

LGBTQIA+ Students Need Allies You Can Make a Difference

Support your classmates and loved ones.

Be an ally. Publicly show your support for the LGBTQIA+ community. Ensure that you are supporting others by affirming their identity, using their pronouns, and being committed to providing a non-judgmental and safe space for all.

Find common ground. When discussing relationships, marriage, parenting and family, focus conversation on common ground, beliefs, hopes and dreams.

Validate when others share. Hold in confidence and validate another person's feelings when they share issues around orientation, gender identity or gender expression.

Acknowledge and ask for help. When talking with someone who is LGBTQIA+, acknowledge and ask for help when not certain how to talk about something.

Ask and listen. Check in with your fellow students and loved ones. If they show any warning signs for suicide, be direct and ask. Tell them it's OK to talk about suicidal feelings. Listen to their story without offering advice or judgment. For more guidance on steps you can take to help someone thinking of suicide, visit www.bethe1to.org.

LGBTQIA+ Terminology. Knowing the right words and phrases to say is an important part of the work towards LGBTQIA+ equality. A [glossary of terms](#) is a great way to advance your competency.

Link to resources for help. Collaborate with your classmates or loved ones to get them any help they might need.



If you're not sure where to start, please turn to your Perspectives Student Assistance Program (SAP) for confidential support and access to resources.

Call or Text 24/7 | 800.456.6327