

This poster is a part of a series to help students learn about racism in Canada and how to fight it in their communities! This learning series has 6 posters and 6 videos. If you can, try to start from the beginning and check them out in order! This poster is the sixth of the series.

Becoming an Ally

Racism hurts people. When it hurts us, we must try to stop the racism or ask people to help us. When it hurts other people, we need to be an ally. Being an ally is more than being a friend. An ally is someone who helps others by stopping racism and other forms of discrimination.



Here are some things an ally can do to help others:



Listen to a person or a community and find out what they need to feel better.



Do not rely on that person or community to teach you. Sometimes, you have to do the learning on your own or with other allies.



You cannot call yourself an ally. Instead, your actions will tell others that you are an ally. Be sure to take action and not just talk about racism.



Being an ally may not be easy. Sometimes, you will make mistakes. Other times, you will not know what to do. Be sure to learn from your mistakes and keep trying! It takes practice to be a better ally. If we do nothing, we are telling people that racism is okay - which is not!

Remember that not everyone wants to be helped in the same way. Be sure to ask the person or make a good guess on whether the person needs help.

In Canada, there are groups of people who are fighting against racism towards different communities. Check out some of these groups:

Chinese Communities



Chinese Canadian National Council
for Social Justice (CCNCSJ)
ccncsj.ca



Chinese Canadian National Council
Toronto Chapter (CCNCTO)
ccnctonto.ca



project 1907
project1907.org

Black Communities



Black Lives Matter
blacklivesmatter.ca
blacklivesmatter-canada.carrd.co

Indigenous Communities



Idle No More
idlenomore.ca



National Centre for Truth
and Reconciliation
education.nctr.ca

This learning series was made by teachers with the support of students, families, organizations and members from Indigenous, Black and Chinese communities.

For more student resources, visit ccncsj.ca/further-learning.

For citations, visit ccncsj.ca/infographics.

For more information, visit ccncsj.ca.