



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

Looking for simple ways to start being more 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](http://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](https://www.facebook.com/S4Equality).