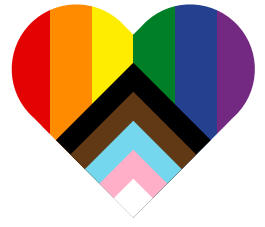




PFLAG

straight  
FOR  
equality



## Leading With Love for People Who Are Trans or Nonbinary\*

You don't need to know everything before you can take action as an ally to people who are trans or nonbinary\*—and your work doesn't stop when you feel like you've reached Super-Ally status. Consider incorporating these suggestions to build your ally skills and create a lasting difference.

- **Ask questions.** Be respectful and appropriate and remember that “no” is a complete sentence.
- **Do homework.** There are organization, resources, and tools that you can use to educate yourself and others. Go to [straightforequality.org/trans](https://straightforequality.org/trans) to get started.
- **Vocalize inclusion.** Add your personal pronouns to verbal introductions, email signatures, professional bios, name tags, etc.
- **Avoid gendered language.** Be mindful of terms, phrases, and colloquialisms that reinforce gender as a binary construct (e.g., ladies and gentlemen, you guys, dude, etc.)
- **Elevate and uplift.** Center the voices of trans and nonbinary\* people when recognizing events like the Transgender Day of Visibility, Nonbinary Peoples' Day, and Trans Awareness month.
- **Stop the violence.** Support efforts to address anti-trans violence.
- **Become an advocate.** Organize or join efforts in your community to protect the rights of trans and nonbinary\* people where you live.

*\*For this document, trans and nonbinary\* is intended to encompass anyone whose gender identity or expression is not the same as what they were assigned at birth.*



**Email**  
[love@pflag.org](mailto:love@pflag.org)



**Website**  
[pflag.org](https://pflag.org)



**Facebook**  
[@PFLAG](https://www.facebook.com/PFLAG)



**Instagram**  
[@PFLAG](https://www.instagram.com/PFLAG)



**LinkedIn**  
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