



**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

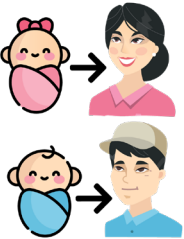
# **Barriers to Gender Affirming Health Care**

**Part 14: What can allies do  
to support transgender and  
nonbinary people?**

# What can allies do to support transgender and nonbinary people?



**Allies** are people who support a group they are not part of.



Cisgender people who support transgender and nonbinary people are allies.



If you are cisgender, there are many ways you can be a good ally to transgender and nonbinary people.



You can help transgender and nonbinary people get gender affirming care.



You can share this resource with other people so they learn about barriers to gender affirming care.



You can learn about the laws around gender affirming care in your state.



You can support laws that protect the rights of transgender and nonbinary people.



Some people want to talk to people in government about these laws.



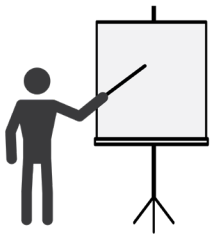
To learn more about talking to people in government, you can read [ASAN's toolkits on civic engagement](#).



There are more ways to support transgender and nonbinary people.



You can think about your own ideas of gender.

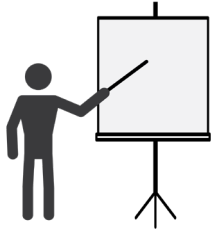


We are taught about gender from a very young age.



Thinking about the ideas we learn about gender can help us question those ideas.

Questions to ask yourself about gender can be:



- Who taught me what a “girl” and a “boy” are?



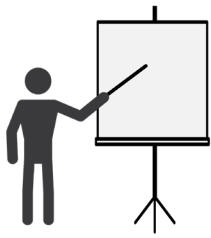
- What things are “girl things” and what things are “boy things”?



- Why do some things have to be for only girls or boys?



- When have I noticed gender rules that did not feel fair to everyone?



- What are things I want to do that I was taught were not for my gender?



- What would happen if I do things that make me happy even if they are not “for my gender”?



Thinking about your own gender can help you notice the ways sexism is everywhere.



Thinking about your own gender can help you notice the ways transphobia is everywhere.



You can speak out against transphobia in your community.

Speaking out against transphobia can look like:



- Supporting transgender and nonbinary people's access to public bathrooms.



- Supporting transgender and nonbinary people in playing sports.



- Supporting people wearing clothes and styling their hair how they like..



- Correcting people when they use the wrong name or pronouns for someone else.



- Asking the transgender and nonbinary people in your life how you can support them.



- Not being afraid to like things that other people say are not “for your gender.”



- Talking about how there’s no such thing as “boy things” or “girl things” and people can like what they want.





- Talking about how gender does not make someone good or bad at any skill.



Transphobia and sexism are connected.



Fighting transphobia means fighting the idea that “men” and “women” have to be a certain way.



Fighting transphobia makes it easier for everyone to be themselves.

You can ask for policies that protect the rights of transgender and nonbinary people to be made:



- At your job.



- At your self-advocacy group.



- At your school.



- At your religious center.



You can ask your local developmental disabilities council to learn about LGBTQ+ identities.



You can ask LGBTQ+ groups to learn about disability rights.