

5 TIPS FOR ALLIES

Use inclusive language – this enables everyone to feel valued and respected. Listen to how people refer to themselves and if it is appropriate ask people what terms they use.

Identify – as an ally with pronouns. Show your support by participating in days like IDAHOBIT – International Day Against Homophobia, Biphobia, Intersex discrimination and Transphobia on the 17th of May (www.idahobit.org.au) or Wear it Purple day (to show support for LGBTIQ+ youth) on the last Friday in August (www.wearitpurple.org). Stickers, badges, lanyards, t-shirts or affirming social media posts are also examples.

Learn – about issues that are important to the LGBTIQ+ community by keeping up with the news or attending education sessions.

Show you care – listen when someone shares their lived experience. Thank them for trusting you. Apologise if you use an incorrect name or pronoun and move on.

Call out discrimination – where it is safe to do so. Casual comments, jokes and incorrect uses of words like ‘gay’ can keep stereotypes and misconceptions alive. You never know who is listening and who might be hurt. By calling out discrimination, you give others an opportunity to learn and reflect, and in the process identify yourself as an ally to those around you.



Kentish Regional Clinic Inc.

This resource has been compiled by
Connect4Life Tasmania and
Kentish Regional Clinic Inc.

For more information contact
admin@kentishrc.com.au or by
phone on 6491 1552



A GUIDE TO BEING AN LGBTIQ+ ALLY



Pride or Straight Ally Flag

Allies are people who don't identify under the LGBTIQ+ banner but support the equal civil rights of those who do by challenging homophobia, biphobia, transphobia and discrimination against the LGBTIQ+ community.

The black and white stripes symbolise the yin and yang of female and male and the rainbow chevron represents the letter 'A' for Ally.



Pride or Rainbow Flag

The original flag was designed by Gilbert Baker in 1978. The flag itself has been adopted by many LGBTIQ+ people (though not all) and is commonly used in the wider community to show support for LGBTIQ+ people.



Bisexual Pride Flag

Was created by Michale Page in 1998 to represent people who are emotionally and sexually attracted to people of both sexes. The pink represents attraction the the same sex, the royal blue represents attraction to the opposite sex and the purple in the middle represents attraction to both sexes.



Intersex Pride Flag

This design by Morgan Carpenter incorporates colours in yellow and purple, un-associated with gender. It contains a circle “unbroken and unornamented” to symbolise “wholeness and completeness, and our potentialities“. Intersex people are born with physical features relating to sex, including chromosomes, that do not fit medical norms for female or male bodies.



Intersex Inclusive Progress Pride flag

In 2021 Valentino

Vecchietti added the Intersex flag to the Pride Progress Flag, originally created by Daniel Quasar in 2018. The white, pink, and blue strips represent the Transgender community and the brown and black stripes represent people of colour and those living with AIDS.



Transgender Pride Flag

Transgender is an inclusive umbrella term that describes people whose gender is different to what was presumed for them at birth. This flag was created by Monica Helms in 1999 to represent Transgender people. Light blue and pink are traditional colours for baby boys and girls and the white represents transitioning or a neutral undefined gender



Asexual Pride Flag

Created by AVEN in 2010, the black stripe represents Asexuality, Grey = the grey-area between sexual and asexual, white = sexuality and purple = community. Asexual people experience little or no sexual attraction to others and/or lack of interest in sexual relations/behaviour.



Disability Pride flag

Created by Anne Magill in 2019. The parallel stripes

stand for solidarity within the LGBTIQ+ community who live with disability. The colours in the flag symbolise various disability experiences and the black background mourns people with disability who have died due to neglect.



Gender Queer Pride Flag

Created in 2011 by Marilyn Roxie to create visibility for the genderqueer community and related identities. A person who is genderqueer identifies outside of a cisgender identity or the gender binary.



Pansexual Pride Flag

A pansexual may be sexually and/or romantically attracted to any person, regardless of their gender identity. The pink represents attraction to those who identify within the female spectrum, the yellow to non-binary and the blue to the male spectrum.