

“Ally” is a verb not a noun

An important part of being an ally to the LGBTQA+ community is to actively work with us. Here are some action-based ways that you can help make “ally” a verb.

1. Educate yourself. Take some time to do the work and learn more about those you want to help.
2. Use your resources, both local and national. There are a lot out there, such as the Office of LGBTQ Affairs here on campus, and Wingspan and SAGA in the community. Also, nationally there is the Gay & Lesbian Alliance Against Defamation (GLAAD), the Gay and Lesbian Straight Education Network (GLSEN), and the National Center for Transgender Equality (NCTE)
3. Get Safe Zone trained. Safe Zone is a campus-wide training program designated to help make UA a more welcoming environment for LGBTQA+ people.
4. Attend a Pride Alliance event. Pride Alliance is the largest LGBTQA+ student organization on campus, and they put on a multitude of fun social and educational events each semester.
5. Check yourself and others. Being an ally requires an understanding and awareness of actions that are problematic. Take time to reflect about what you and others around you are doing and intervene if you notice a problem.
6. Use the words people use for themselves. The best way to be an ally is to follow a person’s lead when talking about their name, sexual orientation, and gender identity.
7. Interrupt verbal and physical violences against LGBTQA+ people. If you see something problematic happening, take action against it.
8. Stand *with* your LGBTQA+ peers, not *over* them. Recognize when it is important to move back and let us speak for ourselves.
9. Support LGBTQA+ artists. A lot of LGBTQA+ artists are overlooked and art is an important tool for social change.
10. Remember that we are everywhere and that you can’t tell who we are just by looking at us. Don’t assume that you know how someone identifies just by looking at them.
11. Be willing to have difficult conversations with people in your sphere of influence. We can’t be in all places at once, so educating non-LGBTQA+ people about LGBTQA+ issues is essential.
12. Get comfortable with being uncomfortable. We all get uncomfortable calling people out or learning new things. Roll with it and you can have more fun while being a great ally.