

Tips for being an ally to trans people!

- **Call a person by the name and gender pronoun (like “she” “he” “they” “ze”) that they request**, regardless of what kind of a body they have. If you make a mistake, correct yourself and move on. Also, you can politely correct others if they use the wrong pronoun for someone.
- **Respect the confidentiality of anyone who comes out to you** as transgender, genderqueer, or gender non-conforming. Unless someone lets you know that it’s okay to share their identity(ies) with other people, keep this information private.
- **Remember that you can’t tell if someone is trans just by looking.** It’s not possible to look around a room and “see” if there are any transgender people. (It would be like a straight person looking around the room to “see” if there are any gay people.)
- **Ask yourself “would I want someone to ask me that?”** Don’t ask questions to trans people just to satisfy your own curiosity, but admit when you don’t know the answer (like a person’s gender pronouns) and respectfully ask for the person’s help. Apologize, but don’t over-apologize when you make a mistake.
- When your work requires you to ask for legal name, legal sex, and/or medical information, **let trans people know why you’re asking and how the information will be used.**
- Remember that **sexual orientation and gender identity are separate identities**, and that they can change.
- **Examine your own ideas of gender stereotypes and challenge those around you to do the same.** Interrupt anti-trans words or jokes. Ask questions to challenge anti-trans views.
- Remember that every trans person is unique. **Gender transition may or may not include medical transitioning like surgery or hormones**, and trans people are regularly told they have to be “trans enough.” You can be an ally by recognizing that all trans people are valid, regardless of medical transition.
- **Think about the words you use:**
 - o Say “transgender person” (adjective), not “a transgender,” “a trans,” or “a sex change.”
 - o Say “assigned male/female at birth” or “legally male/female” instead of “born a boy/girl” or “biologically female/male.”
 - o Remember that words like “hermaphrodite,” “she-male,” and “tranny” are considered slurs by many people and can be extremely hurtful
- **When talking with someone who identifies as genderqueer:**
 - o Accept that the person may feel gender-less, or partially male and partially female.
 - o Understand that the person may feel totally comfortable being genderqueer and may have no desire or plans to medically transition.
- **Respect each individual’s gender identity**, even if it doesn’t make sense to you.