



10 Things You Can Do to Be an Ally to People Who Are Trans*

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. Learn more about the unique experiences of people who are trans by seeking out varied stories in print, in film, online, and in life.
2. Accept that people have the right to define who they are, regardless of assigned sex or your perception of their physical appearance.
3. Ask respectful and appropriate questions, but recognize that you do not deserve an answer just because you're curious. If someone doesn't want to discuss something, ask if they can suggest a resource that they think would be helpful to you.
4. Familiarize yourself with resources and tools that you can use to educate others about gender identity, gender expression, and the gender spectrum.
5. Remember that if you're feeling uncomfortable, it's for you to reflect on, not the person who is trans to fix for you.
6. Vocalize inclusion by adding your personal pronouns to verbal introductions, e-mail signatures, professional bios, nametags, LinkedIn profiles, etc.
7. Be mindful of terms, phrases, and colloquialisms that reinforce gender as a binary construct (e.g., ladies and gentleman, you guys, dude, etc.)
8. Commemorate and celebrate annual events including the Transgender Day of Visibility (March 31), International Pronouns Day (the third Wednesday of October each year), and the Transgender Day of Remembrance (November 20).
9. Raise your voice, and elevate the voices of others, to bring focus to the epidemic of violence that trans people face in the US and around the world.
10. Work to oppose anti-trans legislation at the local, state, and federal level and support legislation that celebrates gender diversity.

For this document, trans is intended to encompass the full spectrum of gender identity and expression. This includes, but is not limited to, those who identify as agender, AMAB/AFAB, androgynous, FTM/F2M, FTX/F2X, gender creative, gender expansive, genderfluid, gender neutral, gender nonconforming, genderqueer, MTF/M2F, MTX/M2X, nonbinary, transgender, transsexual, and Two Spirit. These experiences are diverse, so be sure to find out how to support your trans* friends by asking how to help!*

Don't forget to visit us at straightforequality.org and read *guide to being a straight ally* and *guide to being a trans ally*. Be sure to Like us on Facebook at facebook.com/S4Equality and Follow us on LinkedIn at linkedin.com/company/pflag-s4equality/