



Simple Ways To Be an Ally to LGBTQ+ Youth



- 1 Ask and use chosen names and pronouns.
- 2 Educate yourself about diverse LGBTQ+ people and intersecting identities.
- 3 Stand up against discrimination.
- 4 Listen without judgment.
- 5 Include diverse LGBTQ+ voices and experiences.



Your allyship makes a difference, showing LGBTQ+ youth that they are valued. By listening, learning, and standing up for inclusion, you can create a safer Vermont for all. *Being curious is the first step toward being an ally.*

LGBTQ+ youth support starts close to home. Connect with your local coalition or visit our allies at outrightvt.org

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



Simple Ways To Interrupt Harmful Behaviors



- 1 Call it out immediately.
- 2 Shift the focus to respect.
- 3 Redirect conversations positively.
- 4 Be a role model.
- 5 Empower bystanders.



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5 Simple Ways To Amplify LGBTQ+ Voices



- 1 Support LGBTQ+ speakers, especially BIPOC and trans.
- 2 Center LGBTQ+ individuals' stories.
- 3 Step back to listen.
- 4 Advocate for representation.
- 5 Share their words.



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5 Simple Ways To Support LGBTQ+ Mental Health



- 1 Affirm identities.
- 2 Connect youth to care and resources.
- 3 Be patient and nonjudgmental.
- 4 Create safe, supportive spaces.
- 5 Encourage authentic expression.



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Simple Ways To Use LGBTQ+ Inclusive Language



- 1 Avoid assumptions about gender or sexuality.
- 2 Introduce yourself with pronouns.
- 3 Respect people's chosen terms.
- 4 Acknowledge when you make a mistake, and try to do better.
- 5 Practice gender-neutral greetings/language.



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