



BEING AN ALLY

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ally noun

al·ly | 'a-, lī

one that is associated with another as a helper

a person or group that provides assistance and support in an ongoing effort, activity, or struggle

Categories of Oppression & Privilege

- Racial
- Class
- Gender
- Sexual Orientation
- Ability
- Religion
- Age
- Education Status
- Immigration Status
- Language

How to be an Ally

LISTEN

LEARN

SPEAK UP

Source: Teen Health Source

LISTEN

- Make space for people to talk
- Trust and believe what they tell you

LEARN

- It is your responsibility to spend your own time and energy learning more.
- Unlearn: Let go of what you thought was true.

SPEAK UP

- Speak up when you hear people say things that are wrong or prejudiced.
- Try saying...
 - “That’s not cool”
 - “That’s disrespectful”
 - “Why’d you say that?”

Learn More



teenhealthsource.com/blog/ways-to-be-an-ally



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