"Ally" often refers to individuals who do not identify as LGBTQ+. However, it’s important to recognize that allyship within the community is important as well. Cisgender people can be allies to their transgender community members. Lesbian & gay individuals can be allies to bisexual people. Being an ally is a full-time label; that means that in order to fully realize your ally potential, it takes commitment and practice. Consider these points as you grow as an ally.

- Recognize that some individuals within the LGBTQ+ community experience different, and sometimes greater forms of interpersonal and systemic discrimination and oppression based on their racial and/or ethnic identity, their religion, their nation of origin, and so on. Intersectional allyship is key in supporting all LGBTQ+ community members.
- Be open-minded; approach new situations as an opportunity to learn.
- Speak up, but not over.
- Listen to the experiences of LGBTQ+ individuals.
- Be inclusive in your language.
- Invite LGBTQ friends to events with your friends and family; these can be excellent learning experiences.
- Don’t assume a person’s sexual orientation and/or gender identity. Someone close to you could be looking for support in their coming out process and avoiding assumptions may give them the space that they need.
- Homophobic/Heterosexist/Transphobic comments and jokes are always harmful. Let your friends, family and co-workers know that you find them offensive and are not welcomed in your space.
- Stereotypes are sweeping generalizations about entire groups of people. Even if a stereotype is “good,” stereotypes are always bad.
- Confront your own prejudices and biases, even if it is uncomfortable to do so.
- Defend your LGBTQ friends and family against discrimination, personal and political.
- Support and help organizations that work toward full LGBTQ equality.
- Avoid relying on your LGBTQ+ friends and family to explain concepts or specific issues. Take steps to continue your own self-education and engage in informed dialogue.
- Consider your privilege as a heterosexual person and/or a cisgender person. When you’re able, use it to support your LGBTQ+ friends, family members, and co-workers.
- Recognize when LGBTQ voices are particularly important and make sure that they are brought to the table.