



LGBTQIA+ Rights & Safety Card

1. Your Rights at a Glance

- You have the right to live openly, without discrimination on the basis of sexual orientation, gender identity, or HIV status. [American Civil Liberties Union](#)
- You have the right to be respected in schools, workplaces, housing, healthcare, public accommodations, and by the police. [American Civil Liberties Union](#)
- Transgender and non-binary individuals: The ACLU champions your right to be yourself, obtain appropriate ID, access healthcare, choose restrooms, and be treated with dignity. [American Civil Liberties Union](#)
- Young people: You have rights to express your identity in school, form clubs (such as GSA), and be safe from harassment. [American Civil Liberties Union](#)

2. If You're Stopped / Detained / Harassed

What to remember:

- Stay calm and polite.
- Ask: “*Am I free to go?*” If yes, you can leave.
- If you choose to remain silent: you may say “I respectfully decline to answer any questions without my attorney present.”
- Document what’s happening: names, badge numbers, license plates, time, place, witnesses.
- If you’re asked about your gender identity or HIV status: You do *not* have to answer in many contexts—discrimination on those bases is illegal.
- Don’t consent to a search unless the officer has a warrant or you clearly see lawful grounds.
- If you feel unsafe or your rights are being violated, call legal help (see Section 4).

3. Safety Tips & Preparation

- Carry an ID, and if you’re comfortable, carry alternative identification if you’re trans/non-binary (e.g., clinic card, letter from provider).
- Know a safe contact: someone you trust that you can call. Save this numbers (digital + printed) in case your phone fails.
- If you have a gender-affirming care plan or medication, keep a note with the physician and pharmacy. Save these numbers (digital + printed) in case your phone fails.

- If attending protests or public events: follow safety guidance from Lambda Legal’s “Know Your Rights: Best Practices for Safe Protesting.” [Lambda Legal](#)
- For youth: know your school’s anti-harassment policy; your right to a safe restroom and to use your chosen name/pronouns.

4. Key Legal & Support Resources

- ACLU “Know Your Rights: LGBTQ Rights” page — for statewide and federal rights, reporting discrimination: <https://www.aclu.org/know-your-rights/lgbtq-rights>
- Lambda Legal Help Desk — for discrimination, harassment, family law, identity documents, immigration issues: <https://lambdalegal.org>
- If you believe your rights have been violated: file a confidential report with the ACLU. https://www.aclu.org/issues/lgbtq-rights?utm_source=chatgpt.com
- Local ACLU affiliate — find your state-affiliate for local legal support.
- Emergency contact (fill in yourself): _____
- Trusted friend/ally contact: _____

5. What to Do After an Incident

1. Write down everything you remember — date, time, location, what was said/done.
2. Take photos if safe (e.g., injuries, property damage).
3. Report to your local ACLU affiliate or to Lambda Legal as appropriate.
4. Consider getting medical or mental-health support — you deserve care.
5. Share your story (when safe) with trustworthy organizations — helping hold systems accountable.

6. Affirmation & Self-Care

You are valid. Your identity is valid. You deserve to live free from discrimination and harm. Take care of yourself, stay connected to your community, and remember support is out there.

(Print and carry in your wallet / keep a digital copy on your phone)

LGBTQIA+ RIGHTS & SAFETY CARD

YOU HAVE RIGHTS:

- You have the right to live, work, and worship free from discrimination.
- You do not have to answer questions about gender identity, sexuality, or HIV status.
- Ask: “Am I free to go?” — If yes, leave calmly.
- Say: “I am exercising my right to remain silent and want a lawyer.”
- You do not have to consent to a search.
- Write down names, badge #s, time, place, witnesses.

IN AN EMERGENCY:

Stay calm. Call a trusted contact or legal helpline (see back).

LEGAL & SUPPORT RESOURCES

1. **ACLU LGBTQ Rights:** [aclu.org/know-your-rights/lgbtq-rights](https://www.aclu.org/know-your-rights/lgbtq-rights)

2. **Lambda Legal Help Desk:**
lambdalegal.org/helpdesk 1-866-542-8336

If your rights are violated:

- Ask for legal counsel immediately.
- Do not sign anything without a lawyer.
- Document everything. Carry small notepad and pen.

SAFE CONTACTS

Friend/ally _____
Emergency # _____