



Be an Ally for the Trans* Community



An ally is a person who supports and respects members of underrepresented and non-dominant communities. Allies take action to facilitate systemic and social change. Here are ways to be an ally to the Trans* and gender non-conforming community.

Allies want to learn. Learning is the first step toward improved awareness. Allies are people who do not necessarily know everything about underrepresented communities, but they want to learn more. Places to begin Trans* research: Transequality.org, Glaad.org, and Hrc.org.

Allies address barriers. Recognize and take action to help others become aware that there is more to gender than being male or female. Avoid and help others avoid misgendering. Many Trans* individuals may prefer to use the gender with which they identify. Ask for and respect personal pronouns. For instance, someone who identifies as Trans* may prefer to use they/them.

Allies know that support comes in many forms. Support can be personally expressed, such as using inclusive language. Support can also be more public, by addressing situations where people use microaggressions. These are offensive comments or actions directed at an underrepresented or other non-dominant group that unintentionally or unconsciously reinforce stereotypes. Speaking up is important at all times, but especially when there may not be any Trans* people present.

Allies are people who respect diversity. Just like everyone, Trans* people's identities are multifaceted, and each person is unique. Being Trans* is just one aspect of an individual's identity.

This message is a collaboration between Health Promotion and Wellness, The League of Extraordinary Genders, and PRIDE ISU. For more information, visit Wellness.IllinoisState.edu.



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University