

How to bloom as an **ALLY**

BE MINDFUL

- Use people's communicated names and pronouns
- Use gender neutral language as often as possible
- Address the use of slurs/harmful language when you hear it

BE HUMBLE

- Become aware of your own misconceptions
- Educate yourself & allow yourself to be educated
- Listen to the experiences/stories of LGBTQ+ folks in your life and do not talk over those experiences
- Be aware of how much space/voice you may take up in queer spaces
- Practice apologizing for mistakes quickly and succinctly

TAKE ACTION

- Help normalize including pronouns in introductions
- Show up to rallies and protests when possible
- Support charities and nonprofits working to make the world more accepting of the LGBTQ+ community
- Use your privilege to create space for LGBTQ+ voices

Local LGBTQ+ Resources

The LGBTQ Youth Space:

youthspace.org

LGBTQ Wellness:

lgbtqwell.org

Outlet:

acs-teens.org/what-we-do/outlet

Trans Family Support Group of Santa Clara County:

santaclaratransfamilysupport.net

Gender Spectrum:

genderspectrum.org

PFLAG San Jose:

pflagsanjose.org

The Billy DeFrank Center:

defrankcenter.org

Santa Clara County Office of LGBTQ Affairs:

sccgov.org/sites/lgbtq

CRISIS SUPPORT LINES

The Trevor Project

1-866-4887386

thetrevorproject.org

Trans Lifeline

1-877-565-8860

translifeline.org

**THE
LGBTQ
YOUTH
SPACE**