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?