



## Fight Your Fears: Developing Advanced Ally Skills

### Session Description:

Self-identified allies often find themselves faced with challenges to expressing support for the LGBTQ+ community. This may leave them less likely to speak up. In this session, participants will find out how to transform the reason they're an ally (or need one) into their case for inclusion, get effective strategies to create conversation about LGBTQ+ equality, and understand how to transform conflict into opportunity.

### Content Overview:

Whether you're an ally who is just starting their journey, an ally who has a long history of supporting inclusion efforts, or an LGBTQ+ person looking for ways to grow your own ally skills or help empower your allies – we've got answers. Leveraging PFLAG's 50 years of experience as the nation's original ally organization, this session will:

- Review the PFLAG and Straight for Equality basics
- Consider the power of allies as “unexpected messengers” to create culture change
- Address and overcome common challenges that allies at work encounter the most, including how to self-identify as an ally, create conversations, and manage conflict; and
- Connect with resources that will help allies increase their visibility at work and feel more confident in their role as a vocal advocate for LGBTQ+ equality.

<b>Session Length:</b>	90 minutes (in-person or hybrid), 60 minutes (online only)
<b>Target Audience:</b>	Self-identified allies, LGBTQ+ people who want to learn more about how to support allies no matter where they are on their journey
<b>Participant Materials:</b>	<i>the guide to being a straight ally</i> (fourth edition), ally postcards, and online resource page
<b>Additional Information:</b>	“Want to Be an Ally” is a strongly suggested prerequisite for this session. The PFLAG team can provide support to use ally postcards as part of internal ally engagement campaign.

For more information on this session, contact Mackenzie Harte (they/them), Learning & Inclusion Coordinator, by e-mailing [mharte@pflag.org](mailto:mharte@pflag.org) or calling (202) 467-5411.

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