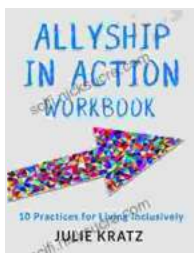


# Allyship in Action Workbook: 10 Practices for Living Inclusively

In today's increasingly diverse and interconnected world, allyship has become more important than ever. Allyship is the practice of standing up for and supporting people who are different from you, especially those who are marginalized or oppressed. It is about using your privilege to create a more just and equitable society.

The Allyship in Action Workbook is a practical guide to putting allyship into practice. This workbook provides 10 essential practices that you can use to become a more effective ally. These practices are based on the author's own experiences as an ally, as well as on the latest research on allyship.

The 10 practices in the Allyship in Action Workbook are:



## Allyship in Action Workbook: 10 Practices for Living Inclusively by Julie Kratz

★★★★★ 5 out of 5

Language : English  
File size : 4895 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 83 pages  
Lending : Enabled

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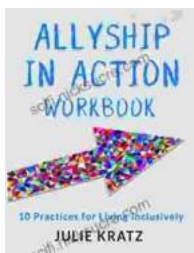


1. **Be aware of your own biases.** Everyone has biases, but it is important to be aware of them so that you can avoid letting them influence your behavior. There are many different ways to identify your biases, such as taking online tests or talking to people from different backgrounds.
2. **Listen to the experiences of others.** One of the best ways to learn about the experiences of others is to simply listen to them. When someone is sharing their story, be present and open-minded. Avoid interrupting or trying to change the subject.
3. **Believe the experiences of others.** When someone tells you about their experiences, believe them. It is not your place to question or dismiss their experiences simply because you have not had the same experiences.
4. **Use your privilege to amplify the voices of others.** If you have privilege, use it to amplify the voices of others who do not. This can be done by sharing their stories, advocating for their rights, or simply by listening to them.
5. **Speak up against injustice.** If you see or hear something that is unjust, speak up. It is not always easy to do, but it is important to make your voice heard.
6. **Be an active bystander.** If you see someone being harassed or discriminated against, don't just stand by. Do something to help, even if it is just to speak up and say something.
7. **Educate yourself about social justice issues.** The more you know about social justice issues, the better equipped you will be to be an effective ally. There are many different ways to learn about social

justice issues, such as reading books, attending workshops, or talking to people who are directly affected by these issues.

8. **Be willing to make mistakes.** Everyone makes mistakes, but it is important to be willing to learn from your mistakes and to keep trying. If you make a mistake, apologize and try to do better next time.
9. **Be a humble ally.** Allyship is not about you. It is about using your privilege to support others. Be humble and recognize that you do not know everything.
10. **Be patient.** Allyship is a journey, not a destination. There will be times when you feel frustrated or discouraged. But it is important to be patient and to keep moving forward.

The Allyship in Action Workbook is an essential resource for anyone who wants to be a more effective ally. This workbook provides 10 practical practices that you can use to make a difference in the world. By following these practices, you can help to create a more just and equitable society for all.



## Allyship in Action Workbook: 10 Practices for Living

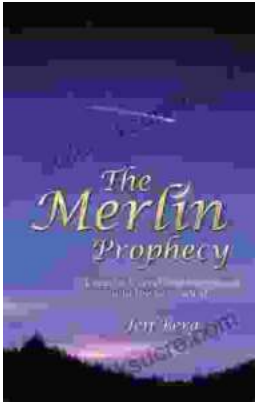
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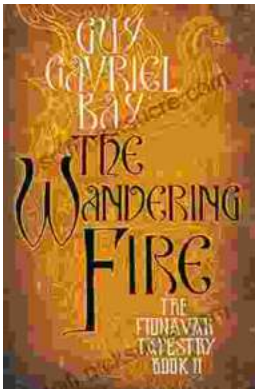
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