



10 Things You Can Do to Be an Ally to People Who Are Trans*

Looking for simple ways to start being amore engaged and active ally?
Try using a few of these suggestions to build your ally skills and start creating change

1. **Learn** more about the unique experiences of people who are trans by seeking out varied stories in print, in film, online, and in life.
2. **Accept** that people have the right to define who they are, regardless of assigned sex or your perception of their physical appearance.
3. **Ask** respectful and appropriate questions, but recognize that you do not deserve an answer just because you're curious. If someone doesn't want to discuss something, ask if they can suggest a resource that they think would be helpful to you.
4. **Familiarize** yourself with resources and tools that you can use to educate others about gender identity, gender expression, and the gender spectrum.
5. **Remember** that if you're feeling uncomfortable, it's for you to reflect on, not the person who is trans to fix for you.
6. **Vocalize** inclusion by adding your personal pronouns to verbal introductions, e-mail signatures, professional bios, nametags, LinkedIn profiles, etc.
7. **Be mindful** of terms, phrases, and colloquialisms that reinforce gender as a binary construct (e.g., ladies and gentleman, you guys, dude, etc.)
8. **Commemorate and celebrate** annual events including the Transgender Day of Visibility (March 31), International Pronouns Day (the third Wednesday of October each year), and the Transgender Day of Remembrance (November 20).
9. **Raise your voice**, and elevate the voices of others, to bring focus to the epidemic of violence that trans people face in the US and around the world.
10. **Stand up** against anti-trans legislation at the local, state, and federal level and support legislation that celebrates gender diversity.

For this document, trans is intended to encompass the full spectrum of gender identity and expression. This includes, but is not limited to, those who identify as agender, AMAB/AFAB, androgynous, FTM/F2M, FTX/F2X, gender creative, gender expansive, genderfluid, gender neutral, gender nonconforming, genderqueer, MTF/M2F, MTX/M2X, nonbinary, transgender, transsexual, and Two Spirit. These experiences are diverse, so be sure to find out how to support your trans* friends by asking how to help!*

Don't forget to visit straightforequality.org and read the *guide to being a straight ally* and *the guide to being a trans ally*. Be sure to follow us on Twitter @S4Equality and Like us on Facebook facebook.com/S4Equality.