

DISRUPT RACISM

BY BECOMING AN ALLY

Being an ally is not a noun, it's an action. It's creating and advocating for a health care environment that is safe, inclusive and equitable.

For many, access to health care has historically been and – in many ways still is- marked with systemic and discriminatory obstacles. These issues make it more difficult to build trust. This is why we must disrupt these hateful and harmful realities and commit to becoming an ally. Take action with these steps:



LISTEN

Active listening with an attitude of curiosity and humility promotes trust and understanding.



BE KIND

When those around us feel safe and respected it improves quality of care, experience, and, ultimately, patient outcome.



KEEP LEARNING

Commit to a journey of learning, self reflection and continuous improvement to be a better ally and advocate for change.



LANGUAGE

Our words are powerful. By incorporating more inclusive language into our day-to-day practices we can create a more welcoming environment for care.



STAY COMMITTED

Being an ally is a journey of continuous improvement. Engage in real time interventions that actively identify and oppose systemic and discriminatory barriers. Be a champion of change.

**Resources are available to support you on this journey.
Visit sharedhealthmb.ca/community to learn more.**