



Resources for LGBTQ+ allies

These resources are for anyone supporting a queer family member, colleague or friend and those who just want to be a good ally.

Please know that being a 'good enough' ally means that you will make mistakes as you learn and that's OK. Keep learning and keep acting from a place of curiosity and compassion and you'll be doing great.

Visit the resources page on my [website](#) for my 'Resources for the LGBTQ+ Community' download.

EDUCATION:

The Proud Trust - I highly recommend their online courses on sexuality & trans awareness

If you're confused about the **difference between gender identity and sexuality** [Reach Out](#) has a good explanation.

Being gay, trans, bi or pansexual is nothing new! Read up on some **LGBTQ+ history** on the [English Heritage](#) website or Newsbeat has this interesting article: [The history you didn't learn in school.](#)

Did you know that **Pride was a protest** before it was a celebration? Learn how it all started [here.](#)

Understand [what to do](#) if someone experiences or you witness a **hate crime**.



FOR WORKPLACES:

[Stonewall](#) has some great info on creating **inclusive workplaces**.

And here's a [simple list](#) of things workplaces can do to support their LGBTQ+ staff.



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INSTAGRAM ACCOUNTS:

If you use one of the resources on this document let it be [Jeffrey Marsh's instagram](#). Jeffrey is non-binary and has the most healing and empowering messages for all humans.

[Fox Fisher](#) - non binary creative and author.

It's important to see members of the LGBTQ+ community thriving and succeeding in all areas of life. Eg. Olympic medalist [Tom Daley](#) and BBC presenter [Adele Roberts](#), just to name two.



TV SHOWS:

It's A Sin - All 4: brilliant series on the AIDs epidemic in London in the 80s. Hilarious, moving and very powerful. Includes the true to life story of Jill Baxter who is #allygoals

Feel Good - Netflix: starring Mae Martin as a fictionalised version of herself.

Sex Education - Netflix: absolutely superb, cannot recommend enough!

Queer Eye - Netflix: an obvious choice but totally unmissable, feel good & empowering TV.



BOOKS:

There's so many! I thought the best thing was to give you some selections such as the ones listed [here](#) from **JK publishers** or you can check out. '30 best LGBTQ+ books' according to

[Elle magazine](#).



PODCASTS:

Here's a compilation of the [15 Best LGBTQ+ podcasts](#) according to Oprah Daily; includes JVN's *Getting Curious* and *Making Gay History*.

My friend & colleague Emily Brinnand of **Matter of Mind** has a great episode on her podcast about her coming out story, you can listen [here](#).



How to be a good ally



Here's 5 ways you can support your LGBTQ+ family, friends, colleagues and local community:

1. **Educate yourself.** Learn the correct language to use and read up on the challenges LGBTQ+ community face. Be committed to ongoing learning. It's OK to make mistakes as you learn; just apologise, correct yourself and move on.
2. **Introduce yourself using your pronouns**, even if you're not trans. This is such a simple way to tell people you are safe to be around. You can do this on your email signature, social media profiles and in person: "Hi, I'm Natalie and my pronouns are she/her."
3. **Call out homophobia and transphobia** if you see it. Do not compromise your safety and don't feel you have to go on a crusade, but do tell people that their language is offensive or that their behaviour is harmful. Try to do this in a firm but non-judgemental way. You can report abuse & misrepresentation in the media via glaad.org
4. **Diversify** your bookshelf, Netflix watchlist, podcast playlist and social media feeds. The content doesn't necessarily have to have a sexuality or gender focus, it can just be the work you enjoy of an LGBTQ+ person.
5. Stand up for marginalised groups through your **activism** - sign petitions, attend protests and write to your MP. We've come a long way in terms of equality but there's still a way to go here in the UK and abroad.