Being an ally means…

1. **Using your privilege to advocate for others.**
   - If you are an able-bodied person who can, attend rallies that raise awareness for certain marginalized groups.

2. **Amplifying voices of those in marginalized groups.**
   - Using your social media to share information pertaining to social justice.

3. **Standing up against hate.**
   - If you hear someone making an offensive joke, explain why it is hurtful.

4. **Acknowledging that the conversation is not about you.**
   - If there are marginalized persons present, allow them to lead the conversation pertaining to their rights.

5. **Taking on the struggle of the oppressed as your own.**
   - Vote for policies that may not affect you but will benefit someone struggling.

6. **Continuing to educate yourself and others.**
   - Read sources on information pertaining to marginalized groups and share them with others.

**Claiming to be an ally is much easier than being an ally. To be a real ally, you must continue these actions regardless of how uncomfortable it may be.**

“An individual from an underinvested community cannot easily cast away the weight of their identity (or identities) shaped through oppression on a whim. They carry that weight every single day, for better or for worse. An ally understands that this is a weight that they, too, must be willing to carry and never put down” (Lamont, n.d.).

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**The Rules…**

1. **Educate yourself.**
   - Although it is okay to ask questions, do not rely on your marginalized friends to educate you on topics of systemic oppression. Be responsible in educating yourself!

2. **Remember that it is not about you.**
   - Standing up for marginalized individuals you care about can be emotional. Be sure to not project those feelings on them.

3. **Listen to and accept criticism.**
   - Mistakes are expected. Always apologize and do not take criticism offensively.

4. **Be consistent**
   - Continue to be an ally even when the news about a specific group is not highlighted in the media.

5. **Empower**
   - Use your unique privilege to benefit and empower others in whatever way you can!

6. **Stand up**
   - When you notice a person being discriminated against, stand up for them. Your voice alongside that of an oppressed person can be incredibly powerful!

7. **Collaborate**
   - Work with others in making change and establish a support system for yourself.