

## 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 ~~am~~ ~~not~~ ~~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."