ACHIEVING ALLYSHIP

AN OVERVIEW OF CONCEPTS, TOOLS, AND SKILLS FOR BECOMING AN ALLY TO THE COMMUNITIES AROUND US

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SESSION OVERVIEW

• Introductions
• Overview of allyship
• Equipment for being an ally
• Allyship in action
WHY ARE WE HERE TODAY?

- What compelled you to become an ally or what compels you to be an ally today?

- What do you want to take away from today’s session?
AN ALLY IS:

Someone who supports and advocates for/with marginalized communities (to which they don’t belong), in order to achieve equal rights, access, and treatment.
ALLYSHIP IS:

• Other-oriented
• Extension of privilege, access, equity
• Continual
• Macro and micro
• An ever-evolving identity
• A combination of knowledge, skills, and action
BECOMING EQUIPPED FOR ALLYSHIP

1. Acquire knowledge
2. Identify conscious/unconscious bias
3. Identify dimensions of privilege
4. Gain exposure/build rapport
5. Develop skills
   • Acting listening
   • Asking open-ended questions
   • Confronting micro-aggressions
   • Adjusting personal language & behaviors
EXERCISE #1

For this exercise, please draw 10 boxes and number them from 1 – 10. In each box, you will write 5 things:

1. Familiarity with the community named (1 – 5, 1 being low, 5 being high)
2. Comfort discussing the community named (1 – 5, 1 being low, 5 being high)
3. Three things that come to mind about community named
UNDOCUMENTED CITIZENS
FEMINISTS
GAY PEOPLE
ARAB AMERICANS
BLACK PEOPLE
CHRISTIANS
DIFFERENTLY ABLED CITIZENS
TRANSGENDER PEOPLE
MUSLIMS
WORKING-CLASS CITIZENS
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EXERCISE #2

For this exercise, please stand up or raise your hand if the statement read applies to you.

If not, you may remain seated or keep your hand down.
ALLYSHIP IN ACTION

1. Identify regular micro/macro actions
2. Commit to 1 – 2 actions per time period
3. Ingrain actions into regular practice
4. Repeat steps 1 – 3 to increase capacity for allyship
For more information, feel free to write me at
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Thank you!