



1. BE HONEST

Be honest with your own discomforts. Give yourself time to understand the person who has shared their LGBTQIA+ identity with you. Make sure you reassure them that you will seek resources to be a better support.

2. BE LOUD & PROUD FOR THEM

Often time the voices of Allies are stronger than those of the LGBTQIA+ community. It's incredibly important to be vocal about your support and assure others that being LGBTQIA+ is wonderful and that you support the community.

3. ASK PRONOUNS/USE THEY OTHERWISE

While you can often use friends of someone as a reference for pronouns, asking the person directly and offering your pronouns first is always the best option. Use they when referring to people if you don't know their pronouns, never assume.

4. SEEK OUT QUEER PERSPECTIVES

Watch YouTube videos from LGBTQIA+ people, educate yourself on their stories and experiences and validate those stories when people share them with you.

EDUCATIONAL RESOURCES:

- Equality Utah Resource Guide: equalityutah.org/resources/lgbt-resource-guide
- Gay, Lesbian & Straight Education Network (GLSEN)
- National Center for Transgender Equality (NCTE)
- American Civil Liberties Union (ACLU)
- Human Rights Campaign (HRC)