

# 6 STEPS FOR BEING A TRANS ALLY

Here are some suggestions on how trans allies can better understand gender identity and support the transgender community

▶▶ **Listen** and learn

Seek out opportunities to hear from trans individuals about the experience of being trans in various communities and settings.

▶▶ **Respect** people's identities

Use the appropriate names and pronouns for individuals you meet. If you aren't sure, ask. If you make a mistake, offer a short apology and continue the conversation.

▶▶ **Consider** your curiosity

Before you ask a trans person potentially invasive questions, consider why you want/need to know. If the information you seek is potentially personal, or about your curiosity rather than something needed for your interactions, resist the urge.

▶▶ **Research** independently

Do not rely on trans individuals to educate you or be the experts on all matters of gender. Research questions you have and how you can support the trans community.

▶▶ **Create** inclusivity

Include pronouns as part of introductions at meeting and social settings. Offer your pronouns, then inquire about others'. Whenever possible have at least one gender inclusive restroom available at meetings and events.

▶▶ **Speak** out

Speak up when you hear statements or see actions that are discriminatory or not inclusive of all gender identities and expressions.

