

ALLYSHIP

for community members

How can you be an ally?

LGBTQIA2S+ people and their families are constantly defending themselves and their rights to exist in public as full people. The more that community members can step up, the more we can all share that burden:

- **Stay informed on LGBTQIA2S+ issues**, especially locally; learn them well enough to have discussions with people around you
- **Practice including pronouns in your introductions and signatures**, and normalize gender-neutral language when a person's identity is not known
- **Listen to LGBTQIA2S+ people when they ask for help** and share their stories when they've given permission to share
- **Be loud and consistent in your advocacy:**
 - Testify against anti-trans and anti-LGBTQIA2S+ policies and bills, whether in-person, by letter, by email, or by phone
 - Speak up about LGBTQIA2S+ rights and issues amongst your friends, family, and community groups
 - Stand up against anti-trans and any anti-LGBTQIA2S+ hate, and be willing to be uncomfortable to help LGBTQIA2S+ people be safe
- **Do not make assumptions** about people based on perceived gender, stereotypes, or generalizations; treat each person as an individual and talk to them rather than assuming
- **If someone shares a private part of their identity with you, listen with support** and without judgment, and do not share with others without express permission
- **Check-in with the LGBTQIA2S+ people around you;** support them, encourage them, let them know they are valued and loved just as they are
- **Make your home, businesses, and communities vocally supportive and safe places**
- **Check-in with local LGBTQIA2S+ groups and see how you can volunteer**
- **Be an ally even when you don't know if LGBTQIA2S+ people are around**
- **Celebrate Pride** to increase LGBTQIA2S+ visibility
- **Continue to educate yourself and examine your personal biases.** Read, watch and listen to media created by queer and trans artists, activists and authors.

Learn More

One of the best things you can do as an ally is to continue learning. Find more resources to support your community members here: thetrevorproject.org, pflag.org, 907transyouth.com, transequality.org, and on the ACLU of Alaska website (acluak.org) and social pages.

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