BEING AN ALLY

An ally can greatly support the emotional and mental well-being of people in marginalized or minoritized groups. To offer that support, be ready to:

- Take responsibility for learning.
- Talk with people whose backgrounds differ from yours.
- Support others through words and actions.
- Learn from mistakes; everyone makes them, and that's OK!
- Allyship takes time. It does not happen in a day. Stay open to learning and growth.

ALLYSHIP DO'S

- Listen
- Keep confidences
- Notice your own biases
- Keep learning
- Be a resource: teach diversity, equity and inclusion in your courses
- Show empathy
- See each person as an individual
- Support campus and community clubs and groups, including:
  - Gay-Straight Alliance
  - Black Student Union
  - PFLAG
  - Multicultural Student Organization
  - Best Buddies

ALLYSHIP DON'TS

- Act as if you have every answer
- Promise more than you can do
- Push anyone to come out
- Make assumptions:
  - About gender identity, race, sexual orientation, religion or ethnicity
  - That LGBTQ+ identity, race, ethnicity or religion defines what matters most about them
  - That their identity is sad or tragic

STAY CONNECTED:

NATA Ethnic Diversity Advisory Committee

www.nata.org/professional-interests/diversity

@EDACNATA

NATA Ethnic Diversity Advisory Committee

@NATAEDAC

NATA LGBTQ+ Advisory Committee

www.nata.org/professional-interests/inclusion

@LGBTQNATA

NATA LGBTQ+ AC

@LGBTQNATA



Infographic courtesy of the National Athletic Trainers' Association