Easy Read Edition

Proud and Supported: Definitions and Beyond

Part 4: Being an ally
Words to Know in Part 4
**Ally**

Someone who supports a group they aren't a part of. For example, if you are cisgender and straight but support LGBTQ+ people, you would be a LGBTQ+ ally.

**Cisgender**

Someone whose gender is the same as the sex they were assigned at birth. A cisgender woman is a woman who was assigned female at birth. A cisgender man is a man who was assigned male at birth.
Gay

Someone who likes people of the same gender they are. For example, a man who only likes men is gay.

Lesbian

A woman who likes other women

LGBTQ+

An acronym that stands for lesbian, gay, bisexual, transgender, queer/questioning, and more.
Transgender

Someone whose gender is not the same as the sex they were assigned at birth. A transgender woman is a woman who was assigned male at birth. A transgender man is a man who was assigned female at birth.
Being an ally

Allies are people who support a group they aren’t a part of.

Straight, cisgender people can be allies to LGBTQ+ people.

Straight, cisgender people are allies when they support LGBTQ+ people.

Sometimes people who are LGBTQ+ but haven’t told anyone yet call themselves allies.
They do this so they can spend time in LGBTQ+ community spaces.

For example:

Dina is a lesbian.

She has not told people she is a lesbian.

It is not safe for her to tell people.

Her parents wouldn’t like that she’s a lesbian.
She says she is an ally to LGBTQ+ people.

Dina isn’t straight.

She isn’t really an ally.

She is a lesbian.

But Dina says she is an ally so she can spend time at an LGBTQ+ center.
You can be an ally and be LGBTQ+.

You can be an ally to LGBTQ+ groups you aren’t a part of.
For example:

Robert is a cisgender gay man.

Robert supports transgender people.

He is an ally to transgender people.
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