UNITY FOR INTEGRATION PROJECT

5 WAYS TO BE AN ACTIVE ALLY

UNITY AGAINST RACISM CAMPAIGN | UNITY FOR INTEGRATION PROJECT

ALLYSHIP IS AN ACTION, NOT A TITLE.

It is easy to say we are against racism, but building a truly inclusive Scotland requires us to act. Being an ally means using your privilege, voice, and actions to support those who face systemic barriers.

Here are five practical ways you can start today.

1. Listen with Humility

When someone shares their experience of discrimination or exclusion, your first job is to listen, not to question, explain away, or get defensive.

- The Action: Believe people when they tell you about their lived experiences. Validating someone's truth is the first step toward safety.

2. Educate Yourself Proactively

Do not rely on people from minority backgrounds to teach you about racism or inequality. It is exhausting for them to constantly explain their humanity.

- The Action: Read books, watch documentaries, and follow activists from diverse backgrounds. Take responsibility for your own learning journey.

3. Intervene Constructively

Silence is often seen as agreement. If you witness a microaggression, a racist joke, or unfair treatment, say something.

- The Action: You don't need to be aggressive to be effective. A simple "What did you mean by that?" or "That didn't sound funny to me" can stop bias in its tracks.

4. Amplify, Don't Overshadow

Use your platform, whether at work, in community groups, or on social media, to lift up voices that are often ignored.

- The Action: If you are in a meeting and a colleague is spoken over, redirect the room back to them: "I think [Name] had a great point, let's hear it."

5. Turn Empathy into Action

Feeling bad about injustice isn't enough. We must build systems that create equity.

- The Action: Support organizations doing the work. Volunteer your time, donate to integration projects, or wear your #UnityAgainstRacism wristband to signal to others that you are a safe ally.

Take the Next Step

You have read the guide - now join the movement.

- Wear the Band: Get your #UnityAgainstRacism wristband at unityfip.org/campaign
- Volunteer: Join us at UFIP to help newcomers settle in Glasgow.
- Share: Pass this guide to a friend or colleague.