How to Fight Homophobia, Biphobia, Transphobia and Heterosexism:
A Guide for Allies

Challenge Discrimination

- Tell your friends and coworkers that homophobic, biphobic, and transphobic jokes are not OK.
- Name transphobic, biphobic, homophobic and heterosexist behaviour when you see it and give constructive suggestions for change.
- Be aware that violent language left unchallenged can, and does, lead to violent behaviour

Model Anti-Oppressive Behaviour

- Stop assuming that everyone is straight.
- Value your same-sex friendships.
- Stop assuming that everyone fits easily into male or female boxes.
- Don't tease others for non-traditional gender behaviour.

Develop Inclusive Language

- Don't use derogatory terms to talk about queer or trans people.
- Get your pronouns right. Make sure the pronouns you use to refer to transsexual and trans people are the pronouns they prefer. It is extremely rude and hurtful to use the word “it”.
- Don't use "gay" to mean un-cool or pathetic; or fag, dyke, sissy, freak or whore as insults.
- Use words like "partner" and "significant other" to refer to someone you are involved with.

Educate Yourself and Others

- Learn about LGBTQ issues.
- Talk about transphobia, biphobic, and homophobia with family friends and colleagues.
- Discuss LGBTQ issues.
- Include positive images of, or references to, LGBTQ people when ever you have the power to do so: in posters, libraries, film festivals, curriculum, pub nights, prom nights… even when (especially when!) the event/content is not specifically queer or trans

Support

- Respect the confidentiality of people who "come out" to you.
- Listen empathetically to the experiences of LGBTQ people.
- Learn about resources for the LGBTQ community so you can refer people who need support.