



Allyship Commitment

Your Name:

Training Date:

How to use this document:

1. Write three specific ally actions that you can commit to, considering your role at Carolina, in the greater community, and in your family.
2. Share the contents of this document with colleagues, friends, or family members who can keep you accountable.
3. Keep this page (or your responses) somewhere that will give you frequent reminders.

Your Commitments

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