



## 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.

**Visit us at [straightforequality.org](http://straightforequality.org) and read *guide to being a straight ally* and *guide to being a trans ally*. Be sure to and LIKE us on Facebook [facebook.com/S4Equality](https://www.facebook.com/S4Equality).**