

Allyship: Consensual, Critical, and Active Module Worksheet

Instructions: Use this worksheet alongside the video module to assist your learning and understanding the main concept of allyship. The video will give prompts to pause the video to return to this worksheet and think about or record your thoughts.

Territory acknowledgment: I would like to acknowledge the unceded, ancestral territories of the x̱m̱əθḵw̱əy̱əm (Musqueam), Sḵw̱x̱w̱ú7m̱əsh (Squamish), and səliw̱ətaʔ (Tsleil-Waututh) Nations and for you to acknowledge the territory you are on and how you locate yourself on it.


1) Key themes around allyship

Write down the themes that speak to you most.

Which themes do you think you need to work on?

2) Racism

How do you see racism in the world?



Can you reflect on a time/situation that you would now choose to do something differently?
(ie. change what you said or did, speak up, leave, etc.)




Self-reflection 1.0


What are some of the areas that you feel demonstrate your aspiration to allyship?

What are some of the areas that you feel could be improved personally? Within your organization?

Learning example: 10 cups of tea


How is this similar or different from your research process?





Reflection questions: 10 cups of tea

Does this process always work? Can you do the work you want to?





What are the principles that this process engages?

How would you do this within your organization? What are some of the barriers that would need to be addressed?

Learning example: Lakota Language Consortium

What are some of the problems you see in this real-world example?



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