



WHAT DOES IT MEAN TO BE AN ALLY TO PEOPLE WHO STUTTER?

A stuttering ally is a fluent person who is in solidarity with their friends and family who stutter. Being in solidarity with people who stutter means not only valuing and respecting them as individuals, but also being willing to experience both joy and hurt with them. An ally is someone who goes above and beyond kindness, they are willing to stand with people who stutter even when it may be difficult.

THE GOLDEN RULE OF BEING AN ALLY

Let the people who stutter in your life know that you support them on their stuttering journey. Create an open and safe space for them to stutter and talk about stuttering. Remember, if you're unsure about something or how to help - the best thing to do is ask the person who stutters.

ALLIES:

1

DEMONSTRATE INTEREST & ASK OPEN-ENDED QUESTIONS ABOUT STUTTERING, LIKE:

- a) What can I do?
- b) How can I be helpful?
- c) How can I support you?
- d) If that happens again, is there anything I can do?

2

RESPECT THAT EACH PERSON WHO STUTTERS HAS UNIQUE PREFERENCES & PERSPECTIVES REGARDING THEIR STUTTERING.

- a) Allies don't assume that people who stutter want to speak fluently
- b) Allies recognize that people who stutter are the experts on their own stuttering experiences
- c) Allies understand that it is the individual's choice to seek, accept, or decline speech therapy

3

TAKE RESPONSIBILITY FOR PARTICIPATING IN THEIR OWN EDUCATION ABOUT STUTTERING.

- a) The best way to learn about stuttering is to talk with people who stutter
- b) It can be exhausting for people who stutter if the responsibility to educate others is always on them
- c) Allies are not expected to be stuttering experts, but they do take some initiative for learning more about stuttering

4

MODEL HOW PEOPLE UNFAMILIAR WITH STUTTERING SHOULD RESPOND TO STUTTERING.

Example: if a person stutters while ordering food at a restaurant with a group of friends, an ally would maintain eye contact until she has finished ordering to demonstrate to the server to do the same

5

ARE WILLING TO STEP INTO DISCOMFORT TO SUPPORT PEOPLE WHO STUTTER.

- a) Allies stand up to people who do not understand stuttering
- b) Allies reduce negative stereotypes by educating others
- c) Solidarity means allies do these things *with* not *for* people who stutter