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. **Be open.** Talk about having lesbian, gay, bisexual, transgender, and queer (LGBTQ+) friends, family, colleagues, classmates, and acquaintances.

2. **Ask questions.** Or do research on your own. If you hear acronyms, terminology, or references you’re not familiar with commit to getting the answers.

3. **Stay informed.** Learn about the realities, challenges and issues affecting the lives of people who are LGBTQ+ through news stories, social media, websites, books, documentaries, and educational materials.

4. **Speak up.** When you hear anti-LGBTQ+ slurs, jokes, or misinformation say something. Lead with why you’re an ally to make your case for more welcoming and inclusive spaces.

5. **Teach equality.** Talk to the children in your life about different kinds of families. Be mindful of the day-to-day messages that they are receiving about people for are LGBTQ+ in schools, from friends, the web, and on TV.

6. **Reconsider your support.** When you are thinking about donating time, talent, or treasure to an organization consider whether they have inclusive policies. If they don’t, ask how you can help.

7. **Think about where you spend.** Support LGBTQ+-owned and friendly businesses that have policies and practices to ensure equal treatment for employees and customers.

8. **Challenge those around you.** Encourage the organizations you are a part of – including social groups, your workplace, or faith community – to consider inclusive policies that protect the LGBTQ+ community from discrimination.

9. **Get loud.** Talk to friends and family, share stories online – do whatever you can to come out as an ally so that others know you support respectful and equal treatment for people who are LGBTQ+.

10. **Become an advocate.** Call, write, email, or visit public policy makers and let them know that as an ally who votes, you support laws that extend equal rights and protections at ALL people.

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](http://facebook.com/S4Equality).