



10 Tips for Adult Allyship

Here are 10 simple ways adults can support LGBTQ+ youth!

1. Listen without judgment.
2. Believe youth when they tell you who they are.
3. Consistently use the youth's name and pronoun.
4. Think thoughtfully about sharing youth information with their parents or family without youth consent.
5. Don't assume the youth's LGBTQ+ identity is their priority or all they care about.
6. Given the high rates of suicide and self-harm among LGBTQ+ youth, ensure that you are aware of the warning signs and how to help a youth in crisis!
7. Share positive stories, media, and history of LGBTQ+ people.
8. Allow the youth to come out on their own terms, and help them through the process by regularly checking-in with them.
9. Connect the youth to LGBTQ+ resources in your community like Side by Side.
10. Ensure youth know that they are loved and supported by caring and trusted adults!

Youth Support Line 888-644-4390

Side by Side is dedicated to creating supportive communities where Virginia's LGBTQ+ youth can define themselves, belong, and flourish.



2311 Westwood Ave.
Richmond, VA 23230
804-644-4800
www.sidebysideva.org