

6

steps to being an

LGBT+
ALLY

1

Wear a visible symbol of support

Choose a rainbow lanyard, a lapel pin or wristband to show your allyship day-to-day.

2

Familiarise yourself with the language

Do some research – teach yourself the right language to use when communicating with people in the community.

3

Be pronoun-aware

Respect other people's pronouns (She, He, They). Introduce yourself with pronouns and share your pronouns through communications and on social media.

4

Educate yourself on the history of LGBT+ activism

Explore the history of the LGBT+ movement and maybe attend some parades and rallies.

5

Get involved with the LGBT+ community

Your presence at Pride events is a strong way of showing support and developing your awareness.

6

Support LGBT+ charities

Actively show your support through volunteering for related charities.