

Being an Ally

Empathise · Advocate · Stand Up

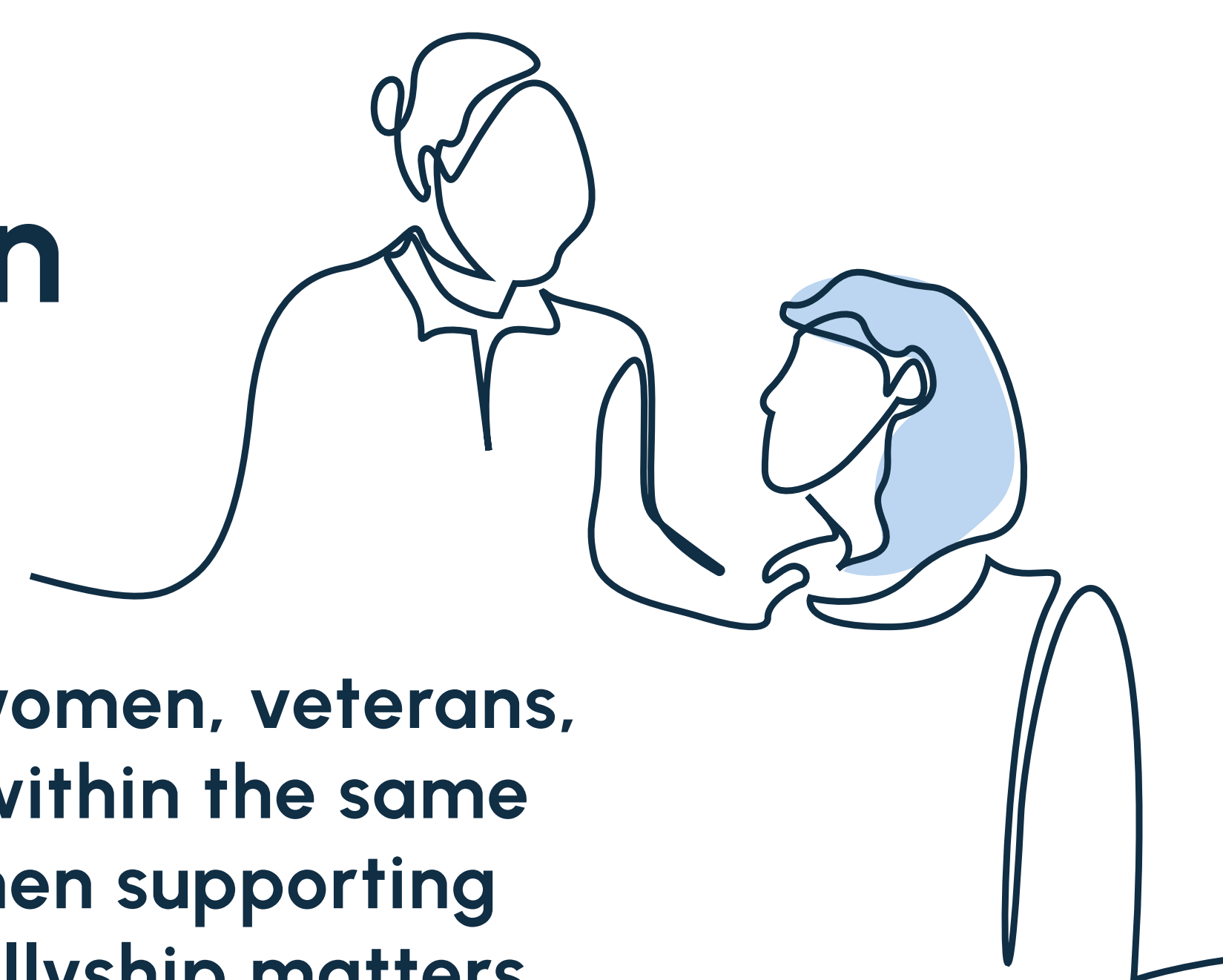

Female Veterans
TRANSFORMATION
PROGRAMME

What is an Ally?

An ally is someone who champions inclusion and underrepresented groups whilst not being a member of the group that they are defending. Whilst this is predominantly aimed at male veterans supporting female veterans, it can be applied to any marginalised community. Could this be you?

Who can be an Ally?

Anyone. Men, women, veterans, civilians. Even within the same group, like women supporting other women, allyship matters.



There's no fixed formula,
but here are 10 real ways to show up:

1

Listen and Believe

Take women's experiences seriously. Don't dismiss or try to fix – just be present and empathetic.



2

Challenge Sexism

Call out disrespectful jokes or behaviour. Don't shame — educate, especially in private spaces like WhatsApp groups.

3

Amplify Voices

Make space for women to speak. Back their ideas. Share their campaigns.

4

Support Leadership

Encourage women's involvement in leadership, events, and boards. Don't just invite; genuinely value their voice.

5

Understand the Differences

Female veterans face distinct issues; health, trauma, invisibility. Learn about them without expecting women to teach you.

6

Mentor and Sponsor

Offer support with opportunities, not a rescue. Help them see they belong.

7

Modernise Traditions

Challenge outdated norms. Use inclusive language and respect women's service and medals.

8

Foster Safe Spaces

Help make all veteran spaces welcoming – socials, support groups, and events.

9

Check Yourself

Ask: Am I making space or taking it? Allyship is ongoing and reflective.

10

Support All Women

Recognise added challenges for veteran women who are ethnically diverse, part of the LGBTQ+ community, disabled, or even a mix of all three.

Remember

Women can (and should) be allies to other women from marginalised communities!

