# My Action Plan: Be an LGBTQIA+ Ally Blank

Name: Blank Class: Blank Date: Blank

**STEP 1: Identify the health behavior you are going to work on.**

I will correct people if they misgender someone.

**STEP 2: Write SMART goal(s).**

Write one or two short-term goals (one day to one month).

I will write down my classmates’ gender the first day of class so I know how they identify.

Write a long-term goal (one to six months or more).

I will learn how to speak up as an ally to support my friends by finding information on the best way to be an ally.

**STEP 3: Make a plan.**

Identify two to five action steps (strategies) you could do to meet your goal.

I will attend LGBTQIA+ ally meetings to show my support.

I will find information on being an ally and how to speak up for my classmates without offending them.

**STEP 4: Do your plan and track your progress.**

Short-term goal Met Not met Date: July 25

Long-term goal Met Not met Date:

If you met your goal, what helped you to be successful?

Writing down the gender of my classmates helped me to remember how they identified.

If you did not meet your goal, what obstacles made it harder for you to be successful?

I have not been able to find very good information on how to speak up for my LGBTQ friends without offending them.