

Being a good ally

"The beauty of anti-racism is that you don't have to pretend to be free of racism to be an anti-racist. Anti-racism is the commitment to fight racism wherever you find it, including in yourself. And that's the only way forward."

-Ijeoma Oluo, American writer

1. Recognise your Privilege

This does not mean that your life hasn't had its difficulties, but recognise that your skin colour is not one of the reasons that life is harder for you. There are many kinds of privilege, be it cisgender, able bodied, male, heterosexual, socio-economic as well as White privilege. White privilege has endured throughout history.

2. Listen

The most important of all. Create a safe space for people to express their fears, frustrations, and needs. Simply listening to stories and trusting that they're being truthful creates a protective layer of support. Listen to what people have to say and acknowledge it.

3. Be prepared to be uncomfortable and brave

Acknowledging privilege and systemic inequality is uncomfortable, it isn't meant to be easy. As an ally, when you recognise these inequalities and speak about them it makes a difference to both your audience and to people of colour. Accept criticism with grace, we all get it wrong from time to time, but be willing to learn.

4. Be strategic –use the power you have for change.

As an ally, your privilege and often your position, will mean that people will listen more when you talk. Allyship is more than joining in the protest or being part of an event. Use your power to make positive cultural change. Call out and respond to the inappropriate banter, micro-aggression or racist comment.

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5. Look at who is in your in-group.

We all have in-groups and out-groups. Our in-groups tend to look like us. How often do you hear the voices of people who don't look like you and what their experience is. Always be aware of your implicit biases –we all have them.

6. Amplify the voices of others

Whether it is online or in person amplify the voices of those without your privilege. We need you to speak out and challenge if you hear Racist language or behaviour

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