

LGBTQ+ community

Activity Box 1.5

Module 1: Target Group



INCLUSIVE.
INSPIRING.
SPORT FOR ALL.

Key Facts

- 64% of LGBTQ+ people who identify as non-binary (e.g., genderfluid or genderqueer) were not active enough to maintain good health. (33)
- LGBTQ+ community is 2,5 more likely to have a lifetime history of mental health issues than heterosexual groups. (33, 34).
- 72% of lesbian, gay and bisexual respondents said they would be more likely to participate in club Sport if the club was marketed as inclusive of LGB people or 'LGB-friendly' (180).

Specific groups this Activity Box applies to:

Including but not exclusively referring to people who are lesbian, gay, bisexual, transgender, queer or questioning.

*The authors of this Toolkit highlight that using LGBTQ+ is being used as it is the most recognisable term but acknowledge and encourage everyone to preferably using the term **SOGIE** (Sexual Orientation and Gender Identity Expression). It is inclusive of all sexual orientations and should be used in line with every organisation's policy.*

Why is it so important

Contribution

- Important topic on social agenda as non-male and non-heterosexual people are being discriminated, harassed and exposed to all forms of violence more often
- Promote mental well-being through their social support and sense of community (32)
- LGBTQ+ people face a unique exposure to stress coming from prejudice, discrimination, sexual orientation concealment, expectations of rejection, and internalised stigma
- Experiences of homophobia and lack of acceptance in youths within school environments can lead to higher incidences of self-harm, suicide attempts and bouts of depression (33)

International endorsement

- **Agenda 2020:** The IOC to include non-discrimination on sexual orientation in the 6th Fundamental Principle of Olympism.
- **UNESCO international charter of physical education, physical activity and Sport:** Every human being has a fundamental right to physical education and Sport without discrimination based on their (...) sexual orientation. Barriers to Sport that should be overcome

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Barriers to Sport that should be overcome

- Pandemic prod effects on isolation and reduced social support.
- Homophobia, biphobia and transphobia language in Sport are still significant barriers to participation.
- Body image, anxiety and the feeling of not fitting in a group (35).
- Lack of sectorised changing rooms and toilets is a predominant barrier special for transgender people.
- Lack of coaching staff to provide sessions for beginners.

Tips and key success factors

Use of technical and inclusive language to prevent a sense of exclusion:

- Language used on promotional material
- Gender options available on membership forms
- Language used by coaches, technical officials, public figures, administrators, etc.

Opportunities for transgender people as competition may create a negative impact on their experiences of Sport:

- Policies and procedures, which seek to uphold fair competition, can be a significant disincentive to participation. In most cases, transgender women cannot take part in competitions.
- It is vital in Sport for All and other recreational levels that ISOs include or adapt modalities for transgender groups where all participants have the same chances to participate regardless of their sexual identification.
- ISOs should develop policies for including trans people (and update them regularly) and be open to reviewing and revising gender divisions in their respective Sport.

Other tips

- Hosting specific sessions that targeted LGBTQ+ community
- Leisure centre staff had received LGBTQ+-sensitive and gender-responsive training
- Leadership is seen as key in motivating LGBTQ+ people
- Inaccurate representation and visibility of non-binary groups

Available Resources

- LGBTQI2S Inclusion Readiness Checklist [Click Here](#)
- LGBTQ+ Sport club finder [Click Here](#)
- LGBT Youthline [Click Here](#)
- Inclusive Toolkit: Make Sport everyone's game [Click Here](#)
- IOC's Rule on transgender athletes participating in Olympics [Click Here](#)

Sample Case

Pride Youth Games

(Pride Sport, LEAP Sport Scotland and LGBT Sport Cymru.)

- Residential weekend of activities for LGBT+ young people
- PYG provides a unique opportunity for LGBT+ young people to get together, have fun and experience Sport and activity in a safe and inclusive environment.

More information:

Event Site. [Click Here](#)

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