

# **PFLAG Shreveport/Bossier City Ten Simple Things You Can Do to Make a Difference**

*(From PFLAG National Offices, Adapted)*

1. Become a member of PFLAG and join with thousands of people from all walks of life, working to end discrimination against lesbians, gays, bisexual, and transgender persons.
2. Teach your children that being gay, lesbian, bisexual, and/or transgender is simply another way of expressing love or identity.
3. If a member of your family is gay, lesbian, bisexual, and/or transgender, let them know you love them just the way they are.
4. Don't tell jokes that demean gay, lesbian, bisexual, and/or transgender persons. You just perpetuate the stereotypes about gays, lesbians, bisexuals, and transgender persons.
5. Read our PFLAG literature and find out more about what it is really like to be a lesbian, gay, bisexual, and/or transgender in our society.
6. Be open with others about having lesbian, gay, bisexual, and/or transgender friends or family. Secrecy breeds shame.
7. If you overhear someone making comments that are anti-gay, anti-lesbian, anti-bisexual, or anti-transgender; let them know you don't agree or approve.
8. Write your local, state, or federal legislators to protest any legislation that discriminates against gays, lesbians, bisexuals, and/or transgender persons as you become aware of it.
9. Encourage open and honest discussion of gay, lesbian, bisexual, and transgender issues in your home, workplace, school, and church.
10. Stand with those who believe that discrimination against anyone is a crime against humanity—TAKE A STAND WITH PFLAG.

## **PFLAG Web Sites**

- National – <http://www.pflag.org/>
- Shreveport Area – [http://www.geocities.com/shreve\\_pflag/](http://www.geocities.com/shreve_pflag/)