

Ways to Be an Ally

- **Talk/write/listen-- communicate!**
- **Remembering that the person is still the person you love, not letting the information overwhelm you. You just know something about the person that you didn't know before**
- **Respect identities, names, and pronouns**
- **Educate yourself & others, sharing resources :) -- ongoing!**
- **Try not to project your thoughts or feelings onto the other person**