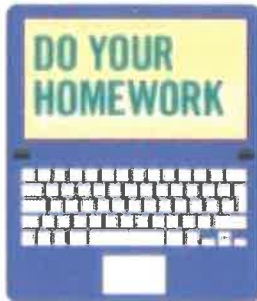
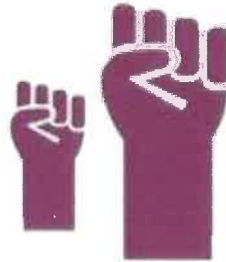


# BEING AN EFFECTIVE TRANS ALLY

**BEING AN ALLY IS IMPORTANT** It lets everyone around you know that you are supportive and attentive to the needs of others. Being an ally demonstrates that you want to help change the world for marginalized communities even if you are not necessarily part of a particular group.



Use social media, blogs, websites, and books to educate yourself on the issues facing trans communities.



be courteous, patient, and caring with people. Smiling and asking about someone's day can go a long way when someone is used to facing stares or harassment.

**MAKE ALLY A VERB**  
Being an ally is about doing something and making change with and for trans communities.

## APOLOGIZE WHEN YOU MAKE A MISTAKE

Everyone makes mistakes and that is okay! If and when someone points out your mistakes, acknowledge the wrong that has been done, apologize, and move on. It isn't always about your intent, but about the impact.

I'M SORRY.

## UNDERSTAND YOUR PRIVILEGE

Recognize the ways that being cisgender allows you to access washrooms, health care, or transcripts with ease. Think about the entitlements you take for granted for which others must fight.



## LISTEN

Experiences of transphobia can be dismissed, affirm the experiences of trans people. Listen to how you can provide support and be an ally.

## DIFFERENT WAYS TO SUPPORT



### BESIDE



You may need to stand beside someone to support them. Listen to them and walk with them through an experience.



### IN FRONT



You may need to stand in front of someone to help them avoid harm and hurt.



### BEHIND



You may need to stand behind someone to support them, recognizing that they are the experts and know what is best for them.



Being an ally isn't just about creating affirming spaces in your work environment; it is also about creating affirming and welcoming social environments. Think holistically about inclusion.

#TRANSINCLUSION

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