

# How To Be A Good LGBTQIA+ Ally

Pride month 2021 is officially at a close, so this is a good time to consider how to be a good LGBTQIA+ ally *all year long*.

## **ally:**

An **ally** is one who knows and cares about an LGBTQIA+ person.

For some, being an ally will be as easy as breathing.

For others, it will take intentional effort.

# So, the big question is:

**HOW** can we be the best possible ally to our kids, grandkids, nieces and nephews, friends, students, coworkers, etc.?

Here are **eight** researched and proven ways:



Be a good listener.



Be intentional about creating a space of understanding.



Believe that ALL people regardless of sexual orientation or gender identity should be treated with dignity and respect.



Don't be afraid to ask questions but do your own research. It's ok and good to be curious and want to learn, but be respectful and non-intrusive.



Hold shared secrets.



Do not out people or share their status. It is not your secret to share.



Get comfortable with being uncomfortable. Embrace that you will make mistakes. You are human. The goal is not to be perfect, it is for all to be free to live authentically.



Speak up—online and in person. Social media is one way to show allyship; volunteering and showing solidarity in person is even better.

# Remember that **ally** is a noun *and* a verb.

Education and shifting take time. You will make mistakes, but it is far better to make those mistakes and keep moving forward than to not try at all.

## Here are a few non-profits to check out:

**GLSEN:** Their mission is to create safe and affirming schools for all regardless of sexual orientation, gender identity, or gender expression.

**The Trevor Project:** Their mission is to provide 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning young people under 25.

**SAGE:** SAGE is a national organization that offers supportive services and consumer resources to LGBTQIA+ older people and their caregivers.

## Here are a few ways to advocate and show solidarity in person:

- Calmly, but firmly speak up when someone uses slurs or insensitive language.
- Respectfully correct others if they misgender someone.
- Be inclusive. Be aware of opportunities to increase connection and decrease isolation. Share platforms.
- Promote diversity in your workplace.
- Support Equality. Educate yourself about policies that protect LGBTQIA+ people from discrimination within your workplace, at your kids' schools, within your communities, and so on.
- Learn the language! Never assume someone's sexual orientation or gender identity. Ask if you're unsure and if it's appropriate.