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How to Be a Trans Ally:
A Resistance Primer for Cis Folks

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Educate yourself (and don't make trans people do extra work for you!)

There are so many resources to answer the questions you may have about trans and nonbinary people! Look to resources published by reputable organizations and public figures before you ask your trans friend to do the emotional labor of explaining their identity.

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Speak out in support of trans people.

If you see or hear harmful anti-trans rhetoric (including remarks, jokes, conversations, etc.), speak up and challenge it!

Use the right name and pronouns, even if someone else uses the wrong name or pronouns for a transgender person.

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Keep these things in mind about being a trans ally:

There is no perfect ally. Be respectful and keep trying! It's okay to make honest mistakes.

Respecting someone's identity doesn't mean you need to understand all the nuance and complexity of it. People are complex.

There is no right way to be trans or nonbinary; believe people when they tell you who they are.

Rethink your gendered language (in general).

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While it is always prudent to exercise caution in how we talk and post about difficult or traumatic topics and events, allies have a duty to actively protect trans folks from unnecessary harm.

This can mean putting news articles, images, or announcements that may cause harm to the morale of trans folks behind content warnings and expansion links; writing about trans people and their experiences from a strengths-based perspective; or asking folks to be mindful of ensuring conversations about sensitive topics are had with the active and enthuastic consent of all parties present.

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Work with trans people in all parts of society for a more gender-expansive future.

Learn about policies and laws affecting transgender people where you live and work. Are there laws or policies that protect or are inclusive of transgender people? Help to block harmful actions and speak up in support of helpful ones.

Does your workplace have gender-neutral restrooms stocked with menstrual supplies? Do folks regularly share their pronouns? Are forms and images inclusive of many gender identities and presentations?

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If you are financially secure, consider supporting trans people.

Due to a hostile societal culture, trans people are disproportionally affected by violence, homelessness, unemployment, and other systemic issues. Unfortunately, the current administration's anti-trans rhetoric and executive orders will only exacerbate these issues.

Support trans artists, creators, and authors!

Donate to organizations who work directly with the trans community to provide support.

Donate to fundraisers or mutual aid funds for trans people.

Research companies that have contributed to transphobic politicans and divest from them.

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Volunteer with organizations that work directly with our community.

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-Group Peer-Facilitators
-Elected Steering Comittee positions
-Safe Combinations Thrift Shop shifts
-Event set up or breakdown
-Pride Month support

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-Event set up or breakdown
-Event tabling
-Pride Month support
-Advocacy