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# Allyship Actions

## 1 Protect

From micro-aggressions, from bigger aggressions and from words that could harm.



## 3 Reduce stress

Make environments, processes and projects less anxiety-inducing, any way you can.



## 5 Stay relevant

Focus on what is needed, stay on topic, and avoid making assumptions.



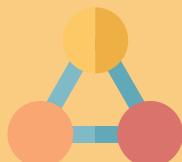
## 7 Avoid negativity

Allyship is a progressive action. Keep it positive - and enjoy being an ally!



## 2 Make connections

Connecting through finding common ground leads to deeper understanding.



## 4 Lead by example

Demonstrate allyship and inclusion through both your words and actions.



## 6 Encourage and promote

Help marginalised people to work to their strengths and encourage others to recognise them.

