**BECOMING A TRANS ALLY**

**What is An Ally?**

An ally is someone who supports and advocates for the equal treatment of communities other than their own. If you’re not okay with the disproportionate challenges trans and non-binary folks face, it’s time to use your voice and actions and establish yourself as a trans ally.

**DEMONSTRATE TRUST**

*If someone comes out to you as trans it means they trust you! Check-in with them before telling anyone else that they are trans.*

**LISTEN & RESPECT PRONOUNS**

*Trans people will tell you what their preferred name and pronouns are. Make a note of them and use them.*

**PRACTICE KINDNESS**

*Be courteous, caring and respectful. Apologize when you make a mistake such as using the wrong pronouns.*

**BE APPROPRIATE**

*Don’t ask trans folks about their genitals, surgical status or sex lives. If you wouldn’t ask a cisgender person, don’t ask a trans person!*

**DO YOUR HOMEWORK**

*There are tons of great resources including websites, books, and video that can help you to learn about trans communities.*

**DON’T TOLERATE DISRESPECT**

*Whether it’s hurtful language, remarks or jokes, call it out if it’s inappropriate. Seek out other allies who will support your efforts.*

**BECOME AN ADVOCATE**

*Learn about policies that impact transgender people. Then get involved with promoting transgender rights.*

www.PATransEquity.org
Transgender Facts

- There are approximately 1.4 million transgender people in the United States, according to the Williams Institute.
- In a survey conducted by The Trevor Project, 24% of transgender students have been verbally harassed.
- Only 16 states (plus DC) offer full non-discrimination protections for trans people from workplace discrimination.
- In 2020, 205.6% of transgender or gender-nonconforming people reported having received medical transition and surgical transition.
- Gender dysphoria — The condition of gender identity and expression.
- Dysphoria is the feeling of not feeling one's sex, as male or female, to be opposite or incompatible with one's gender identity.
- Transgender (trans) — A person whose gender identity does not match their sex assigned at birth.
- Transgender (transgender) — Someone who is not cisgender.