



Rainbow Nursing Interest Group

Being an Ally for 2SLGBTQI+ People

Combating Homophobia and Heterosexism for 2SLGBTQI+ Identified People:

- **Understand Homophobia:** Know how homophobia exists on both a personal and institutional level. Be alert for subtle forms of homophobia.
- **Know the history of lesbian and gay rights movement.** Knowledge of history gives us a sense of the past, which in turn helps us create a vision and set a course for the future. It also helps give 2SLGBTQI+ individuals a sense of their place in the world.
- **Visualize a non-homophobic society.** Having a vision of a non-homophobic society can help us in bringing it about.
- **Find positive 2SLGBTQI+ role models.** Free yourself of negative stereotypes and find inspiring 2SLGBTQI+ individuals to use as role models.
- **Report all incidents of violence towards 2SLGBTQI+ individuals.** Silence connotes acceptance. Send that message that any form of violence based on hatred is not acceptable.
- **When challenged, defend your sexual orientation or that of others.** In situations where you feel comfortable doing so, challenge homophobic or heterosexist remarks.
- **Discuss homophobia with others.** Help increase their awareness about the overt or subtle messages they may be sending.
- **Respond to homophobia in movies or TV.** For many people, their only experience of 2SLGBTQI+ individuals is what's depicted on TV. Help make sure that 2SLGBTQI+ characters are depicted realistically by writing to producers or networks.
- **Know your rights.** Be aware that discrimination on the basis of sexual orientation is illegal, as is discrimination on the basis of association with 2SLGBTQI+ people.
- **Attend demonstrations.** Share your voice and your support.
- **Write letters to the editor.** Express your views on issues.
- **Sign petitions and organize petition drives.** Lend your support to others who are working to end homophobia or take action yourself.
- **Join 2SLGBTQI+ political organizations.**
- **Support corporations with progressive attitudes towards 2SLGBTQI+ individuals.** Let them know their efforts are appreciated.
- **Know the facts, distinguish between myth and reality.** Don't perpetuate stereotypes.
- **Accept diversity in the 2SLGBTQI+ community.**
- **Ask libraries to stock 2SLGBTQI+ books.**
- **Participate in Pride Week events in your community.** Show your support for the 2SLGBTQI+ community and help them celebrate their culture, history and contributions.
- **Be visible** – do not be afraid to display Pride symbols.