



We believe that creating a safe environment is crucial for all people facing a breast cancer diagnosis, including the LGBTQ+ community. This guide offers some ways you can be an ally and make a difference.



## Learn and grow

Educate yourself about the unique challenges faced by the LGBTQ+ cancer community. This includes understanding health differences, things that make it hard to get medical help, and social judgement that LGBTQ+ people might face. By being knowledgeable, allies can better support and advocate for their LGBTQ+ friends or family members. Look for resources from LGBTQ+ health organizations to keep learning. The more you know, the better you can support your LGBTQ+ friends and family members.



## Listen actively

Create a safe space for LGBTQ+ individuals to share their experiences and concerns. Listen actively and without judgment. Show empathy and validate their feelings.



## Respect pronouns and identities

Use the pronouns and gender identities a person prefers. This shows respect and creates a positive, supportive environment.



## Advocate for inclusive healthcare

You can play a crucial role in advocating for LGBTQ+-inclusive healthcare policies and practices. Support organizations working to end discrimination and improve access to culturally competent care.



## Amplify LGBTQ+ voices

Amplify the voices and experiences of LGBTQ+ individuals facing cancer. Share their stories, raise awareness about their unique challenges, and advocate for their needs. You can do this through social media, participating in events, or supporting LGBTQ+-led organizations.

Together, we can create a more inclusive and supportive environment for everyone facing cancer. This helps reduce disparities and improve overall well-being for the LGBTQ+ community.



Scan the QR code to learn more about LGBTQ+ cancer disparities at [lbbc.org](https://lbbc.org)



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