

How to be an Ally to First Nations People on “Australia Day”

Five Actions for Allies:

1. Find out the name of the Traditional Owners where you live and take time to acknowledge them: [Learn how here](#)
2. Try to understand why an Aboriginal person might feel sad on Australia Day: [Learn more here](#)
3. Consider working as usual and celebrating on a different date: [Learn more here.](#)
4. Support a Survival Day event: [Learn more here.](#)
5. **As an act of Allyship, share this resource**

What’s the problem with celebrating on January 26th?

January 26th was chosen as the date of Australia Day because it was the day the first fleet of British ships arrived. As such, for Australian Aboriginals and Torres Strait Islander peoples this date represents the beginning of their dispossession. For many of them, and many other Australians, that date can't be seen as anything other than a day of invasion and mourning.

What’s an Ally?

An Ally is someone who supports, empowers, or stands up for another person or a group of people. Through their actions, an Ally can effectively change attitudes, behaviours, policies and practices that impact marginalised groups. Being an Ally to Aboriginal Australians and Torres Strait Islander peoples is about moving forward together in a meaningful act of Reconciliation.

Why do Aboriginal Australians and Torres Strait Islander Peoples Need Allies?

Just over 3% of our population in Australia is Indigenous. There simply aren't enough Indigenous people to educate all Australians. For Reconciliation to happen, we all need to offer our support.

#PracticalReconciliation
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