

As an ally, you have the power to create a safe space for your friends, even if that space exists simply in the time you share together. You can make a big difference!

Create welcoming, safe and inclusive spaces

Stand up for your friends, especially when they're not in the room with you

It's important to stand by your friend's side and defend them when they're facing discrimination, and it is even **more** impactful to stand up for them and be their ally when they're not there to advocate for themselves.

How to be a good ally to your queer friends ♡



IT GETS BETTER CANADA

Recognize + appreciate differences among your different queer friends.

Queer people are not a monolith + every queer person has a different lived experience. Don't rely on stereotypes or generalizations about queer people. Acknowledge that each of your queer friends are unique and special, just like you.



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Don't out them to strangers.

This tip may seem obvious, but sometimes we forget that our queer friends may not be out publicly or feel comfortable sharing their identity with strangers. Follow their lead – if they share it during a convo with someone, great! If they don't share it, you shouldn't either.

Call out discriminatory practices, actions + language every time you see it

As an ally, it's really important for you to push back against any bigoted language + actions you hear.

You should always try to hold people accountable for harmful behaviour, and that even includes your friends, regardless of their identity.

Don't make assumptions about their personal life or ask invasive questions

Even if you are close with your queer friend, you should still offer them respect and privacy when it comes to personal or private information. Be extra considerate about topics like their body + relationships.

Check out these quick tips on how to support your queer friends:

Uplift and listen to queer voices

Listen to your queer friends when they share their feelings + thoughts with you. Support them when they speak up about queer issues, and make sure not to speak over them in the process.

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