

Tips for an Ally- When Someone Comes Out to You

1. *Allow the person to speak at their own pace.*
They have put time and energy in deciding who to speak with, so give them time to share their story.
2. *Don't push.*
Do not ask or push the person to share more than they are comfortable with.
3. *Acknowledge yourself as an ally.*
"I am here to be supportive."
4. *Acknowledge that this was not necessarily easy for the person.*
"I know that sharing this can be challenging." "Thank you for trusting me enough to share an important piece about yourself."
5. *Do not minimize or make judgment in an attempt to be understanding.*
Omit statements such as "It doesn't matter to me" or "I had a feeling."
6. *Ask what you can do to help.*
"How can I assist you?"
7. *Be willing to share resources.*
"I know about Resource X that you might find useful."
8. *Be honest about what you don't know.*
"You know, I'm really not sure. I am happy to help you find out the answer to your questions."