



SPEAK

with RESPECT.

TALK the TALK for LGBTQ+ Youth.

**It's easy to be an LGBTQ+ ally.
Just tweak how you speak!**

1

**Ditch the
guesses.**

Don't assume
someone's gender
or orientation—
just ask!

2

**Share your
pronouns.**

Saying "Hi, I'm Alex,
they/them" makes it
normal for everyone.

3

**Get the
name right.**

If someone tells
you what they
go by, use it!

4

**Say it like
you mean it.**

Learn how to
pronounce names and
terms correctly—it
shows respect.

5

**Break
the mold.**

Skip the stereotypes—
LGBTQ+ people are
individuals!

YOUR WORDS HAVE POWER.

Use them for good! Not sure what to say? Just ask.
Being curious is the first step toward being an ally.

Looking for LGBTQ+ youth support? Reach out
to your local coalition or visit our allies at outrightvt.org.



SHOW UP. STEP IN. SPEAK OUT for LGBTQ+ Youth.