An ally is someone who is supportive of a cause that doesn’t necessarily affect them – this could be a person who is not LGBT+, but who fights for LGBT+ rights and stands up against LGBTphobia. Allies are really important, but people who want to be supportive aren’t always aware of how to do so.

Allies! Here are some ways you can help us:

1. **Speak up!**

   Challenge LGBTphobia when you hear it. It may be easier to start with friends first and then if you can, challenge the views of peers, colleagues, family and community members. Remember challenges don’t have to be made with a negative or aggressive approach. Asking someone why they’ve said something or letting them know that some may find what they have said offensive are good and constructive ways to start.

   This could be using neutral language where possible and neutral pronouns for people whose gender you don’t know. It could be generally talking about LGBT+ people and identities in a positive way. It might even be using LGBT+ symbolism to let people know you’re welcoming.

   “I saw a picture of a church with a rainbow in it saying everyone is welcome.”

2. **Model LGBT+ inclusive behaviour**

   Reflect on whether you do think or say LGBTphobic or anti-religious things – if you do, explore why this is and the negative impact it may have on people around you. Challenge yourself to change the language you use to more positive language.

3. **Check your own prejudice**

   There may be specific ways that your LGBT+ friends and loved ones need your help – this could be reminding other people of their pronouns, attending religious/faith/LGBT+ spaces with them. Ask friends how you can help and be there for them.

4. **Listen**

   If you feel able to, as an ally and advocate of LGBT+ rights, could you ask your religious or community leaders and workers about LGBT+ inclusion and whether this is something they have thought about? Could you tell them the benefits of doing this for people who engage with the space? Bring along evidence and examples of others doing this work.

   “I would refuse to go to a homophobic heaven. No, I would say sorry, I mean I would much rather go to the other place. I would not worship a God who is homophobic…”

   **MESSAGES TO MY YOUNGER SELF**

   **ALLIES**

   **FAITH IN YOURSELF**
For the Faith In Yourself resource, we asked some LGBT+ allies who have religion, faith or belief what they would say to a LGBT+ friend:

“You are loved and valued by God.”

(School Chaplain)

“We are an Ummah (community) – no matter what we should always have each other’s backs.”

“Take your time to understand who you are, but know that God loves you all the same.”

“Only you know and decide who you are. Remember that and if someone doesn’t accept you, that’s their problem.”

“You can and should only be yourself and I will accept that.”

Many celebrities and prominent figures have used their platforms to advocate for LGBT+ people; some through music videos, speeches, campaigning and more. Our allies are important! And so we have included a handful of well-known people of faith who are LGBT+ allies here too.

Sadiq Khan
(Mayor of London)

Steve Chalke
(British Baptist Minister)

Oprah Winfrey
(Talk show host, philanthropist)

Desmond Tutu
(Former Anglican Bishop in South Africa)

Barack Obama
(Former president of the USA)