Behaviors and Attitudes- The Advocacy Path

- Let others voice be heard
- Learn from someone who is different than you
- Educate yourself and others
- Don’t judge others
- Insist that everyone have equal rights
- Get involved
- Practice truth based practices
- Stand up for the ability of others
- Be proactive-not inactive
- Set examples to lead by
- Practice self worth
- Eliminate self doubt
- Remain optimistic
- Learn to listen; listen to learn
- Timing is everything
- Be the wacky ferris wheel operator

Source: Dalene Basden, 2011
Behaviors and Attitudes- The Ally Path

- Speak up for those voices not present
- Read books/articles on people different than yourself
- Interact and find support from other allies
- Try to empathize not sympathize
- Understand your own privileges
- Don’t show pity on others
- Don’t stereotype
- Respond with acts of kindness
- Walk your talk
- Acknowledge your own prejudices and baggage
- Challenge the norm
- Never speak for an entire group’s experience nor represent an entire group
- Remember to speak from your own experience
- Support people in the manner they want to be supported
- Be inclusive
- Provide support and assistance to those in need when requested—don’t assume neediness

Source: Dalene Basden, 2011