



26 Ways Allies Can Support Intersex Awareness Day on 10/26

1. **Read** up on some basic do's and don'ts of intersex allyship.
2. Think about the language you use to describe bodies. Upgrade your **vocabulary**.
3. Organize a **protest** or other direct action in your community.
4. Learn about the history of Intersex Awareness Day.
5. Learn about what intersex **surgery** really means, and who opposes intersex bodily autonomy.
6. Give an intersex person a small, kind gesture.
7. Each one teach one: ask one friend if they've heard of the intersex. See what they know.
8. Learn about intersex **books** and **films**. Share the love with your local library.
9. Start small by signing ONE petition to ONE hospital.
10. **Donate** to an intersex-led organization.
11. Sign up to get emails about bills in your area supporting intersex rights.
12. **Contact** your local trans or LGBTIAQ+ medical clinic and ask if they have intersex resources.
13. Learn from intersex YouTubers and video creators.

14. Hang a poster in your school or office, or outside with IJP's wheat paste tutorial.
15. Ask your place of work, or a place that you frequent, about single stalls and **gender neutral language** in bathrooms.
16. Print out intersex brochures and leave them at your doctor's office or relevant place of work.
17. Have a conversation about intersex with someone in your life who is pregnant, or has young children.
18. Offer to be a buddy to an intersex friend going into a public bathroom or medical appointment.
19. Ask a local small business that collects donations or change 'round-ups' to choose an intersex organization.
20. Contact your local LGBTIAQ+ center to ask if they offer any intersex resources.
21. **Share** a graphic or article about #IntersexAwarenessDay on social media.
22. Call your local hospital and ask about intersex surgery.
23. Contact your legislator to get intersex issues on their radar.
24. Pay an intersex person to speak or train at your school or workplace.
25. Give an Intersex 101 presentation as an ally within your organization.
26. Host a film screening for a film made by an intersex person.