

Inclusion Contact: The Importance of Allyship



Zeenat Rahman discusses the way she views Allyship.

Watch [The Importance of Allyship](#). *Video Length: 0:42*

Discussion

- Zeenat talks about speaking up and speaking out. In what ways have you done this as an ally?
- Can you think of times when you didn't, even though you wanted to? What stopped you from taking action?
- Zeenat comments that we need to 'know our neighbor.' In what ways do you engage with those around you?