



Fight Your Fears: Developing Advanced Ally Skills

Session Description:

Self-identified allies often find themselves faced with challenges to expressing and demonstrating support for the LGBTQ+ community. This may leave them less likely to be visible and vocal. In this session, participants will find out how to transform the reason they're an ally (or need one) into action, 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 to create lasting culture change;
- Address and overcome common challenges that allies at work encounter the most, including how to self-identify as an ally, create conversations about LGBTQ+ equality, 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 voice for inclusion.

Session Length:	90 minutes (in-person or hybrid), 60 minutes (online only)
Target Audience:	Self-identified allies, LGBTQ+ people who want to learn more about how to support allies no matter where they are on their journey
Participant Materials:	<i>the guide to being a straight ally</i> , ally postcards, and online resource page
Additional Information:	"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 Manager, by e-mailing mharte@pflag.org or calling (202) 467-5411.

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