

How to be an Ally to the Trans and Gender Non-Conforming Community

→ Using Names and Pronouns

Respecting a person's identity means using the correct name and pronouns. If a pronoun is new for you, try practicing!

→ Unlearn assumptions

Take time to understand what assumptions there are about gender and how those impact transgender and non-binary individuals.

→ Know the difference between gender, sex, and sexuality

Knowing how to talk about LGBTQIA+ identities is a vital component of allyship.

→ Respect boundaries

While education is an important part of being an ally, understand that some questions may be too personal for people to answer.

Our Resources

Parents 4 Parents

Unites parents of LGBTQIA+ children of all ages, allowing them to discuss their families in a safe, private space

Gender Blender

Provides a social support network for transgender and non-binary adults

Clothing Closet

Provides free clothing to LGBTQIA+ individuals

Prism

Provides a safe and caring space for LGBTQIA+ youth, ages 11-18

The Center Project's mission is to provide a safe space for LGBTQIA+ people to learn, grow, build community, and access support and resources.

The Center Project

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TRANS & Non-Binary



Talking about Gender

Gender is not a binary where the only options are "man" and "woman" — gender is a spectrum!



Sex vs. Gender

While sex refers to a set of biological attributes, gender refers to how people understand and express themselves.

Gender Identity-

how individuals view and understand their own gender

Gender Expression-

how people express their gender (clothing, hair style, voice, name, pronouns, etc.)

Transitioning-

when a person takes steps to present according to their gender identity — this could include changing their name, pronouns, clothing, and/or medically transitioning (i.e. hormones, surgery)

Examples of Gender Neutral Pronouns

They/Them/Theirs

"They are very nice."

Xe/Xem/Xyr

"I wrote xem a letter."

Ze/Zir/Zirs

"Ze gave a hug to zir friend."

For more on pronouns and tips for practicing, check out our pamphlet, "Learning About Pronouns".

(Some) Important terms to know

Transgender

when an individual's gender identity is different from the sex they were assigned at birth

Non-binary/ Genderfluid/ Genderqueer

a spectrum of gender identities that fall outside of the categories "man" and "woman"

Cisgender

when an individual's gender identity is the same as the sex they were assigned at birth