

# TIPS ON BEING A SUPPORTIVE LGBTQ+ ALLY!

#1

Speak up if you witness unfair treatment. Unfair treatment and bullying create a bad environment for everyone, so by speaking up you could be helping more people than you realize.



#2

Listen and learn from your LGBTQ+ friends and trust that they are the experts of their experiences.

#3

Always use the pronouns and name someone asks you to use, even if it's different than what you remember or are used to.

#4

If you make a mistake, say you're sorry and change your behavior in the future.



#5

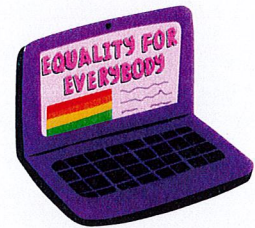
Get involved in efforts in and out of school that can help make spaces more accepting for LGBTQ+ people.



Scan me to download these tips to your phone or tablet!

#6

Learn about LGBTQ+ people and history.



#7

Show you are an ally by wearing an LGBTQ+ pride symbol or something that identifies you as a supportive person.



#8

Share affirmations with your LGBTQ+ friends to let them know they are loved, worthy, and celebrated.

#9

If an LGBTQ+ friend or student needs help (like if they are being bullied or having a hard time at home), get them in touch with a supportive adult, like your school counselor or an LGBTQ+ supportive teacher.



#10

If you are worried that an LGBTQ+ friend or student is in immediate danger (for example, thinking of hurting themselves), get an adult right away who can help connect them to the Trevor Project hotline.



The Trevor Project has LGBTQ+ and ally counselors who are available 24/7 through chat, call, or text. To connect, go to [www.thetrevorproject.org/get-help](http://www.thetrevorproject.org/get-help). To text, simply send "START" to 678-678. To call, dial 1-866-488-7386.

