

**MEDIA RELEASE**

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## **How to Maintain Your Commitment to Becoming an Ally to the Indigenous Community**

Reconciliation experts Munya Andrews and Carla Rogers are asking Australians to keep up their efforts to become allies to Indigenous people in the wake of worldwide attention on the Black Lives Matter movement.

“While the movement is getting less attention on front pages and social media feeds, it’s important that we maintain this discussion and keep taking steps to be better allies,” says Ms Rogers.

“It’s important to keep that work going across our personal and professional lives even when it’s not trending as much as it was a few weeks ago,” says Ms Andrews. “Reconciliation is a long-term process.”

Some of the major steps Australians seeking to be a better ally can take are:

- **Keep listening:** If the world has moved on to a degree, it doesn’t mean you should. Keep subscribing to people and mediums that are speaking up about these issues.
- **Speak up, but don’t speak over:** While it’s important to speak up on issues of racism, ensure you’re not co-opting the efforts of others to take credit for it.
- **Words are easy, actions are difficult:** Calling yourself an ally is a good start, but means nothing unless you’re putting it into practice. You can join a formal organisation dedicated to racial equality, donate to charities serving the cause or push for a Reconciliation Action Plan at your workplace.

**Carla Rogers and Munya Andrews are available for comment. Their book Practical Reconciliation: Strengthening Relationships for All Australians in 7 Easy Steps is available for pre-order.**

