



Resources for Allyship – Supporting the Fight Against White Supremacy in America

This is Amanda Mathew, the Interim Director of Inclusion & Diversity at RRCC. It feels important to acknowledge just how difficult this time is for our communities mourning the violent acts of racism seen in the harassment of Christian Cooper and the murders of Ahmed Aubrey and George Floyd, that were taped and shared widely these past weeks, as well as in the story of the killing of Breonna Taylor. These are not the only incidents of late, and I want to acknowledge that each loss brings fresh and often compounding pain.

As we bear witness to these incidents, I want to note the impacts seeing this violence has on our community. Experiencing racism, even vicariously, can have a traumatic impact on the body, and right now our black community members in particular are hurting deeply and needing space for healing.

As allies, what is most important right now is to proceed with any advocacy work and self-care with thoughtfulness to the reaction and healing space of our black neighbors. I hope that this information will help with that process:

What is Allyship? Let's talk about it!

The quick answer is that allyship is acting in solidarity with a community you are not a part of. There are A LOT of considerations around power dynamics and how to do allyship effectively! Rather than attempt to list them all here. I'd like to take this opportunity to invite folks to join a **conversation and learning group on how to be an ally**. It's a bigger conversation that we need to be having ongoingly as a community, so let's do it! All are welcome.

[Please fill out this form if you'd like to join our conversation and learning group!](#)

Quick Information For Now

1) Social Media Advocacy – Considerations

Using your platforms to amplify the voices of those without your privilege is a key tool of allyship.

While flooding social media with stories like this is an important tool in fighting injustice, namely by making sure that it is not swept under the rug, remember that an unrestricted flood of violent images has serious risks for the well-being of our community members. [Here's an article with some information on the psychological trauma that this sort of news cycle can have on black people.](#)

Before reposting violent images and blasting off with personal reactions on social media, please remember to think about the impacts your post might have on all viewers who you are connected to on the platform, and make careful choices. On the other hand, before logging off thinking ‘It isn’t my place to speak on this,’ think of the impacts that your silence might have too! I offer no rules, but instead encourage careful thought! Consider the potential impacts, and feel confident that what you are sharing reflects care for the community you are trying to support. Consider also whether you can create effective content warnings/screens or share information in curated group spaces.



2) Supporting Friends and Family

Whenever you are offering support as an Ally, remember that your job is to listen and validate. Depending on your relationship, it might make sense to just listen and not even speak much, or to share in frustrations and hopes. I would recommend having an open dialogue at the start of the conversation about what your loved one would like out of the conversation. This gives them the opportunity to say, ‘I just want to vent,’ or ‘I want to hear your thoughts,’ and also creates space for that to be renegotiated at any time. If the conversation mode needs to change, if you make a mistake, or if emotions are just too high to continue in that moment, that is all okay and normal. The key is to handle any and all of that as gracefully as possible, so that you both know that it is safe to try again with each other.

[Check out this Brené Brown clip on Empathy. It's short, and gets to the heart of how to be present in hard conversations like these!](#)

There are a lot of additional support tools that can be learned for conversations like this. We can do some learning on this in our **conversation and learning group on how to be an ally**. [Please fill out this form if you'd like to join.](#)



3) Self-Care for Allies

For allies, there is pain in these times as well, both in empathy for the experience of our neighbors, and in our own reactions when viewing images of violence. When engaging in support and allyship, there is a toll to witnessing these realities, to educating yourself on the situations, and to speaking out in protest.

It is important for you to self-care if you need to! Allies are crucial parts of any social movement, and if you are not well, you will not be able to give quality care and support to those you are working in solidarity with. If you need to take a social media break and perform self-care activities, that is totally fine! The options are not only to be totally engrossed or totally checked out. Instead, seek to find a pace that is sustainable and meaningful to you.

[Self-Care Reminders](#)

[You Feel Like Shit - An Interactive Self-Care Guide](#)

[RRCC Emotional Support Resources](#)

Inclusion & Diversity Office

Call to talk to Amanda (me) about your feelings, frustrations, ideas, or just how your day is going. I can lend a listening ear, connect you to resources, and would love to support any RRCC and/or local initiative ideas you have. [Emotional Support]

RRCC Health and Counseling Center

The center is currently offering tele-therapy sessions while the campus is closed for the COVID-19 pandemic. For more information or to schedule an appt: 303-914-6316. [Therapy]

RRCC Healthy Minds Resource Center

Students needing help identifying and connecting with on and off campus resources can call and leave a message at 303-914-6185 or email the Health Minds Resource Center at peercounseling@rrcc.edu. [Peer Counseling]

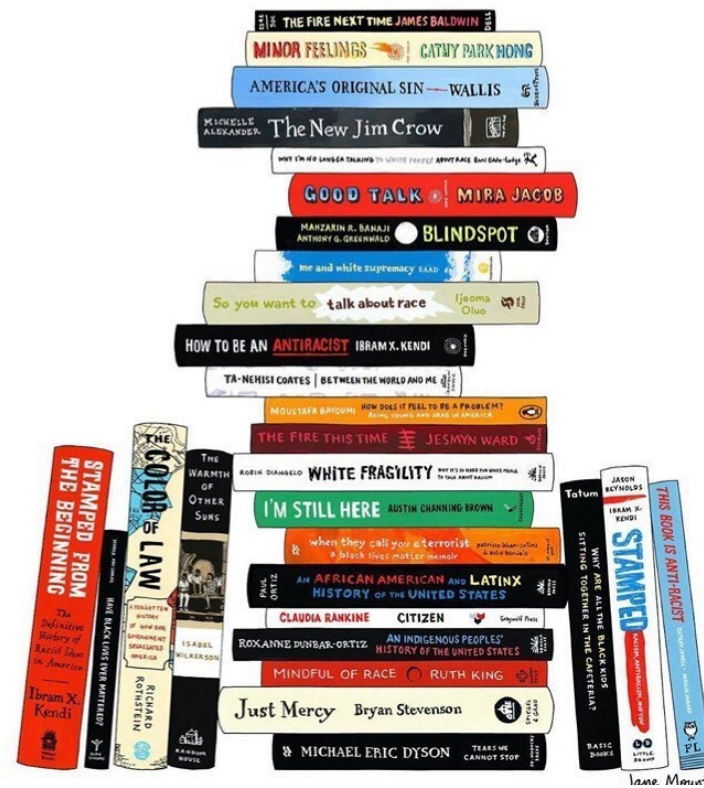
[Student Resource page with additional and up-to-date Mental Health Resources](#)

4) Learning resources!

*Though many resources are framed as being for white allies, these are good tips for folks of any race who want to act in solidarity with the black community

**Note the dates on these resources. Let the knowledge that this is happening on repeat bolster your interest in seeking healing and justice. This movement needs you! It needs everyone.

- [Guide To Allyship](#)
- [Guidelines for Being Strong White Allies](#)
- [How to Film Police Misconduct Safely](#)
- [Familiarize yourself with the format of Black Lives Matter Direct Action](#)
- [12 Ways to be a White Ally to Black People](#)
- ["No More Allies" Blog Post](#)
- ["Are Allies Entitled to a Voice/to Self Care?" Blog Post \(A response to "No More Allies"\)](#)
- [Anti-racism Resources Google Doc](#)
- [Ally Up! Quick Resource Sheet](#)
- [RRCC Black History Month Post](#)



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