

## Pro-LGBTQ+ Support & Allyship

### Three Things YOU Can Do

#### 1. Get Engaged. Be Vigilant

- Connect with your national professional associations and LGBTQ+ groups in your state and community to support their efforts for equality. It can be as easy as searching, “LGBTQ+ and your state”. Knowing the resources in your community gives you potential referral sources for services for your LGBTQ+ youth and families. It can be an excellent way to keep you informed about what is happening in your state. And if you are so moved, it can give you an opportunity to directly ally for your LGBTQ+ friends, family and clients.
  - <https://www.socialworkers.org/Practice/LGBTQ>
  - <https://www.cwla.org/our-work/advocacy/race-culture-identity/lgbtq-issues-in-child-welfare/>
  - <https://www.apa.org/pi/lgbt>

#### 2. Take Action

- Join HRC’s **Count Me In** Campaign to demonstrate your support and allyship. You’ll find everything you need in one place to sign petitions, write to state and federal legislators, learn the facts and stand up for those who need you.
  - [hrc.org/count-me-in](https://hrc.org/count-me-in)

#### 3. Hear Mean? Intervene. Everywhere And Every Time

- When you hear something, say something. If you remain silent, it can often be seen as an agreement with what is said. Here are some phrases you might find useful:
  - “I don’t agree.”
  - “I feel differently about that.”
  - “That isn’t funny.”
  - “Ouch!”
  - “Why would you say something like that?”
  - “That word is a slur. Please don’t use it.”
  - “You are better than that.”
  - “We don’t talk like that – (in my office, in our school, at my dinner table)”