

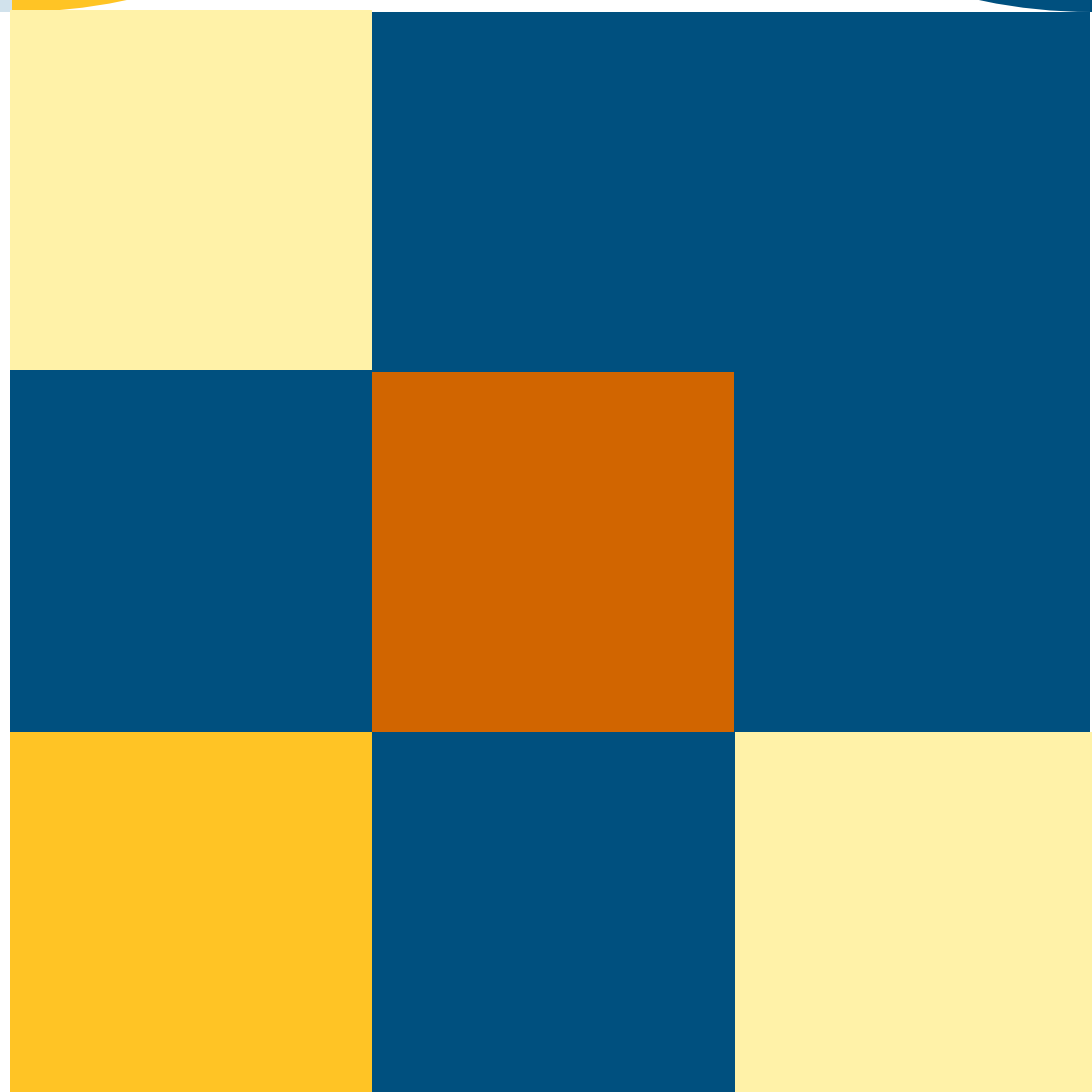


A little toolkit

TO BE A

BETTER ALLY

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Not sure how? Let us help!

1

Educate yourself on the topic

Take the time to learn more about what racism is, and how it manifests itself. Don't just ask your BIPOC friend to explain everything to you.

3

Reflect on the bias you hold

We are all biased to some degree. But by being conscious of these biases, it is possible to alter them and really have an anti-racist approach.

2

Be aware of your own privilege

You will be able to better understand how white supremacy takes place in our society and how to dismantle it.

4

Use your voice

Use your voice and your privilege to disrupt the places where oppression takes place.



1

READ READ READ READ

One of the best ways to learn about racism is by reading! There are a variety of books on racism available online and in bookstores. If you're not into reading books, there are documentaries you can watch or podcasts you can listen to. **Take the time to look at this list of Anti-Racism Resources by Alyssa Klein and Sarah Sophie Flicker online.**

2

WHAT ARE MY PRIVILEGES?

It is important to understand how race and privilege are intertwined in order to dismantle white supremacy. Reflecting on your privileges may be uncomfortable, but it's a necessary step to be a good ally. Reflect on your own life, the privileges you have, and how you can use them to benefit the fight against racism. Privilege isn't only about race, but also about class, gender, sexual orientation, religion, etc.



3

BE CONSCIOUS OF YOUR UNCONSCIOUS BIAS

It's hard to be conscious of something that's unconscious. **Implicit bias** (or unconscious bias) happens when the unconscious stereotypes we have towards a certain group affect how we engage and perceive them. Implicit bias is the product of associations learned through life. **Take the Implicit Association test by the Harvard University** if you want to explore the different implicit biases you hold.

4

YOU HAVE MORE POWER THAN YOU THINK

Your activism is specific to you. Some prefer to organize or participate in protests. Others use their art to convey an anti-racist and anti-oppression message. And there are some who take the time to educate their networks and address the stereotypes towards BIPOC that are still present in our society. **Being an ally is about using your privileges, whatever they may be, to dismantle oppressive and racist spaces.**