

Guide for Allies

1. Don't be afraid, step outside your comfort zone
2. Ask LGBTIQ+ people about their lives, be inquisitive
3. Check in and see if the LGBTIQ+ people you know are doing OK
4. Don't try to control others, just be accepting of difference
5. Please don't make it weird, don't be EXTRA nice or ask about stuff you wouldn't ask someone else about
6. Don't change your spots, be authentic.
7. Educate yourself, watch documentaries and films, read, be curious, pay attention
8. Educate others also, be a voice for us.
9. Take a stand, challenge homophobia and transphobia when you see and hear it
10. Attend our events, like our Pride events and celebrations, exhibitions, theatre and music

For more information, training or support, contact :
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