How To Be A Good LGBTQIA+Ally

Pride month 2021 is officially at a close, so this is a good time to consider how to be a good LGBTQIA+ ally **all year long**.

ally:

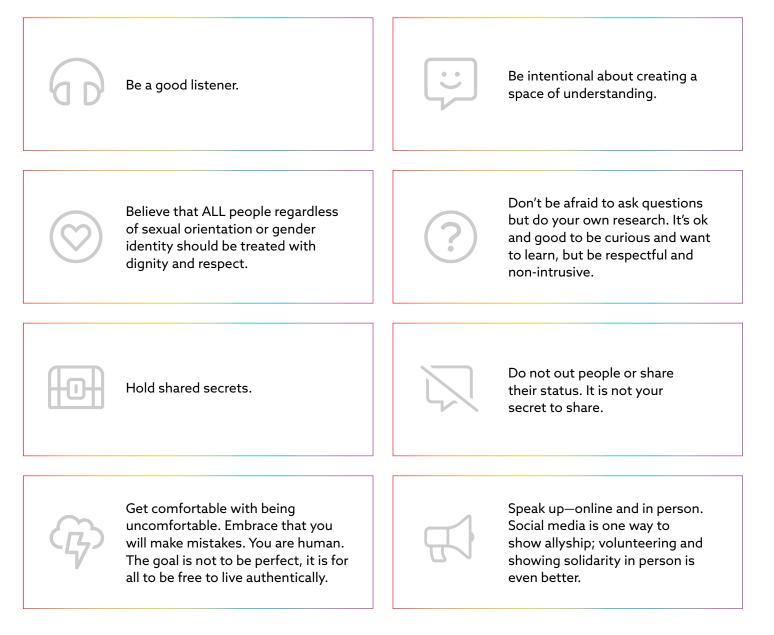
An **ally** is one who knows and cares about an LGBTQIA+ person. For some, being an ally will be as easy as breathing. For others, it will take intentional effort.



So, the big question is:

HOW can we be the best possible ally to our kids, grandkids, nieces and nephews, friends, students, coworkers, etc.?

Here are *eight* researched and proven ways:





Remember that **ally** is a **noun** and a **verb**.

Education and shifting take time. You will make mistakes, but it is far better to make those mistakes and keep moving forward than to not try at all.

Here are a few non-profits to check out:

GLSEN: Their mission is to create safe and affirming schools for all regardless of sexual orientation, gender identity, or gender expression.

The Trevor Project: Their mission is to provide 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning young people under 25.

SAGE: SAGE is a national organization that offers supportive services and consumer resources to LGBTQIA+ older people and their caregivers.

Here are a few ways to advocate and show solidarity in person:

- Calmly, but firmly speak up when someone uses slurs or insensitive language.
- Respectfully correct others if they misgender someone.
- Be inclusive. Be aware of opportunities to increase connection and decrease isolation. Share platforms.
- Promote diversity in your workplace.
- Support Equality. Educate yourself about policies that protect LGBTQIA+ people from discrimination within your workplace, at your kids' schools, within your communities, and so on.
- Learn the language! Never assume someone's sexual orientation or gender identity. Ask if you're unsure and if it's appropriate.

