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Five tips for being an anti-racist ally:

Understand your privilege

This does not mean you're rich, just that there are some things that you will not experience or haven't had to think about because of who you are. It's important to understand what rights others don't enjoy that you do.

Listen and do your homework

Listen to Black voices and catch yourself up on the communities you are trying to support.

Speak up, but not over

An ally's job is to support. You want to make sure that you use your privilege to raise issues but don't drown out voices you're trying to support.

You'll make mistakes! Apologise when you do It's not about your intent but your impact, so when you're called out on things, listen and change.

Ally is a verb

Saying you're an ally is not enough you've got to do the work from the points above.

I pledge to be an anti-racist ally

Name

Date

