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How to be a Good Ally Resource Sheet

As non-Indigenous workers we can all play a role in supporting First Nations peoples and initiatives in the workplace and in the community. Some people call this being an ally. Being an ally is not just showing up during NAIDOC week or Reconciliation week, it means walking the walk with First Nations Australians every day, in whatever way we can.

WellMob has a range of resources to inform us how we can do that. This resource sheet features Aboriginal and Torres Strait Islander people explaining what being an ally means to them. It describes:

- what cultural humility and cultural safety mean and how we can practice it
- what cultural load is and how we, as non-Indigenous workers, can ease the pressure off our Indigenous colleagues and share the cultural load.

Check out these resources and build your skills and understanding about how to be a good ally.

Being an Ally:



Websites

HOW TO BE AN ALLY TO ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Alice Currie, a Mununjali woman, explains how non-Indigenous people can become effective allies speaking out about racism, and learning about and advocating for our mob and cultures.



Websites

BEING AN ALLY

Part of the 'Racism. It Stops with Me' campaign, this web page explains what being an ally means and how to take action.



Websites

OUTBACK TOM YARNS WITH MOB ABOUT BEING A GOOD ALLY

Tom Forrest interviews Aboriginal people about their ideas of how non-Indigenous people can learn to be allies.



Websites

HOW TO BE A GOOD ALLY TO INDIGENOUS AUSTRALIANS

First Nations leaders Trent Nelson, Tracey Rigney and Rona Glynn-McDonald explain what allyship means to them: building a better understanding of the local community, speaking up against racism, listening deeply and standing in solidarity.



Websites

HOW TO SHOW UP AS AN ALLY FOR FIRST NATIONS PEOPLE, TODAY AND EVERY DAY

Dr Clinton Schulz explains what is meant by an ally. He gives several suggestions on how to pursue self-education - videos, books, reports, podcasts, and websites of key Indigenous organisations.



Cultural Humility and Cultural Safety:



DEADLY DEFINITIONS: 'CULTURAL HUMILITY' BY NATHAN FRANK RILEY

Nathan Frank Riley explains what 'cultural humility' means and why he prefers it to 'cultural safety'. He explains that it requires reflective practice which is a lifelong process of learning.



Videos



CULTURAL HUMILITY AND CULTURAL SAFETY

This document explains the differences between cultural competence, cultural humility and cultural safety.



Documents

Understanding what cultural load is:



HOW TO EASE PRESSURE OFF MOB AND SHARE THE CULTURAL LOAD

Phoebe McIlwraith talks about the impact of cultural load in having to constantly educate non-Indigenous people. She gives ideas about how non-Indigenous workers can take this load off their Aboriginal colleagues.



Websites



LOWITJA INSTITUTE CULTURAL SAFETY AUDIT TOOLS

This 3 ½ minute video explains what cultural safety is and why it is important. It introduces the two cultural safety audit tools that have been developed by the Lowitja Institute for individuals and organisations.



Videos

Build your understanding:



UNDERSTANDING SOCIAL AND EMOTIONAL WELLBEING

Documents



UNDERSTANDING THE IMPACTS OF COLONISATION

Documents



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