

Tips for Allies



Just Be Yourself: A Health & Wellness Guide for Trans, Two-Spirit, & Nonbinary Youth

There are many ways allies can support **transgender, Two-Spirit and nonbinary** (TTNB) youth in accessing healthcare, education and employment.

Under Canadian human rights laws, TTNB youth have the right to:

- Be free from all forms of discrimination and harassment
- Have equal access to healthcare, education, and employment
- Be referred to respectfully
- Have access to spaces aligned with their gender identities

Here are some tips for creating safer and more TTNB-inclusive schools, workplaces, and healthcare spaces:

- Develop TTNB-inclusive policies
- Adopt inclusive curricula that include topics related to gender and sexual diversity
- Start a school club or group to promote understanding of gender diversity
- Offer workplace training on topics such as TTNB-inclusive policies, gender neutral language, implicit bias, and allyship.
- Respect privacy and confidentiality of TTNB people's personal and health information
- Display inclusive signs and visual symbols of support
- Speak up in support of TTNB rights and inclusion

01
Understand Human Rights in Canada

02
Support Access to Healthcare Services

03
Create Safer & Inclusive Spaces

If a youth needs an advocate to help them access healthcare, start by asking how they would like you to help. **For example, you can ask about:**

- Assisting with scheduling appointments
- Helping to fill out forms
- Providing transportation to appointments
- Offering emotional support before, during and/or after appointments
- Supporting healthcare decision making.



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