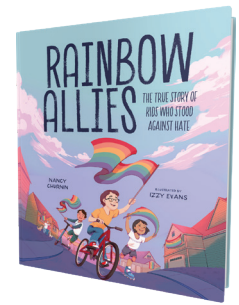


# RAINBOW ALLIES BINGO

Dory Lerner, M.A., K-12 Educator at the National Civil Rights Museum in Memphis, Tennessee, suggests these ways to show allyship or pride:



*Rainbow Allies*  
by Nancy Churnin  
Illustrated by Izzy Evans

- **Make a rainbow PRIDE pin.** Wear it everywhere to let people know they are safe to be themselves with you.
- **Display PRIDE flags or signs in your window or on your lawn** (if weatherproofed) to make your neighborhood more colorful and welcoming to all.
- **Play *Rainbow Allies* Bingo.** Remember, every time you try different ways to be accepting, open and respectful of everyone’s identity and gender expression, everybody wins!

## P R I D E

Thank and buy from businesses that show support for LGBTQ+ communities.	Join (or start) a Gay/Straight Alliance at your school.	Find ways to include LGBTQ+ folks in events/activities.	Make a PRIDE flag for your window or get one for your lawn.	It can be hard for people to know/accept/love themselves. Celebrate people that do!
Respect people by calling them the name and pronouns they use.	Make friends with people of all genders, no matter who they love or how they identify.	Speak up for people who are being made fun of or treated unfairly.	Support people’s clothing choices. Compliment unique styles! And wear what makes you feel comfortable!	Try new activities and see if you like them instead of thinking of them as “boys only” or “girls only.”
Add your preferred pronouns to your name tag to encourage others to use theirs!	Make a playlist of songs about PRIDE, Freedom, Love and Equality.	<b>BE YOURSELF!</b>	Ask friends to make a playlist of songs about PRIDE, Freedom and Love and swap playlists! Talk about why you picked your songs.	Read books or watch movies or TV shows with LGBTQ+ characters. YES, <i>Rainbow Allies</i> counts—put a marker on it! Keep going.
Talk to your family and friends about the importance of inclusion.	Discover some amazing LGBTQ+ heroes and tell others about them!	Go to a local PRIDE Parade, Drag show, or LGBTQ+ friendly event! If there isn’t one, create one!	Learn about LGBTQ+ history (from podcasts, books, or documentaries). Look up “Queer History.”	Listen to or read work by LGBTQ+ artists, musicians, authors.
Learn about organizations that help LGBTQ+ youth, like The Trevor Project.	With permission from your guardians, paint your fence or mailbox rainbow!	Write a card or a letter to tell someone “YOU ARE AWESOME, exactly as you are!”	Raise money and donate funds to organizations that support the LGBTQ+ community!	Create an artwork (like a painting, a sketch, a poem or a song) about inclusion, love and respect for all identities and gender expressions!
Create a card or artwork for a friend that shows them, that you think they’re great, just as they are.	Express and share what LOVE and inclusion means to you in words or pictures.	Host a party where you tell everyone to come wearing whatever they like!	Try to be a good listener when someone is telling you about their identity. Let them know they are safe with you.	When someone is new to your school or neighborhood, say hello and welcome them, or offer to show them around.