

HOW CAN YOU BE AN LGBTQ+ ALLY? IT STARTS WITH BEING A GOOD FRIEND!

WELCOME EVERYONE

Families come in all shapes, sizes, and configurations. Be open to meeting and celebrating all kinds of families.

CONSIDER HOW OTHERS FEEL

When bad things happen, say, “These are our friends, and they are hurting. They deserve to be happy. How can we make them feel better?”

TAKE ACTION

If a bully says something hurtful to someone in your presence or online, don’t be a bystander—be an upstander and speak up. If a bully does something hurtful, take action that shows your friends you love and support them.

RALLY OTHERS, BUT DON’T FORCE THEM

There is strength in numbers, but don’t judge those who don’t join you in taking action. Celebrate and focus on those who are willing to help.

ASK FOR HELP

Get help from adults in your life or from organizations that support LGBTQ+ people. PFLAG and GLSEN are two of these organizations. They offer great definitions, tips, and ideas on their websites.

SHARE YOUR RAINBOW

Does your school and community make everyone feel loved and included? Share pictures and stories that encourage kindness to spread!

Please share your rainbow stories with *Rainbow Allies* author Nancy Churnin so she can celebrate them! Share them with @nchurnin on social media or reach out to her on the contact page of nancychurnin.com.



From *Rainbow Allies*
By Nancy Churnin, illustrated by Izzy Evans
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