



Getting the Reps with: Softball Pro Aleshia Ocasio

To The Allies

Key Takeaways

- When someone doesn't share your background, it might be helpful to hear them out, understand why they think that way and tell them your experience.
- It's important for allies to use their voice and to take the initiative to learn.
- When you see something wrong, speak up. Use your privilege to help the next person.

Things to Think About

- For non-BIPOC individuals, what are some examples of ways you can use your privilege?
- For BIPOC individuals, does it help you to share your experiences with potential allies?
- What does good allyship look like? (Note that this answer is probably different for every individual.)

Ways to Practice

- Do your own research and find one new way that you can use your privilege.
- Notice one instance in the coming weeks in which you might speak up on behalf of someone who needs help.

