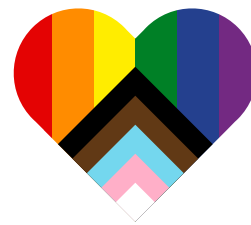




PFLAG

straight
FOR
equality



Being Kind and Respectful to People Who Are Trans and Nonbinary*

You don't need to know everything before you can take action to be a more visible, vocal, and active ally to people who are trans and nonbinary. Consider incorporating these behaviors into your day-to-day life to build your ally skills and create a lasting difference.

- **Be inquisitive.** Ask questions that are respectful and appropriate and remember that “no” is a complete sentence.
- **Do your homework.** There are organization, resources, and tools that you can use to educate yourself and others.
- **Vocalize and visualize inclusion.** Add your affirmed 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 all year long, and especially when organizing events like Transgender Day of Remembrance and International Pronoun's Day.
- **Stop the violence.** Support efforts to address anti-trans violence.
- **Be an advocate.** Organize or join efforts in your community to protect the rights of trans and nonbinary people where you live.
- **Vote.** Use your voice at the polls to protect trans and nonbinary people.

**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



Website
pflag.org



Facebook
@PFLAG



Instagram
@PFLAG



LinkedIn
@PFLAG