

Resources and tools to support allyship

Level	Topic/Action	Resource	Recommended by (respondent or research team)	Published /written by	Summary
Individual	Self-assessment, and avoiding counterproductive actions	What Every Health Researcher Needs to Know About Health Equity: Privilege, Oppression and Allyship [1]	Respondent	The Centre for Healthcare Innovation, University of Manitoba	A recorded session that explores privilege, understanding health equity, and utilizing allyship
Individual	Meetings and panels	Guidance for Avoiding All Male Panels [2]	Research team	United Nations Indonesia	Recommendations on how to avoid male panels for organizers, panelists, and audience
Individual	Mentoring and sponsorship	Mentoring Checklists [3]	Research team	The Center for Faculty Excellence, The George Washington School of	Mentoring checklists for mentors and mentees for initial and follow-up meetings to ensure a productive, long-term relationship

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				Medicine and Health Sciences	Guidance on how to avoid gender bias in reference writing
		Avoiding Gender Bias in Reference Writing [4]	Respondent	Commission of the Status of Women, University of Arizona	
		Avoid Implicit Gender Bias in Recommendation Letters [5]	Research team	Lamont-Doherty Earth Observatory, The Earth Institute of Columbia University	
		On Being a Mentor: A Guide for Higher Education Faculty [6]	Respondent	W. Brad Johnson	A book that offers strategies for effective mentorship
Individual	Public advocacy and actions	Men in Global Health, Time to 'Lean Out' [7]	Research team	Madhukar Pai	An article that outlines actions men can take to

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					support women in global health
Individual	Meetings and panels	Event Organizer's Checklist [8]	Research team	Women Leaders in Global Health Initiative	A checklist of key points for event organizers to ensure gender equity
Individual	Meetings and panels	Equitable and Efficient Collaborations Toolkit [9]	Respondent	University of California Davis	A toolkit for organizing and facilitating meetings and collaborations to improve equity and efficiency
Individual	Training	Unconscious Bias in Medicine [10]	Research team	Stanford Online and EdX	An online course on recognizing unconscious bias and the impact on decision making
Individual	Multitude of actions	How Male Allies Can Support the Advancement of Women in Academic Medicine [11]	Research team	Sinha et al.	An infographic of 10 strategies to help men be better allies

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		Good Guys: How Men Can Be Better Allies for Women in the Workplace [12]	Research team	David G. Smith and W. Brad Johnson	A book to help guide men to be better allies for their women colleagues
		Better Allies: Everyday Actions to Create Inclusive, Engaging Workplaces [13]	Research team	Karen Catlin	A book on cultivating allyship in the workplace
		7 Tips for Men Who Want to Support Equality [14]	Research team	Lean In	A list of tips for men to support gender equity
		Closing The Leadership Gap: Gender Equity and Leadership in the Global Health and Care Workforce [15]	Research team	World Health Organization, Women in Global Health, Global Health Workforce Network	Multiple short checklists for stakeholders including organizational leaders, male allies, media, and women
Institutional	Policies and programs	Male Allyship Toolkit [16]	Research team	HeforShe Alliance	A toolkit with case studies encouraging male allyship on an institutional level

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					through programs and policies
Institutional	Raise awareness	Act One: There Will Be Blood [17]	Research team	This American Life	A podcast episode that can increase awareness and accommodations for biological differences between men and women
Institutional	Training	StanfordOnline: Strategies to Improve and Incorporate Diversity, Equity and Inclusion in Healthcare [18]	Research team	edX and Stanford Online	An online open-access course offering best practices for leaders to build and sustain teams to enhance equity
Societal	Supporting young boys to be better allies	BoyMom: Reimagining Boyhood in the Age of Impossible Masculinity [19]	Research team	Ruth Whippman	A book on understanding the current culture impacting boyhood and strategies to navigate raising boys in such an environment

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		Raising Feminist Boys: How to Talk with Your Child about Gender, Consent, and Empathy [20]	Research team	Bobbi Wegner and Jessica Joelle Alexander	A book offering parents guidance to discuss gender, empathy, identity and other related topics
Societal	Shared caregiving	Fair Play [21,22]	Research team	Book: Eve Rodsky Movie: Jennifer Siebel Newsom and Hello Sunshine	A book and documentary film offering a system for shared parenting and equal responsibilities in caregiving
Societal	Advocacy	Equimundo , MenCare , Global Boyhood Initiative [23–25]	Research team		A collective that promotes allyship amongst men and boys and promotes men as caregivers

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