

# Families, Educators & Providers: *Be An Ally* (adapted from the Acadia Hospital [CARES](https://northernlighthealth.org/Locations/Acadia-Hospital/About-Us/Acadia-CARES-%281%29) Project)

If a child or adolescent you know is struggling and has come to you for help, you can take steps to assist them achieving a healthy, happy outcome and lifestyle.

**Be an ally**

* Make sure your environment is safe, welcoming and affirming 100% of the time
* Educate yourself and find resources to keep in your school or work
* Make sure your language (even when joking) is respectful and inclusive
* Watch movies or TV shows with LGBTQ+ characters on them and keep a dialogue going
* Be there to answer questions, offer support, or give a shoulder to cry on when needed
* Display pictures of LGBTQ role models in your classroom and office
* Offer hope whenever possible
* Integrate LGBTQ historical figures in your curriculum
* Don’t make assumptions (asking boys if they have a girlfriend or vice versa)
* Commit to making your space free from bullying, hate speech, or discrimination
* Offer to help get a GSA (Gay Straight Alliance or Gender Sexuality Alliance) started in your school
* Donate to LGBTQ causes if you can, volunteer at your local homeless shelter or offer to take part in your community’s Pride celebration every June

Ask for help:

National Crisis Hotline: 800.273.8255

National Crisis Text Line: 741741

In person: Drive to your local emergency room

The Trevor Project: 866.488.7386

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