

## Being an Ally!

**Who is an ally?** Anybody can be an ally! An ally is somebody who supports in solidarity and partnership with a marginalized individual/group of people to help change the systems that challenge their human rights, equal access, and ability to thrive in society. More specifically, being an ally for Spellers means constructing competence and learning directly from the experts themselves - Spellers.

### How to be an ally:

- Make connections
  - Get to know the people you are supporting
  - Listen!
- Create Partnership
  - Offer platforms
  - Find potential audiences
  - Attract attention/introduce the marginalized individual/group then pass the microphone!!  
E.g., an Ally introduces a Speller to a fellow physician then Ally will pass the letterboard to the true expert (Speller) to speak for themselves
- Be proactive
  - Do your own research
  - Step in when somebody needs support or volunteer your time when work needs to be done
  - Find opportunities, big and small, to learn and re-evaluate
- Be respectful
  - Presume competence
  - Address them directly
  - Allow them to complete typing or spelling

### The benefits of being an ally:

- Explore your interests
- Build meaningful relationships
- Open your mind/always be learning
- Get active in your community

### Visuals:

Left: Becky (Ally) Right: Divyesh (Speller)

