



Welcome Pride Volunteers

Happy Pride everyone! We're so excited for an amazing year. By volunteering not only will you be part of a positive and inclusive movement, but you're going to have a lot of fun!

Lead with love

Here is a quick list of how to be the best ally you can be:

- **Treat others with respect**
Treat others how you would want to be treated.
- **Use non-gendered language**
Using non-gendered language ensures that everyone is included.
- **Use people's personal pronouns**
Not sure of someone's pronouns? Introduce yourself by saying "Hi my name is (insert name) and my pronouns are (insert pronouns)." This gives the person you are speaking to an opportunity to share theirs.
- **Listen more**
It's ok that you don't have all the answers.
Make space and listen to equity-seeking voices.
- **Reach out**
Reach out to friends and family who are 2SLGBTQIA+. Just knowing there is someone close who cares can make a big difference in someone's life.

Call in, don't call out

- Calling out can lead people to take a defensive position or shut down.
- Calling in involves conversation, compassion, and context.
- Holding people accountable for potential harm is important while remembering that we're speaking to another human being.
- When we call in instead of calling out we make room for love, respect and growth.

Mistakes happen

If you make a mistake (like accidentally using the wrong pronoun):

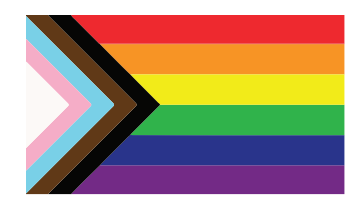
- Simply apologize and move on.

If someone corrects your language:

- Say thank you, correct your language and move on.

Continue with respect:

- After the interaction, spend some time asking yourself how you can work to make sure you don't do it again.



EMERGENCY CONTACTS

Medical emergencies
9-1-1

Suicide crisis support
1-800-784-2433

Trans peer support
(877)-330-6366

Youth support
Tel 1-800-668-6868
Txt 686868

Concepts To Know



Agender	A person who does not identify with or experience any gender.
Asexual	A person who does not experience sexual attraction.
BIPOC	Acronym for Black, Indigenous, and People of Color.
Bisexual	A person who is emotionally, romantically, and/or physically attracted to people of more than one gender.
Gay	A person who is emotionally, romantically, and/or physically attracted to people of the same gender.
Gender Expression	The manner in which a person communicates about gender to others through external means such as clothing, appearance, or mannerisms.
Gender Identity	A person's deeply held core sense of self in relation to gender.
Gender Queer	Refers to individuals who blur preconceived boundaries of gender in relation to the gender binary.
Intersex	Intersex is the current term used to refer to people who are biologically between the medically expected definitions of male and female.
Lesbian	A woman who is emotionally, romantically, and/or physically attracted to other women.
Non-binary	Refers to people who do not subscribe to the gender binary.
Pansexual	A person whose emotional, romantic and/or physical attraction is to people inclusive of all genders.
Pronouns	The words used to refer to a person other than their name. Common pronouns are they/them, he/him, and she/her.
Queer	A term used by some 2SLGBTQIA+ people to describe themselves and/or their community. Reclaimed from its earlier negative use—and valued by some for its defiance—the term is also considered by some to be inclusive of the entire community, and by others who find it to be an appropriate term to describe their more fluid identities.
Sexual Orientation	Emotional, romantic, or sexual feelings toward other people or no people.
Transgender	A person whose gender identity does not necessarily match their assigned sex at birth.
Two-spirit	A pan-Indigenous term encompassing gender, sexual, and spiritual identities, typically describing an Indigenous person who identifies with multiple genders and spiritual traits within a distinct Indigenous context.