



Allyship:

What is it?

How can I be a good ally?

First things first, listen (to understand, not to respond).

Do research instead of asking.

Don't practice "performative allyship" by making it about your image instead of about the cause.

Speak up in your own social circles.

Get comfortable being uncomfortable.

Learn from your mistakes.

Amplify the messages of LGBT folks, black, indigenous, people of color and other marginalized identities.

Show up! Do this by attending marches, protests, volunteering, or donating to a program that helps these communities.



[Link to Understanding Allyship From Reimagine Gender](#)

[Link to Syracuse University 8 Ways to be a Better Ally](#)

