

How to be an Ally

Did you know that June is Pride Month? This is a global celebration of the lesbian, gay, bisexual, transgender, queer/questioning, and more, (LGBTQ+) community. Allies play an important role in supporting the efforts of people who identify as LGBTQ+. Being an ally means actively supporting the community, rather than simply expressing support.

What it means to be an ally

Anyone can be an ally, including those outside and within the LGBTQ+ community. Allies are those who show up, speak out, and provide support for others. Everyone is at a different place in their journey, and we have all made mistakes along the way. It's ok! What is important is being able to use mistakes as learning opportunities to create a better future. Allyship is about listening to the needs of others and focusing on how you can provide support to meet these needs.



How can you be an ally for the LGBTQ+ community?

- **Listen:** as needs change and evolve we need to as well. Listen to the evolving needs of the community and remain open to changing perspectives. The best way to understand someone's needs is to ask questions, so don't be afraid to start a conversation.
- **Step out of your comfort zone:** look for opportunities to provide support, even if it is new and feels uncomfortable at first. Look for volunteer opportunities in your community, The Trevor Project, [Make a difference. with The Trevor Project](#) is one place to start if you are looking for information on how to be an ally and how you can help.
- **Be mindful:** We all have our own prejudices and unconscious biases. Allies will challenge assumptions, biases, and stereotypes you may not have even recognized before. For example, the jokes you may have made, the pronouns you use, and assumptions about someone's partner based on how they look, or their gender or sex are all things you can work on as an ally.

- **See something, say something:** pay attention! When you hear friends, family, co-workers, etc. make comments or behave in an offensive or discriminatory way, provide support in the moment, and say something. Frame your response to these actions as a learning or growth opportunity for the person, it is not about making yourself look better, but providing support to the community.
- **Educate Yourself:** Allies know they need to learn more about the experiences of those who may be different than them. This can be done in different ways, reading a book, listening to podcasts, and interacting with people and groups within the LGBTQ+ community. Looking for a place to start, Author Lisa Koenecke has a book, "[*Be an Inclusion Ally: ABC's of LGBTQ+*](#)," with more resources and information to get started.

You have the power to be a true ally in choosing to stand up for the rights of others and using your voice to help create change. It's important to reflect on past situations and consider how you could have been a better ally. Through empathy, willingness to listen, and action you can help in driving real change.

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