



# TRANSGENDER ALLYSHIP 101



**Allyship** both in the workplace and in our community is crucial in creating safe and inclusive spaces for transgender and gender diverse people. Being an ally involves a willingness to listen and learn, to acknowledge and examine one's own privilege, and to take action to promote equity, inclusion, and justice for all.



## EDUCATE YOURSELF

Confront your own biases through self-reflection and make a commitment to educate yourself on the experiences of trans people and how to support them.



## BECOME AN ADVOCATE

Learn about policies that impact trans people. Get involved and advocate for procedure changes in your workplace to support gender-affirming care and service.



## SPEAK UP AGAINST HARM

Do not tolerate disrespect. Whether it's hurtful language, remarks, or jokes, speak up if it's inappropriate.



## SHARE PRONOUNS

Include your pronouns when introducing yourself to someone. Always listen to and respect the names and pronouns of trans and gender diverse people.



## PRACTICE KINDNESS

Be courteous, caring, and respectful to others. If you make a mistake, such as using the wrong pronouns, apologize briefly, correct yourself, and move on.

**Do not assume someone's gender identity or pronouns based on their appearance.**

**Using correct names and pronouns saves lives!**

**You don't need to understand someone's gender identity to be respectful of it.**





*Trans qathet provides peer support for trans and gender diverse people in the qathet region. Contact us to learn more about our services.*

 [info@transqathet.ca](mailto:info@transqathet.ca)

 [www.transqathet.ca](http://www.transqathet.ca)

 (604) 414-6187

  @transqathet

