Maintaining an Open Mindset

Though we should always treat others with respect and kindness, we might fall short at times or not realize how exactly to show support. If you would like to work on being an accepting and supportive ally, here are some points to consider.

Individuality makes us human. As long as one's actions don't harm others, no one should be shamed or threatened for expressing their uniqueness. You can still respect and support someone else even if you don't agree with everything they believe or do.

Expand your horizons. Try being more receptive to new people. If you tend to interact with the same people in your daily routine, challenge yourself to say hello to someone new. Think of it as an opportunity to grow and expand your own perspective.

Be mindful of your own judgments or assumptions. If you notice that you jump to immediate judgments about others, practice shifting your brain to simply making observations.

Take the time to listen. Challenge yourself to truly listen when conversing with others, rather than just waiting for your turn to talk.

Ask others how you can support them. Don't be afraid to be direct and ask your friends, family, or others in your life how you can best support them.

Show your support on social media. You could show your social media network that you are an ally through your posts, as well as hashtags.

Not everyone will agree on some things. Try not to let others' opinions and beliefs affect you negatively. Instead, focus on what you can do. Continue to spread positivity and maintain an open mindset even when others are not.

If you see someone getting bullied or harassed at school or in the workplace, offer your support, help them get to a safe space, and report the behavior through the appropriate channels. Remember to stay in control of your emotions, as this can help de-escalate the situation.