



VACCA

Being an Active LGBTQIA+ Ally VACCA Learning & Development Training Resource

What is an Ally?

An Ally is someone who stands up for, encourages and supports the people around them. In the context of the LGBTQIA+ community, the term ally refers to someone who is heterosexual and/or cisgender, but who tried to make the world a better place for people who identify as LGBTQIA+.

An ally supports equal rights for everyone regardless of race, gender identity, sexuality, religion or cultural background. An Ally calls out discrimination and fights for equality and aims to make the world a better place for people who identify as LGBTQIA+.



How can I be a better Ally?

- **Learn** – Talk to people from the LGBTQIA+ community to deepen your understanding of their experiences, source resources like podcast, books, or other materials to help you develop your understanding of LGBTQIA+ issues. Immerse yourself in LGBTQIA+ culture as much as you can so you can experience what it might be like to live in a different pair of shoes!
- **Be visible** – Attend LGBTQIA+ specific events or rallies to demonstrate your support to the community. Call out discrimination, homophobia, transphobia and queerphobia whenever you see it. Support LGBTQIA+ business, organisations, and charities.
- **Take care of people in your life** – Keep an eye on the people who you know are a part of the LGBTQIA+ community and be there when they need you.
- **Be aware of the space you are taking up** – If you are not a member of the LGBTQIA+ community, it is important that you understand your role as a supporter or Ally. This means providing resources such as books, magazines, training, etc. if someone ask for your opinion on LGBTQIA+ issues. Remember to allow the community to speak for themselves with your support.
- **Recruit other allies and be an ally for everyone** – Once you are an ally for one group, it can open your eyes to the support other groups may require! Reflect on other opportunities around you to support people in need. Take the time to educate people around you so that they too can be an ally. Understand intersectionality and how identities and social categorisation could be contributing to their wellbeing and opportunities.

