

## **Tips for Allies of Transgender People**

*These tips can help you move toward becoming a better ally to transgender people. The list is not exhaustive and cannot include all the "right" things to do or say because there is no "right" answer to every situation you might encounter.*

1. You can't tell if someone is transgender just by looking. If you don't know what pronouns to use, listen first.
2. Respect the terminology a transgender person uses to describe their identity.
3. Don't make assumptions about a transgender person's sexual orientation.
4. Don't ask a transgender person what their "real name" is.
5. Understand the differences between "coming out" as lesbian, bisexual, or gay and "coming out" as transgender.
6. Be careful about confidentiality, disclosure, and "outing."
7. Understand there is no "right" or "wrong" way to transition - and that it is different for every person.
8. Don't ask about a transgender person's genitals, surgical status, or sex life.
9. Avoid backhanded compliments or "helpful" tips.
10. Challenge anti-transgender remarks or jokes in public spaces - including LGB spaces.
11. Support gender neutral public restrooms.
12. Help make your company or group truly trans-inclusive.
13. At meetings and events, set an inclusive tone.
14. Listen to transgender people.
15. Know your own limits as an ally. Don't be afraid to admit when you don't know something.

*GLAAD updated May 2015 / Adapted from MIT's "Action Tips for Allies of Trans People." For the complete resource see: [www.glaad.org/transgender/allies](http://www.glaad.org/transgender/allies)*