

THE FIVE QUALITIES OF AN ALLY

1. An ally listens. Pay attention to, believe in, and respect what the person who needs help says.
2. An ally is present. Back the person up—by being a friend, by keeping your word, and by letting the person know when you can't be there.
3. An ally opens doors. Help the person explore the available options, resources, and support. Provide useful information and share your resources and connections.
4. An ally takes chances. Sometimes we don't reach out because we fear we will make a mistake or say the wrong thing. An ally is bold. When they mess up, they fix it and try again. It's always important to take a chance and reach out.
5. An ally gets support. When you are helping someone, remember to take care of yourself. Don't do it all alone. Above all, an ally is a peacemaker.

THE ALLY PLEDGE

I promise not to be violent to my friends, my family, my lover, or to anyone else.

I promise to be an ally to myself, my sisters, my brothers, and to anyone under attack.

I promise to stand up for people and build my community.

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