

pride is better with friends.



It's important to recognize that a world that is safer for LGBTQ+ people is a world that is safer for everyone.

A world that is more tolerant and equitable will be a safer and healthier world for all the people in it!

What is an ally?

An ally is a person who is not part of the LGBTQ+ community who supports both the community and the individuals that make up the community.

This includes supporting equal rights as well as supporting friends, families, coworkers, or anyone else in a person's life who is LGBTQ+.

let's talk
about

being
an ally

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why allyship matters

Being cisgender or straight means you have one less potential threat or harm you have to worry about. That's privilege.

Even though you don't have to think about your gender and orientation, being an ally means you choose to, and you use your privilege to make places and people safer for those who do experience threat or harm.

73% of LGBTQ+ youth

reported that they have experienced discrimination based on their sexual orientation or gender identity at least once in their lifetime.

2022 NATIONAL SURVEY ON LGBTQ MENTAL HEALTH

However, the majority of LGBTQ+ youth hold hope for a better future despite the abuses they experience.

HUMAN RIGHTS CAMPAIGN



how to support LGBTQ+ people

- Follow the lead of the person you want to be an ally to. While allies may have ideas about what is best, every LGBTQ+ person is different and they're all on different journeys.
- Do not out an LGBTQ+ person. Let them come out on their own schedule and in their own way, *if they choose to.*
- Learn about the LGBTQ+ community and its history.
- If you don't know a term, consider googling it before asking someone.
- Get to know their interests, passions, and personalities. The LGBTQ+ community is made up of a beautiful diversity of people. Celebrate them for their individuality!



- Be there for them when it gets tough. Sometimes having someone just listen is all it takes.
- Share resources when they need them.
- Stand up for LGBTQ+ people in your own social circles, faith communities, elections, and more.
- Donate to nonprofits that support the LGBTQ+ community.



supporting people living with HIV

Like the LGBTQ+ community, people living with HIV also need allies.

Here's some ways you can support people living with HIV:

- Learn accurate information about HIV and correct misunderstandings when you hear them.
- Fight stigma in your communities. Living with HIV is nothing to be ashamed of, and people need to know accurate information about how HIV impacts people's lives.
- Support HIV-focused nonprofits by donating, volunteering, or engaging with them on social media.
- If you are able to, help people living with HIV to manage their treatment. Assist people in navigating their healthcare or health insurance.



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