

## Tips on Being a Male Ally

1. I understand that empowerment of non-male identified people does not threaten my strength as a man.
2. I am willing and able to call other men out on their actions, words, and issues.
3. I model positive behavior for my friends and other men by setting an example.
4. I practice listening to women and non-male identified people and their realities without trying to fix the problem myself.
5. I work on coming to a place where I am not struggling with my manhood, and do not need to prove my masculinity to others.
6. I am present at meetings to make sure male privilege and gender oppression are part of the discussion.
7. I demonstrate knowledge and awareness of the issues of gender oppression.
8. I use the language and political worldview of gender equality.
9. I continually educate myself and others about gender oppression.
10. I recognize my own limitations as a male identified person doing anti-sexist work.
11. I raise issues about gender oppression over and over, both in public and in private.
12. I can identify sexism and gender oppression as it is happening.
13. I can strategize and work in coalition with others to advance anti-sexist work.
14. I attend to group dynamics to ensure the inclusion of people of color.
15. I support and validate the comments and actions of non-male identified people and other allies. (But not in a paternalistic manner!)
16. I strive to share power with women and other non-male identified people.
17. I take a personal interest in the lives and welfare of individual non-male identified people.
18. I listen carefully so that I am more likely to understand the needs of non-male identified people.
19. I can adopt and articulate the point of view of non-male identified people when it may be helpful.
20. I can accept and encourage leadership from non-male identified people.
21. I understand that non-male identified people often have valid experiences that cause them to feel distrustful, wary, or angry at men. I do not take it as a personal attack. Nor do I try to make them feel guilty for feeling these things about men. I remember that "it's not all about me."
22. I recognize that patriarchy has created a lot of internalized oppression in non-male identified people. Even if non-male identified people express sexist views about other non-male identified people, I realize it does not make it alright for me to act in a sexist way.
23. I recognize that patriarchy and male privilege also involve domination and oppression of children. I know that being a male ally applies to children as well, because young children often suffer their first experiences of oppression due to patriarchal domination in households.
24. I realize that men also experience patriarchal violence, including sexual assault. I know that being a male ally means recognizing the oppression that men perpetrate on others, including other men.