

AllyAsks are actions meant to provide meaningful yet manageable ways to build empathy, check blind spots, and continuously learn about some of the marginalized communities we're working to ally for.

Most AllyAsks center around an activity (reading an article, watching a movie, show, commercial, documentary, etc., or attending an event).

From that activity, thought starters can be created that help guide self-reflection.

We view AllyAsks as part of an individual's Allyship journey. We include these basic reflection questions on all AllyAsks, in addition to the specific thought starters created based on the content.

Reflection Questions:

- What did you learn?
- What made you Uncomfortable?
- What were some Blindspots?
- What actions did you take or might you take?