

PRIDE is every day!

EMPOWER YOURSELF BY BECOMING A NEW OR STRONGER 2SLGBTQI+ ALLY WITH THESE 10 STEPS*

For many identifying as 2SLGBTQI+ (two-spirit, lesbian, gay, bisexual, trans, queer, intersex, and the many diverse variations), pride is a time to **celebrate!**

Studies show that accepting families and friends, schools with gay-straight alliance groups (GSAs), bully- and harassment-free work environments, and access to gender-affirming care contribute to the **positive mental health** and wellness of people who identify as 2SLGBTQI+.

Regardless of your own gender and sexual identity, you can **make a big difference** in the lives and wellness of 2SLGBTQI+ people by being an ally: a person who makes an intentional decision to understand, empathize, and act in support of others.

Reflect on these steps throughout your 2SLGBTQI+ allyship journey, share with family and friends, and consider displaying the **EVERYONE is welcome here** poster (reverse side) in your space.



Canadian Mental
Health Association
North Bay and District

Association canadienne
pour la santé mentale
North Bay et District

1

GET EDUCATED: Read about the experiences of 2SLGBTQI+ people and their histories in Canada.

2

SPEAK UP: If you hear homophobic or transphobic comments, kindly intervene and offer another opinion.

3

INVEST: Make donations to direct 2SLGBTQI+ services like OUTloud.

4

DON'T ASSUME PRONOUNS: Always ask someone what pronouns they identify as (he/she/they, etc.).

5

ACCOMPANY: Go with your 2SLGBTQI+ friend or family member to a Pride event or display a rainbow flag or symbol in your home, office or car.

6

LISTEN: Often people in the 2SLGBTQI+ community have experienced bullying or some type of injustice based on their sexual or gender identity. Show empathy and listen to their story.

7

REFLECT: Being an ally is all about reflecting on assumptions or biases you or others around you may have and challenging yourself to be more open.

8

OBSERVE: There is no “rule book” on how to be a good ally. Observing how other allies support the 2SLGBTQI+ community may help you become a better ally.

9

LANGUAGE: Avoid using gendered language. This way, even if you are unaware of how an individual identifies, you are being inclusive.

10

BE KIND: Remember to be kind to members of the 2SLGBTQI+ community and to yourself! Your journey in becoming an ally may take some time. Your openness to learn is an amazing place to start!

EVERYONE

is welcome here

