

## Happy Pride Month!

### 5 Ways to be a Good LGBTQIA+ Ally

An ally is someone who stands up for, supports, encourages, and tries to make the world a better place for people who identify as LGBTQIA+. Anyone can be an ally, regardless of their sexual orientation or gender identity. Here are ways 5 to be a better ally!

#### Be Open-Minded and Ready to Listen and Learn

As allies, one of the most important things we can do is listen to and affirm LGBTQIA+ voices.

- Always try to be respectful.
- Be open minded and believe people's experiences when they are sharing about their lives.
- Check in with your LGBTQIA+ mates. Ask people how they are and be willing to listen. Be willing to offer support when you can.

#### Be visible stand up and be proud to be an ally

- Go to rallies and events
- Call out harmful stereotyping: explain that this contributes to creating an environment in which LGBTQIA+ people feel unsafe to be out or visible.
- Call out homophobia, transphobia or queerphobia wherever you see it
- Consider including your pronouns on your social media to create an inclusive culture and normalise the practice, reminding people that pronouns shouldn't just be assumed.

#### Don't Assume

- Don't assume someone's gender, sex or sexuality. Don't assume that all of your friends, co-workers, or even housemates are straight. Someone close to you could be looking for support in their coming-out process. Not making assumptions will give them the space they need to be their authentic self and open up to you in their own time.

#### Learn About Issues that are Important to the Community

- Take it upon yourself to educate yourself about LGBTQ+ history, terminology, and the struggles that the community still faces today.
- Talk to people who identify as LGBTQIA+, read books, listen to podcasts, and visit businesses by people from the community.

- Understand that gender identity (how you personally experience your own gender) and sexuality (sexual feelings, thoughts, attractions and behaviours) can be complex-more than just “straight” or “gay”

### Encourage Family and Friends to be Allies

- Be open and talk to your friends and family about the importance of allyship. If you hear negative or uninformed comments about the LGBTIQ+ community, stand up and explain why it’s offensive or wrong.
- Sometimes the best way to encourage allyship is to simply start a conversation!

### Sources:

[au.reachout.com](http://au.reachout.com)

[adl.org](http://adl.org)

[about.unimelb.edu.au](http://about.unimelb.edu.au)