

Top 10 tips to be a great LGBTQ+ Ally



Thank-you

for downloading our “10 Top Tips to be a great Ally” - you are now well on your way to being an LGBTQ+ Ally.

We use our own model called PRIDE to teach people how to be great LGBTQ+ Allies:

To be a great LGBTQ+ Ally you need to be:

Passionate

We want you to feel passionate about LGBTQ+ rights, as LGBTQ+ rights are human rights as we all deserve to be treated equally and feel safe in this world.

Reflective

We want you to keep reflecting on your own privileges and the power you have to make a difference as an LGBTQ+ Ally.

Informed

Things are always changing within the community - so it is important to keep updated and informed.

Doing better

It's not enough to just know an LGBTQ+ person in order to be an Ally, being an Ally is about taking action.

Empathetic

We need empathy to be an Ally as we might not always understand every LGBTQ+ person's experience but we can still have empathy for them.

We hope these tips will be useful to you and help you on your journey to be a great LGBTQ+ Ally.

10 TOP TIPS TO BE A GREAT LGBTQ+ ALLY

1

LEARN MORE ABOUT THE LGBTQ+ COMMUNITY

Understanding the history of the LGBTQ+ community and the current challenges they face, gives you increased knowledge to empower you to challenge discrimination and to feel confident being an Ally.

QUICK WIN: Buy the 2hr e-learning course "From LGBT Inclusion to Confusion"



2

BE VISIBLE AS AN LGBTQ+ ALLY

You can do this by using pronouns on your email signature and social networks, or if you work with young people or groups, buying a pin badge with your pronouns or the progressive pride flag, shows that you are a safe and trusted Ally.

QUICK WIN: Add your pronouns on your email signature, social networks and online platforms.





3

AMPLIFY THE VOICES OF THE LGBTQ+ COMMUNITY

The LGBTQ+ community are still underrepresented in most spaces, therefore you can help amplify their voices by sharing their stories and social media posts on your own platforms. This is particularly true for the trans community and LGBTQ+ people of colour, who are particularly marginalised.

QUICK WIN: Find an LGBTQ+ activist who inspires you on social media and share one of their posts



4

SHOW SOLIDARITY BY ENGAGING WITH LGBTQ+ CULTURE

There are regular LGBTQ+ creative events, film nights and book launches if you check your local listings. Just going to these events is an act of solidarity and you will likely hear about people's experiences which will broaden and deepen your understanding, to help you be an even better Ally.

QUICK WIN: Google LGBTQ+ events in your local area, either in person or online and book yourself a ticket!





5

CHALLENGE JOKES ABOUT LGBTQ+ PEOPLE

Anti-LGBTQ+ comments and jokes happen all the time, but can actually be just as harmful as more obvious forms of discrimination like bullying. If you see this happening in person or online, we encourage you to speak up and suggest some more inclusive language

QUICK WIN: Speak up the next time someone makes a joke about an LGBTQ+ individual



6

USE INCLUSIVE LANGUAGE

By using inclusive language you let LGBTQ+ people know you are an Ally. If you use inclusive language in your work or your community, you are also more likely to attract more LGBTQ+ people as they will know that they are included and that you are a safe person to be around.

QUICK WIN: Buy our PDF of LGBTQ+ Inclusive Language and start practising using more inclusive language, update any written materials so they are more inclusive.



DIVERSITY

equality

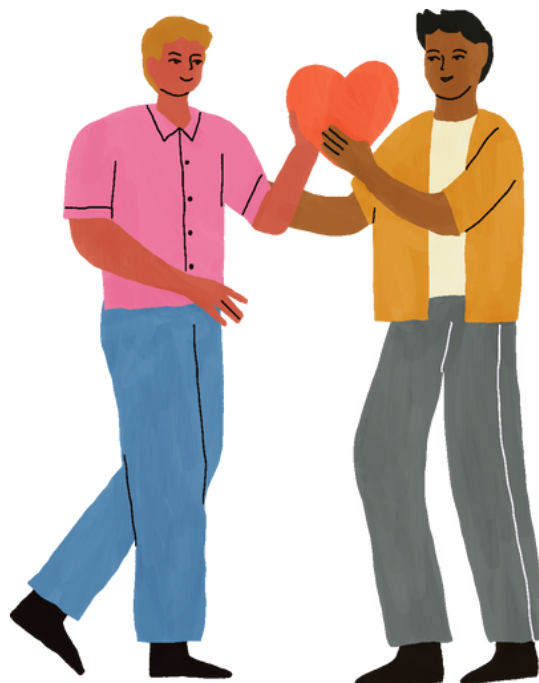
NO LABELS

7

LISTEN AND SUPPORT LGBTQ+ PEOPLE

One of the key qualities of being a great LGBTQ+ ally is your listening skills. Unfortunately bullying and discrimination is still extremely common for LGBTQ+ people. So if you know a LGBTQ+ person is having a tough time then listen to them and ask how you can best support them.

QUICK WIN: Reach out to an LGBTQ+ family, friend or colleague and let them know you are always there as a “listening ear” and to support them.





8

HELP EDUCATE OTHERS ABOUT LGBTQ+ ISSUES

It can be exhausting as an LGBTQ+ person to always be educating, explaining or answering questions about being an LGBTQ+ person. You can support the community, by helping educate others and taking on some of that “emotional labour”

QUICK WIN: Share something you've learnt about the LGBTQ+ community recently with family, friends or colleagues to help educate more people to be LGBTQ+ Allies





9

SHARE POSITIVE LGBTQ+ NEWS STORIES

The constant harmful myths, stereotypes and negative news stories in the media, has had a devastating impact on the LGBTQ+ community and their mental health. Therefore when you see positive news stories, like an LGBTQ+ couple getting married, an advance in LGBTQ+ rights, or an LGBTQ+ person doing something great, then please share that with your networks as this has a direct impact on how people view the community.

QUICK WIN: Find a recent positive news story about the LGBTQ+ community and share it with your networks





10

SUPPORT LGBTQ+ ORGANISATIONS

There are so many incredible groups and organisations fighting for the rights of the LGBTQ+ community both in the UK and around the world, that you can support by donating or volunteering your time.

QUICK WIN: Find a local LGBTQ+ organisation in your area and find out how you can best support them



ABOUT ELLIS & LOU



Ellis (they/them) and Lou (she/her) Beardsmore are a wusband (non-binary term for married partner) and wife team who co-founded Pride Outside, a social enterprise based in Glasgow, in Scotland. They have over 30 years of training experience between them and wanted to use those skills to have a positive impact within their LGBTQ+ Community. Pride Outside delivers LGBTQ+ diversity training to reduce discrimination and inspire people to become active LGBTQ+ Allies. They also deliver an annual free Pride Outside LGBTQ+ Wellbeing Festival to improve the wellbeing of the LGBTQ+ community and regular online wellbeing workshops. They are on a mission to make the world a safer place for the LGBTQ+ Community and by becoming an LGBTQ+ Ally - you are helping them achieve this mission. Ellis has previously worked as a civil servant and a CEO, and now as a psychotherapist to the LGBTQ+ community. Lou has worked in International Development for over 10 years, for organisations like Oxfam and Red Cross, and now has her own coaching business supporting leaders in the third sector.

