For someone who belongs to a marginalized or minoritized group, having an ally can have a significant impact, especially on their emotional and mental well-being. To be an ally, you should be:

- Willing to educate yourself.
- Engaging in conversations with those who are different than yourself.
- Using your voice and actions to support others.
- Learning from your mistakes – because you will make them and that’s OK!
- Understanding that it is a process. You do not become an ally in one day. Continue to be open to learning and growing.

**BEING AN ALLY DO’S**

- Listen
- Respect confidentiality
- Be conscious of your biases
- Seek out knowledge
- Be a resource – include diversity, equity and inclusion topics in your curriculum
- Empathize
- Treat each person as an individual

- Support clubs and organizations on college campuses and in your community such as:
  - Gay-Straight Alliance
  - Black Student Union
  - PFLAG
  - Multicultural Student Organization
  - Best Buddies

**BEING AN ALLY DON’T S**

- Think you know all the answers
- Make unrealistic promises
- Pressure someone to “come out”
- Assume the following:
  - You know one’s gender identity, race, sexual orientation, religion or ethnicity
  - That being LGBTQ+, a certain race, ethnicity or religion is the most important aspect of a person
  - Their identity is sad or tragic

**CONNECT WITH US:**

**NATA Ethnic Diversity Advisory Committee**

[www.nata.org/professional-interests/diversity](http://www.nata.org/professional-interests/diversity)

[@EDACNATA](https://twitter.com/EDACNATA)

[+NATA Ethnic Diversity Advisory Committee](https://twitter.com/NATAEDAC)

**NATA LGBTQ+ Advisory Committee**

[www.nata.org/professional-interests/inclusion](http://www.nata.org/professional-interests/inclusion)

[+NATALGBTQ+](https://twitter.com/NATALGBTQ+)

[+NATA LGBT+ AC](https://twitter.com/NATA LGBT+ AC)

[+LGBTQNATA](https://twitter.com/LGBTQNATA)

Infographic handout provided by the National Athletic Trainers’ Association