

ALLYSHIP IS ACTION

***A GUIDE TO ALLYSHIP IN
THE LBGTQ+ COMMUNITY***



What is Allyship?

♥ From a Women, Gender, and Sexuality Studies perspective, the definition of an ally is someone who is part of a dominant community and works to dismantle oppression against a marginalized community of which they benefit from.

♥ To break this down and put it into the context of an LGBTQ+ ally, an ally in the LGBTQ+ community is someone who is not part of the community yet stands up for LGBTQ+ rights and works to dismantle oppression against the LGBTQ+ community. Something to take note of here are the words works and stands up. These words are verbs. That's because allyship is action.

♥ Many people in today's world consider themselves an ally simply because they aren't "against" the LGBTQ+ community, yet they aren't doing anything to help fight against the hate and discrimination that the community receives. True allyship involves work, involves raising your voice, involves doing something. Here's a guide of what you can do and how to be a true, active ally.

Research

♥ Do your research! Education is essential in allyship roles. You can't effectively fight for a cause when you don't know what you're fighting for. Read books, stay up to date on the news and political climate, keep track of anti-LGBTQ+ bills and legislation that are being introduced.



Look for educational
resources at the
back of this book!



Start in your own circle!

♥ Chances are you have some people in your circle that aren't part of the LGBTQ+ community. Take advantage of having an opportunity for a conversation! Even if you believe this person to be supportive of the community, bringing awareness to the struggles LGBTQ+ face and normalizing the conversation about it helps bring attention to things that need to come to an end instead of being ignored.

Volunteer

♡ Volunteer at your local pride center or other LGBTQ+ organization. Help with fundraisers, office tasks, or whatever human-power they may need. Your time and effort is valuable and appreciated.



To find your local pride center
go to ftmcyle.com/resources

or follow the QR code at the back of this zine



Show Up!

♡ In cities and towns all across the country there have been protests supporting LGBTQ+ rights. Show up. March alongside them, make a sign, use your presence as a tool. Just be sure to not take the spotlight away from the community. After all, it's their voices that matter most in this fight. This doesn't only apply to protests. Show up to school board meetings, township halls, there's so many places that anti-LGBTQ+ issues arise.

LGBTQ+ Resources

American Civil Liberties Union (ACLU)

aclu.org



Human Rights Campaign

hrc.org



GLAAD

glaad.org



PFLAG

pflag.org



For more resources scan the QR
code below to be directed to the
ftmCyle website



LGBTQ+ Hotlines

The Trevor Project Crisis Line

thetrevorproject.org

Call - 1 (866) 488-7386 or

Text "START" to 678-678



Gay, Lesbian, Bisexual and

Transgender Hotline

Call - (888) 843-4564



Trans Lifeline

Call - (877) 565-8860



National Suicide Crisis Line

Call/Text 988

Help is Available



Change starts
with us.

