

HOW TO SUPPORT YOUR PEERS OF COLOR

Ally is not just a noun, but also a verb!

Now that you've learned a little bit about what it means to be a white ally, here are some action steps to support your peers of color in the racial justice movement.



PROCESS YOUR EMOTIONS WITH OTHER ALLIES

Reflect and meditate on the difference between being shamed by someone for not knowing something, and feeling shame when you learn how some of your actions may have been harmful to BIPOC.

Journal about your feelings and practice grounding techniques. Discuss them with other white allies rather than BIPOC who may have a hard time identifying with your process.

Processing your emotions with other allies will create space for you to listen to and support BIPOC people and amplify their voices.



DON'T ASSUME, ASK.

Ask yourself: Am I assuming how my BIPOC friends and community members would like to be supported or am I asking them?

Am I assuming that everyone wants or needs the same kind of support or am I considering each person as an individual?

STAY UPDATED!

Stay up to date on new petitions and hashtags which may be trending. This is an easy way to offer support and bolster BIPOC voices and causes.



LISTEN

Ask yourself: Am I actively listening to the experiences of BIPOC even if I do not understand what they are going through?

Am I ignoring or dismissing this person's pain because I do not understand or relate or because it makes me uncomfortable?

Am I judging a BIPOC for having an emotional response to racism because I may not be having the same emotional response? Can I recognize that this may be due to the fact that I have never had to personally experience racism?

ADDRESS YOUR PRIVILEGE

Look around you at your school, your place of worship, your doctor's office, your group of friends, your job, your bookshelf, your favorite museums, your favorite beauty and clothing brands and ask yourself if there is a diverse representation of life perspectives, cultures, and bodies, or if whiteness appears to be the default?

Ask yourself how you can challenge this and use your privilege to create more inclusive communities.



START WITH ONE CAUSE

Systemic and institutional racism exists in many different sectors of society: from education, healthcare, the beauty industry, employment, housing, the entertainment industry, the criminal justice system, etc.

Instead of being paralyzed by the overwhelm of feeling like you may not be able to ever tackle it all, pick one sector of society that you would like to learn more about. Take some time to educate yourself, search for organizations that may be support the cause, and see how you can contribute.

BE AN ALLY IN REAL LIFE

Learning more about systemic racism and reposting online is very important, but it is also important to be an ally in real life!

Ask yourself: What anti-racism work am I doing offline and in real life? Am I regularly checking in with my BIPOC friends and community members? Am I calling out racism and race-based discrimination and racial jokes when I see it?

Am I doing this work even when nobody else is watching? Am I being mindful of it everywhere I go? And am I continuing to watch out for and processing my own racist beliefs and prejudices when I become aware of them?

