



10 Things You Can Do to Be an Ally to People Who Are LGBTQ+

Looking for simple ways to start being amore engaged and active ally?

Try using a few of these suggestions to build your ally skills and start creating change.

1. **Be open.** Talk about having lesbian, gay, bisexual, transgender, and queer (LGBTQ+) friends, family, colleagues, classmates, and acquaintances.
2. **Ask questions.** Or do research on your own. If you hear acronyms, terminology, or references you're not familiar with commit to getting the answers.
3. **Stay informed.** Learn about the realities, challenges and issues affecting the lives of people who are LGBTQ+ through news stories, social media, websites, books, documentaries, and educational materials.
4. **Speak up.** When you hear anti-LGBTQ+ slurs, jokes, or misinformation say something. Lead with why you're an ally to make your case for more welcoming and inclusive spaces.
5. **Teach equality.** Talk to the children in your life about different kinds of families. Be mindful of the day-to-day messages that they are receiving about people for are LGBTQ+ in schools, from friends, the web, and on TV.
6. **Reconsider your support.** When you are thinking about donating time, talent, or treasure to an organization consider whether they have inclusive policies. If they don't, ask how you can help.
7. **Think about where you spend.** Support LGBTQ+-owned and friendly businesses that have policies and practices to ensure equal treatment for employees and customers.
8. **Challenge those around you.** Encourage the organizations you are a part of – including social groups, your workplace, or faith community – to consider inclusive policies that protect the LGBTQ+ community from discrimination.
9. **Get loud.** Talk to friends and family, share stories online – do whatever you can to come out as an ally so that others know you support respectful and equal treatment for people who are LGBTQ+.
10. **Become an advocate.** Call, write, email, or visit public policy makers and let them know that as an ally who votes, you support laws that extend equal rights and protections al ALL people.

Don't forget to visit straightforequality.org and read the *guide to being a straight ally* and *the guide to being a trans ally*. Be sure to follow us on Twitter @S4Equality and Like us on Facebook [facebook.com/S4Equality](https://www.facebook.com/S4Equality).