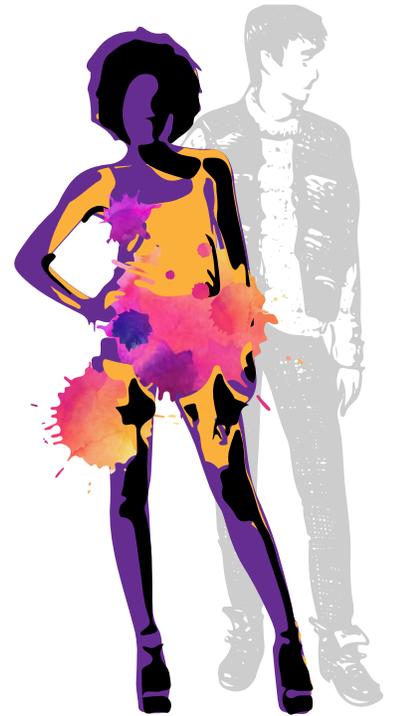


# How to Be an Ally to the LGBTQ+ Community

## What do we mean by LGBTQ+?

LGBTQ+ is an umbrella term that includes lesbian, gay, bisexual, transgender, questioning, queer and Two-Spirit, as well as many other gender and sexual minorities. You don't have to fully understand all the terms, but as an ally, be respectful and open to learning. Get started by reviewing some common terms:

<http://www.hrc.org/resources/glossary-of-terms>

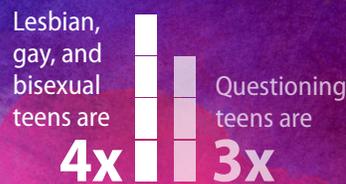


## What is an ally?

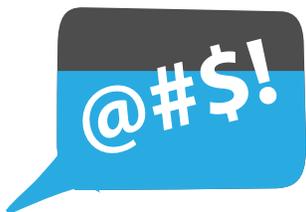
Someone who is supportive of the LGBTQ+ community and advocates for equality and acceptance of all people. Anyone can be an ally, regardless of their sexual orientation or gender identity.

## Why are allies important?

LGBTQ+ youth experience widespread harassment, bullying, and discrimination.



more likely to attempt suicide as their straight peers.<sup>3</sup>



# 65%

of LGBT students heard homophobic remarks like "fag" or "dyke" frequently or often.<sup>1</sup>

# 40%

of teens who experience homelessness each year identify as LGBTQ.<sup>2</sup>



# Everyone Can Be an Ally

For many LGBTQ+ teens, it takes courage to come out to family and friends, and they fear harassment, rejection, and isolation. Being an ally can make a difference. Allies are some of the most effective and powerful voices of the LGBTQ+ movement.

Whether you're just learning about LGBTQ+ issues and want to learn more, or you are a recognized advocate in your community, your actions and words as an ally are meaningful and important.

<http://www.straightforequality.org/allyspectrum>

## 3 WAYS You Can Be an Ally

### 1 Be mindful of language

Don't assume someone is straight • Use inclusive terms like "partner" or "they" instead of "him" or "her" when you first meet someone • These words don't imply gender or sexual orientation and can apply to any relationship.

### 2 Create safe spaces

Create safe and welcoming places for LGBTQ+ friends and peers. Join your community's Gay-Straight Alliance, or if your community lacks one, help create one. • Be inclusive and respectful to peers on and off the field. And speak up when people use offensive language around you. • Don't let your friends be bullied!

### 3 Listen and provide support

Be open minded and confront your own prejudices. • Avoid stereotyping people, and take the time to get to know people in the LGBTQ+ community. • Use social media to show support and participate in inclusion campaigns.



*A Gay-Straight Alliance is a youth-run club that provides a safe place for youth to meet, support each other, and work to improve community climate for all youth*



## #gotyourback

## Resources

The Straight Ally Spectrum <http://www.straightforequality.org/allyspectrum.html>

Gay & Lesbian Alliance Against Defamation <http://www.glaad.org/>

The Trevor Project <http://www.thetrevorproject.org/>

Gay, Lesbian, and Straight Education Network <http://www.glsen.org/>

Parents, Families, and Friends of Lesbians and Gays <https://www.pflag.org/>

The National LGBTQ Taskforce <http://www.thetaskforce.org/>

Human Rights Campaign <http://www.hrc.org/>

American Psychological Association LGBT Youth Resources <http://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt/default.aspx>

Advocates for Youth <http://www.advocatesforyouth.org/lgbtq-issues-home>

It Gets Better Project <http://www.itgetsbetter.org/>

LGBTQ Youth Crisis and Suicide Intervention 866-488-7326

GLBT National Youth Talkline 800-246-7743



<sup>1</sup> Kosciw, J. G., Greytak, E. A., Palmer, N. A., & Boesen, M. J. (2014). The 2013 National School Climate Survey: The experiences of lesbian, gay, bisexual and transgender youth in our nation's schools. New York: GLSEN. <sup>2</sup> Durso, L.E., & Gates, G.J. (2012). Serving Our Youth: Findings from a National Survey of Service Providers Working with Lesbian, Gay, Bisexual, and Transgender Youth who are Homeless or At Risk of Becoming Homeless. Los Angeles: The Williams Institute with True Colors Fund and The Palette Fund. <sup>3</sup> CDC. (2011). Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12: Youth Risk Behavior Surveillance. Atlanta, GA: U.S. Department of Health and Human Services.)