

A RECIPE FOR
SOLIDARITY,
ALLYSHIP, &
GROWTH



1. DO YOUR HOMEWORK

There's a wealth of resources, articles, and books for free online. Read, learn, process, and reflect in solo and safe spaces.

The burden of self education is on each and every one of us and not on BIPOC.



2. ACTIVELY LISTEN

Community expertise is abundant.
Hold space for those impacted.
Pay attention, ask them what they
need, listen up, and follow their lead.



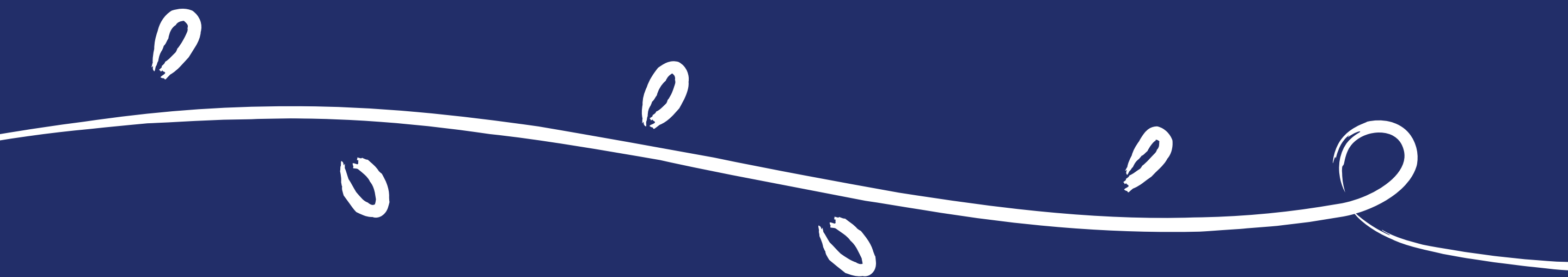
3. SHOW UP MEANINGFULLY

You can't be everything to everyone but when you're ready, show up where you think it matters most and within your capacity; whether that's on social media, making calls, or on the streets.



4. LEAN ON COMMUNITY

Find your safe space and safe friends. Nothing's easy to do on our own but collectively, in community, we're a much bigger force to be reckoned with.



5. REPLENISH BEFORE RETURNING

To our activist community and those who care for them, remember that you are loved, appreciated, and needed in this work as your whole self.

Take time and space to replenish before you return, otherwise you'll fall victim to burnout.

