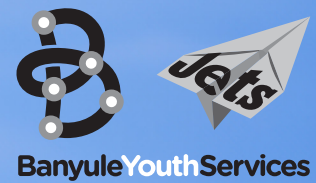


# LGBTIQA+ youth inclusion in sport



**Sports are often structured around the core values and beliefs of respect, fairness, community, integrity, professionalism, and inclusion.**

### What is discrimination?

Discrimination means being treated badly or unfairly, or not as well as others, because of a personal characteristic like disability, sex, age, gender, race, or sexual orientation.

### Why do sports need to focus more on LGBTIQA+ inclusivity?

- ▶ LGBTIQA+ young people are known to have poorer mental health outcomes than their peers. Being involved in team sport can improve resilience, mental health and community belonging.
- ▶ People feel more welcomed when they know that they will be accepted and not discriminated against. LGBTIQA+ identifying people are less likely to engage or participate in sports when they feel excluded.
- ▶ Being involved in sports keeps young people physically active and healthy.
- ▶ LGBTIQA+ people drop out of sports more frequently due to not fitting in or from being socially isolated. People can become socially isolated if there's a lack of sensitivity to their sexuality or gender, they're excluded from the social aspects of the group, or made to feel belittled or invalid due to how they identify.

### Statistics on homophobia and transphobia in sports:

**80%**

of participants in sports have **witnessed or experienced homophobia in sport** with homophobic language being the most common experience.

Only

**28%**

of LGBTIQA+ young people are **"out" to their teammates.**

The most common places where homophobia occurs in sports are in the **spectator stands and school PE classes.**

**84%**

of gay men and

**82%**

of lesbians

have heard verbal slurs around or directed at them in sporting environments and cultures.

**73%**

of queer participants believe youth team sport is **not safe for LGBTIQA+ people.**



## Here are some tips for making your team or club more inclusive for LGBTIQ+ people:

- ▶ Create a formal commitment, policy, or code of conduct for respect and inclusion. Outline how your club will welcome LGBTIQ+ members, officials and supporters. You can find an inclusion guidelines template on [www.proud2play.org.au/resources](http://www.proud2play.org.au/resources)
- ▶ Have a code of conduct that outlines what behaviour is expected of spectators when attending sporting matches.
- ▶ If you see or hear of someone being discriminated against, speak up and address the issue.
- ▶ Learn the preferred names and pronouns of athletes at your sporting club. Everyone has the right to go by the name and pronouns they choose.
- ▶ Use gender neutral language (e.g. folks, everyone, everybody).
- ▶ Once you are confident that your club is a safe space, have welcoming posters and flags that demonstrate commitment to LGBTIQ+ inclusivity. You can find posters for your club on [www.proud2play.org.au/resources](http://www.proud2play.org.au/resources)
- ▶ Offer mixed gendered sporting opportunities that anyone can participate in.
- ▶ Increase the visibility of LGBTIQ+ athletes and coaches by inviting them to speak to your team.
- ▶ Ensure your sports facility has private gender-neutral changing areas, showers, and toilets available for everyone.
- ▶ If you have a team uniform or dress code provide access to multiple uniform options.
- ▶ Where possible, allow trans athletes to compete on the team that matches their gender identity.
- ▶ Provide training opportunities for your club on inclusivity.
- ▶ Role model inclusive language and behaviour to your committees, coaches, and teams.





## Glossary:

### ▶ Homophobia

Used to describe a whole range of negative feelings or behaviours towards anyone who is same sex attracted people and people who are attracted to more than one gender

### ▶ LGBTIQA+

Lesbian, gay, bisexual, transgender, intersex, queer, asexual plus others.

### ▶ Pronouns

Pronouns are a way of referring to other people. Common pronouns are 'she/her' and 'he/his.' Some non-binary people may have gender neutral pronouns like 'they/them,' use their first name instead of a pronoun, or use another pronoun. It is important to respect a person's pronoun and it is best not to assume it.

### ▶ Queer

An umbrella term for those who identify as LGBTIQA+. This term has a complex history as it was previously used as a slur for members of the LGBTIQA+ community. It has been reclaimed by younger generations, but not all members of the LGBTIQA+ community will be comfortable with this term.

### ▶ Trans/Transgender

People who identify with a different gender than their sex assigned at birth.

### ▶ Cisgender

A person whose gender aligns with their assigned sex at birth.

**You can find a comprehensive list of definitions here:**

[minus18.org.au/articles/your-guide-to-words-and-definitions-in-the-lgbtqi+-](https://minus18.org.au/articles/your-guide-to-words-and-definitions-in-the-lgbtqi+-)

Want to learn more about how to make your sporting environment more inclusive for LGBTIQA+ young people? Check out the these websites:



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Outonthefields.com/media/

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*This resource was developed in partnership with young people as an outcome of the 2023 Banyule Youth Summit.*



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