



BEING A BETTER **ALLY**

- You can't tell if someone is transgender just by looking.
- Don't make assumptions about a transgender person's sexual orientation.
- If you don't know what pronouns to use, listen first.
- Don't ask a transgender person what their "real name" is.
- Understand the differences between "coming out" as lesbian, gay, or bisexual and "coming out" as transgender.
- Be careful about confidentiality, disclosure, and "outing."
- Respect the terminology a transgender person uses to describe their identity.
- Be patient with a person who is questioning or exploring their gender identity.
- Understand there is no "right" or "wrong" way to transition, and that it is different for every person.
- Don't ask about a transgender person's genitals, surgical status, or sex life.
- Avoid backhanded compliments and "helpful" tips.
- Challenge anti-transgender remarks or jokes in public spaces, including LGB spaces.
- Support all-gender public restrooms.
- Help make your company or group truly trans-inclusive.
- At meetings and events, set an inclusive tone.

LISTEN

TO TRANSGENDER PEOPLE.

TO SEE MORE:

www.GLAAD.org/transgender/allies



BEING A BETTER **ALLY**

- You can't tell if someone is transgender just by looking.
- Don't make assumptions about a transgender person's sexual orientation.
- If you don't know what pronouns to use, listen first.
- Don't ask a transgender person what their "real name" is.
- Understand the differences between "coming out" as lesbian, gay, or bisexual and "coming out" as transgender.
- Be careful about confidentiality, disclosure, and "outing."
- Respect the terminology a transgender person uses to describe their identity.
- Be patient with a person who is questioning or exploring their gender identity.
- Understand there is no "right" or "wrong" way to transition, and that it is different for every person.
- Don't ask about a transgender person's genitals, surgical status, or sex life.
- Avoid backhanded compliments and "helpful" tips.
- Challenge anti-transgender remarks or jokes in public spaces, including LGB spaces.
- Support all-gender public restrooms.
- Help make your company or group truly trans-inclusive.
- At meetings and events, set an inclusive tone.

LISTEN

TO TRANSGENDER PEOPLE.

TO SEE MORE:

www.GLAAD.org/transgender/allies



BEING A BETTER **ALLY**

- You can't tell if someone is transgender just by looking.
- Don't make assumptions about a transgender person's sexual orientation.
- If you don't know what pronouns to use, listen first.
- Don't ask a transgender person what their "real name" is.
- Understand the differences between "coming out" as lesbian, gay, or bisexual and "coming out" as transgender.
- Be careful about confidentiality, disclosure, and "outing."
- Respect the terminology a transgender person uses to describe their identity.
- Be patient with a person who is questioning or exploring their gender identity.
- Understand there is no "right" or "wrong" way to transition, and that it is different for every person.
- Don't ask about a transgender person's genitals, surgical status, or sex life.
- Avoid backhanded compliments and "helpful" tips.
- Challenge anti-transgender remarks or jokes in public spaces, including LGB spaces.
- Support all-gender public restrooms.
- Help make your company or group truly trans-inclusive.
- At meetings and events, set an inclusive tone.

LISTEN

TO TRANSGENDER PEOPLE.

TO SEE MORE:

www.GLAAD.org/transgender/allies