

# How to Be an Ally to the LGBTQIA+ Community

Being an ally means actively supporting and advocating for LGBTQIA+ individuals.

## Why Being an Ally Matters:

- **Support:** Allies help make LGBTQIA+ individuals feel seen, heard, and valued.
- **Inclusivity:** Your actions create a safer space for LGBTQIA+ students, colleagues, and friends.
- **Strengthen the Community:** Allies help reduce discrimination and build a culture of respect.

## Examples of Allyship:

- Use inclusive language.
- Speak up if you see discrimination.
- Participate in LGBTQIA+ events and support LGBTQIA+ causes.

Check out these helpful resources for more tips:

- [Human Rights Campaign - Being an LGBTQ+ Ally](#)
- [UC Davis - Ally Tips](#)
- [Guide to Allyship](#)

## Safe Spaces:

Check out this resource to learn more:

- [NC State - What is a Safe Space?](#)
- [Mind - Supporting someone who is LGBTQIA+](#)
- [HolStep - How to Create Safe Spaces](#)

## **Possible Discouragements of Allyship:**

You might face criticism or prejudice from others who don't support the LGBTQIA+ community. Learn more with [UIS Ally Guide](#) to educate yourself on how to navigate tough situations if that happens to arise.

## **Consider Privilege:**

Check out these resources to learn more about cisgender privilege:

- [ASU - Cisgender Privilege Checklist](#)
- [SUNY - Cisgender Privilege](#)

Check out these resources about heterosexual privilege:

- [UC Merced - Examples of Heterosexual Privilege](#)

Check out more resources about other type of privileges:

- [ASU - How Privileged Am I?](#)
- [ASU - Able-Bodied Privilege Checklist](#)
- [NASP - Understanding Race and Privilege](#)

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