

# Inclusion Contact: The Importance of Allyship



Zeenaat Rahman discusses the way she views Allyship.

Watch [The Importance of Allyship](#). *Video Length: 0:42*

## Discussion

- Zeenaat talks about speaking up and speaking out. In what ways have you done this as an ally?
- Can you think of times when you didn't, even though you wanted to? What stopped you from taking action?
- Zeenaat comments that we need to 'know our neighbor.' In what ways do you engage with those around you?