

STEPS TOWARDS ALLYSHIP WORKSHEET

Name

Instructions:

Use this worksheet alongside the video module to assist your learning and understanding of 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.

Land Acknowledgement

I am currently recording this workshop from the unceded territory of the Lək̓ʷəŋən speaking peoples also known as the Esquimalt and Songhees Nations and the WSÁNEĆ peoples. It is important to recognize the continued relationship that the Indigenous Peoples have with the land. I encourage you to reflect on whose lands you are on currently.

What makes a good ally?

What does humility look like?



What is self-reflection and why is it important?

Use the space below for your own self-reflection.

Did any emotions arise during your reflection? If so, what ones?



Thank you for partaking in this workshop. Please find free and academic sources in the presentation.