**EDUCATE YOURSELF**
Seek out reliable, LGBTQ+ sourced information about the community. Ignorance comes from a lack of education.

**BE VISIBLE**
It is as simple as displaying a sticker (which GLYS provide at no cost) or as involved as demonstrating or modeling supportive behaviors.

**SUPPORT**
Support LGBTQ+ individuals when they come out to you! Everyone's journey is unique; ask how you can best support them.

**AFFIRM**
Respecting sexual orientation, gender identity, gender expression, chosen name and personal pronouns SAVES LIVES.

**RESPOND**
Demonstrate your allyship through activism: respond to anti-LGBTQ+ behavior by naming the behavior and teaching why it is harmful.

**IMPLEMENT**
Incorporate this into your every day life: use non-gendered language, respect pronouns, be inclusive.