

Action Guide for Athletes: Making Sport Welcoming for Athletes who are LGBTQ

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- Stop using anti-gay or other slurs or comments that demean groups of people because of their race, culture, gender, or religion.
- Speak out against anti-gay harassment directed at individuals or teams from spectators, opponents, coaches, or teammates. Your silence supports prejudice.
- Do not let others intimidate you by calling you gay or lesbian (fag, dyke, sissy, pussy, etc.).
- Judge teammates and coaches on the basis of their character and personality, not their sexual orientation or gender expression.
- Support teammates who are targeted by anti-gay harassment, vandalism, or violence.
- If you are targeted by anti-gay or gender discrimination, harassment, or violence, tell someone who can help.
- Support lesbian, gay, bisexual, and transgender teammates who choose to identify themselves to others.
- Respect the rights of all teammates to safety.
- Treat all teammates and coaches with respect regardless of your differences.
- Do not make assumptions about teammates' or coaches' sexual orientation based on appearance.
- Do not make assumptions about teammates or coaches based on their sexual orientation or gender expression.
- Assume that every team is a mixed group of gay/lesbian, bisexual, transgender, and heterosexual people.
- If a teammate is depressed or afraid about sexuality or gender issues, encourage them to seek help (counselors, coaches, trained peer support groups).
- Encourage your coach to schedule seminars on homophobia, racism, and sexual harassment in sport.
- Understand that when someone uses anti-gay slurs or harasses lesbian, gay, bisexual, or transgender people, they are expressing prejudice and fear.
- Take classes or seminars that will help you to better understand prejudice and discrimination based on gender, race, sexual orientation, and religion.
- Understand the important role that heterosexual allies can play in making sport safe and welcoming for everyone.
- If you are a team leader, use your leadership role to set an example for other members of the team.