

DON'T TALK ABOUT THE LGBTQ+ PEOPLE IN YOUR LIFE AS IF YOU ARE COLLECTING THEM OR IF THEY ARE TOKENS TO BE SHOWN OFF

LGBTQ+ people are not objects to find and collect. Don't become connected with a person simply because you want to know someone LGBTQ+. Don't brag about how many LGBTQ+ people you know. It is disrespectful and demeaning.

DON'T TRY TO SET THEM UP WITH OTHER LGBTQ+ PEOPLE THAT YOU MAY KNOW UNLESS SPECIFICALLY ASKED TO BECOME INVOLVED WITH THEIR PERSONAL LIFE.

LGBTQ+ people do not require your help with their personal lives unless specifically requested. Not only are there lots of options for LGBTQ+ in terms of people to date but it can be irritating to have someone push up into your personal business just because of your sexuality.

DON'T: ASK, "ARE YOU THE MAN OR THE WOMAN?"

The idea that there needs to be a man or a woman in a relationship is reductive and perpetuates sexist gender norms. Don't ask this to LGBTQ+ people and do research on why this is a bad thing.

DON'T SAY "IT MUST BE HARD FOR YOUR PARENTS"

It may have been tough on the parents but it has been far more difficult for the individual. Being closeted is difficult enough but the painful journey that often is self acceptance is extremely difficult.

DON'T TRY TO MAKE THE LGBTQ+ PEOPLE IN YOUR LIFE ACCOMMODATE YOU OR BARGAIN WITH THEM

Having those who have come out to you act against what would make them happy simply for your comfort is harmful and dangerous. It signals that their feelings are not important to you or that your comfort matters more than them being happy. You end up forcing more pain and suffering on that person by doing this.

Examples of doing this is not respecting pronouns, not allowing a certain way of presentation or of transitioning, or not allowing for same sex partners to be near by.

Resource created by Hope Jubenvill - LGBTQ+ Project Lead with the Edmonton Federation of Community Leagues

For more information on this topic and other LGBTQ+ resources please visit the LGBTQ+ Project page at efcl.org



LGBTQ+ DON'T'S

Created by the Edmonton Federation of Community Leagues

DON'T ASSUME THAT ALL THE PEOPLE IN YOUR LIFE ARE STRAIGHT AND/OR CISGENDER

While it may seem that there are no LGBTQ+ people in your life, this is actually not true. LGBTQ+ people are fairly common and odds are you know at least one. To avoid possibly alienating or putting said person in a very uncomfortable spot, avoid assuming and acting like everyone you know is straight and/or cisgender.

DON'T TAKE ISSUE IF A PERSON IS FLUSTERED, UPSET OR SENSITIVE DURING AND AFTER COMING OUT

Coming out is a very stressful time and one of great change and upheaval. Often times this can create emotional instability for that person and can lead them to being sensitive and reactive. Don't take issue with this. In fact by having a problem and pushing back against them, you could easily create an issue that was not there before hand.

DON'T ASSUME SOMEONE IS LGBTQ+ BECAUSE OF TRAUMA

Being LGBTQ+ is not something caused by trauma. A person does not become gay because of a sexual assault or trans due to an abusive parent. Don't assume this about someone, it is incredibly disrespectful and pushes harmful notions about the LGBTQ+ community.

DON'T MAKE IT ABOUT YOU

When someone comes out or you hear that someone is LGBTQ+, there can be the urge to be upset that they didn't tell you earlier or something similar to that. Don't do this. Those moments and that information is not about you, it is about the LGBTQ+ person. Let them direct the conversation and what is happening and be polite and respectful.

DON'T LET SOMEONE COMING OUT AFFECT HOW YOU TREAT THEM OR ACT AROUND THEM

Include them the same amount in your life and treat them as you always have. They are letting you into a personal part of their life, not dying or going away. As well being LGBTQ+ is nothing to be wary of or a cause to be hesitant.

DON'T SAY THAT YOU ALWAYS WANTED A "GAY BEST FRIEND" OR A SHOPPING BUDDY

LGBTQ+ people are not more partial to shopping than any other group of people. As well LGBTQ+ and specifically gay men are not all like the stereotypical representation of a "gay best friend". Saying this to someone is demeaning and insensitive to who they are and the relationship you previously had. Continue to treat them as you would before and avoid thinking of LGBTQ+ people as just stereotypes.

DON'T SAY "I KNEW IT"

Saying "I knew it" to someone who is coming out undermines the importance of the moment and makes the person who is coming out feel like their sexuality and/or gender identity is not important. Do not say this to someone who is coming out to you.

DON'T SAY "WHAT TOOK SO LONG?"

By saying "what took so long?", the person who is coming out is made to feel as though they have been creating a problem by not coming out sooner and that they've messed up by not coming out at a certain time or date. You should never make someone feel poorly when they are taking the time to tell you about a deeply personal part of themselves.

DON'T TRY TO PUSH RELIGIOUS VIEWS ON SOMEONE OR TRY TO "SAVE" THEM

If someone comes out to you this does not become your opportunity to push religion on them, especially if it's in the effort to "save" them or convince them not to be LGBTQ+. You should be supportive and understand this moment is about them, not you. After that you should understand that their identity is an intrinsic part of them and not something they chose, nor is it something that's sinful.

DON'T ASK IF IT IS JUST A PHASE

If someone has taken the time and courage to express their sexuality and/or gender identity, then it's something they've taken the time to think over. It is not simply a passing phase and by saying so it makes the person feel incredibly invalid about their identity.

DON'T SAY "ARE YOU SURE?"

By asking someone if they are sure, you show your doubts and your lack of acceptance towards someone. Their identity is a very personal thing and one that they have probably spent a long time thinking over. Do not cast doubt about this on them. Don't make them feel as though they have to justify their identity with a long drawn out explanation of their thought process.