

Being an Ally

by Janina Scarlet, Ph.D.

Chances are that someone you know – a friend, a family member, a classmate, a co-worker, or someone you’ve connected with on social media – is LGBTQIA or a non-binary individual.

If you are someone who identifies as LGBTQIA, including non-binary, non-binary, feel free to share this activity with your friends and loved ones if you wish and feel free to add your own ways in which people can support you.

Sometimes when a person comes out for the first time, people might not know how to react or what to say. Some people might react in a rude or derogatory way, other might make jokes, all of which can be incredibly harmful or scarring for the person who came out.

For example, when Theo, a character in *The Chilling Adventure of Sabrina*, comes out about his gender identity, specifying his pronouns and adopting his new name, some of his classmates are cruel to him. They bully him, misgender him, and call him by his dead name.

However, Theo’s true friends, like Sabrina, Harvey, and Rosalind become his allies. They do not question him, and switch to using his chosen name and the correct gender pronoun for him. This helps Theo be true to himself and to be more supported in his journey.

Here are the best ways that you can be an ally:

1. When someone comes out to you, thank them for feeling safe enough with you to tell you and tell them that you support them
2. Stand up for them if someone is harassing them
3. Check on them to make sure they are okay if they are being bullied
4. Use the correct pronoun and the correct name for everyone you know
5. If you made a mistake, own in, apologize, and correct it
6. Don’t make fun of LGBTQIA and gender-non-conforming individuals and don’t let other people make fun of them either
7. If you are not sure what a particular term means, please look it up and learn
8. Most importantly, remember that being an ally means being a good friend. So, be kind. Always be kind.

Thank you.