

It Gets Better Canada Trans Allyship Guide

What Does Trans Allyship Look Like?

Trans allyship means actively supporting and uplifting transgender people and communities. If you are having trouble knowing where to start or looking to brush up on your skills, check out these tips for advancing your allyship.



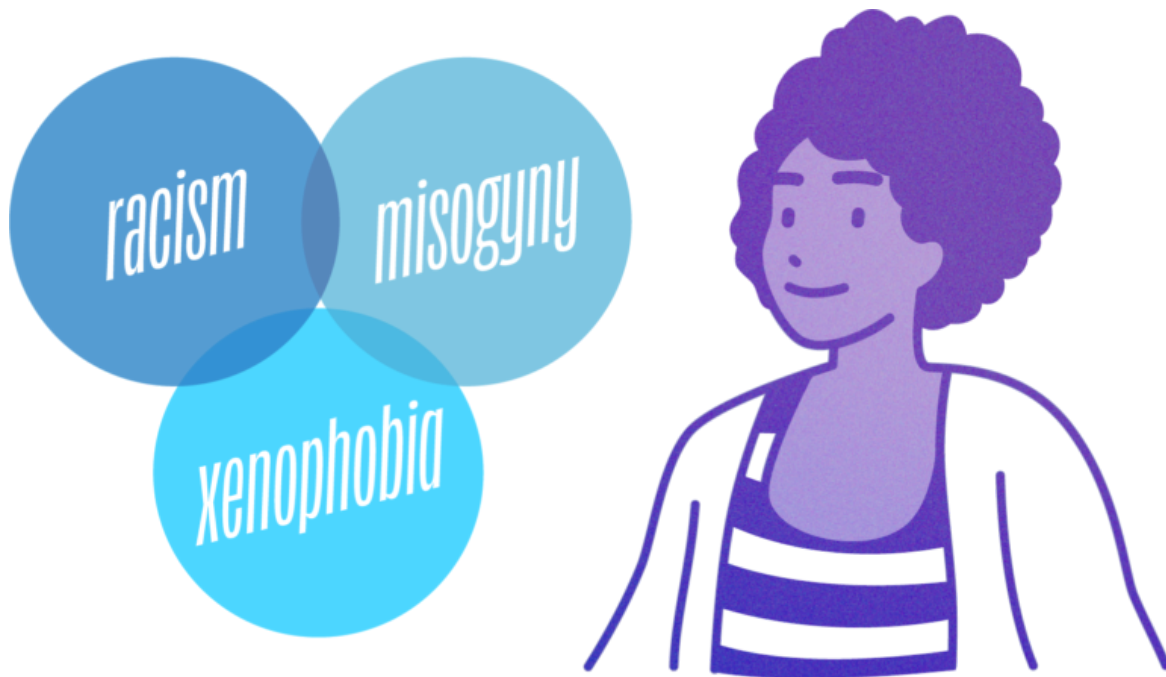
Do your research

Don't rely on your transgender friends, family members, or coworkers to educate you. Use books, blogs, social media, and websites to educate yourself on issues, terminology, and experiences relevant to transgender communities.



Listen to transgender voices

Center the voices of transgender and gender diverse people in your allyship. Transgender people are the experts on their own experiences and each person's experiences are unique. Remember, one narrative doesn't fit all.



Understand the intersection of issues

Gender, race, sexuality, disability and other personal characteristics intersect and overlap in ways that affect how people experience the world. Racism, xenophobia, and misogyny compound the issues of gender discrimination faced by trans women and trans people of colour. Recognizing the diversity of transgender people's experiences ensures that no one is left behind in the fight for justice and equality for trans and gender diverse people.



Normalize sharing pronouns

Introducing yourself with your pronouns helps to create an inclusive environment and challenge the idea that gender identity can be assumed by appearances. Include your pronouns in verbal

introductions, social media profiles, bios, name tags, and email signatures.



Be mindful of gendered language

Much of our everyday language is unnecessarily gendered. Avoid using terms and phrases like “ladies and gentlemen” or “boys and girls”, which reinforce the gender binary and exclude non-binary people. Instead try using inclusive terminology like “folks” or “friends”.



Challenge transphobic remarks or jokes

Speak up when you hear transphobic language, remarks and jokes, even when they come from other queer people. Interrupt the behavior and, if you can, educate others on why their words were inappropriate or hurtful. By speaking up you can spread awareness and encourage others to speak up as well