in your community and in the media.