



# PRIDE FOREVER

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Celebrating, welcoming and protecting LGBT+ athletes so we all play with Pride.

# UNDERSTAND THE CONTEXT



“ Openness may not completely disarm prejudice, but it’s a good place to start.”

– *Jason Collins NBA and LGBT+ athlete*

Over the last 5 years homophobia fuelled attacks have risen by 55% and the number of hate crimes perpetrated against transgender people has quadrupled (BBC 2020). Despite these statistics Stonewall estimates 81% of LGBT+ people who experience a hate crime do not report it.

Now is not a time to be complacent, or self congratulatory. It is a time to make a stand, and stand together.

LGBT+ people face inequality from the day we first question our identity to when we face our last act of hate. Sport is for the majority, and for many the only chance of experiencing equality.

# MORE THAN A NUMBER

## SPORT

**99%** of all athletes recognise that LGBT+ athletes are not accepted as equals in sport.

*(Out on the Fields, 2015)*

## FITNESS

**12% of LGBT people avoid going to the gym** because of fear of discrimination and harassment.

*(LGBT in Britain - Hate Crime 2017)*

## MENTAL HEALTH

**1 / 8 LGBT+ people under 24 have attempted to take their own life** in the last year, 31% of all LGBT+ people have contemplated the same.

*(Stonewall 2018)*

## HUMAN RIGHTS

**12 countries criminalise homosexuality**, with 8 countries practicing a death penalty.

*(Human Dignity Trust 2020)*

## HEALTHCARE

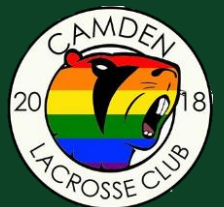
**A quarter of LGBT people have witnessed discriminatory** or negative remarks against LGBT people by healthcare staff.

*(LGBT in Britain - Health 2018)*

## EDUCATION

**28% of LGBT HE students were excluded by their peers**, 42% hid their identity for fear of discrimination.

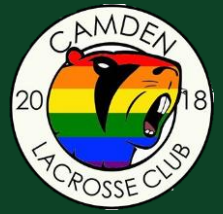
*(LGBT in Britain 2018)*



“

My LGBT (Lesbian, Gay, Bisexual, Transsexual) hero is anyone that is brave enough to be who they are, and embrace it, and be proud of it”

*-Tom Daley*



LGBTQ+ people can face hate, discrimination and aggression every day of their lives. This can be from their teammates, employer or even parents.

This global epidemic of hate impacts on all areas of life, but means that outlets for self expression and wellbeing such as sport are pivotal to improving the LGBTQ+ experience.

It is not enough for LGBTQ+ athletes to fight their corner, we must recognise this as a Humanitarian cause.

**To be complacent is to be compliant.**



# WHAT CAN I DO

## DO MAKE A STAND

Micro-aggressions against LGBT+ people are common, from using 'gay' as an insult to verbal and physical assault, ensure you address such behaviour in a way that won't put the victim at risk.

## DON'T DEMAND ANSWERS

LGBT+ people do not have all the answers and solutions to these issues, but must be listened to and consulted, don't think a simple fix like a rainbow flag and working group will solve these problems.

## DON'T OUT PEOPLE, EVER!

Even if your mate is open with you, never presume they are as comfortable about their identity with others.

## DO THINK BEFORE YOU ACT

Be mindful of others who may not have a space to ever voice their experiences, is now really your time to speak up or listen up?

## DO USE YOUR PRIVILEGE

You could have security and experiences an LGBT+ person cannot, think: how can you use that privilege to help them and support their voice.

## DON'T BE BLIND

Just because you have not seen or heard homophobia does not mean it doesn't exist. Maybe ask yourself, have I never seen homophobia, or was I just complacent?



# EDUCATE YOURSELF: READ, WATCH AND FOLLOW

## READ

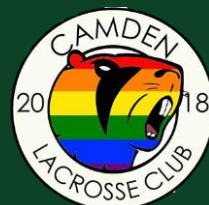
- **The Velvet Rage**, Alan Downs
- **Heroines of Sport: The Politics of Difference and Identity**, Jennifer Hargreaves
- **The Bisexual's Guide to the Universe: Quips, Tips, And Lists for Those Who Go Both Ways**, Nicole Kristal and Mike Szymanski
- **Redefining Realness**, Janet Mock
- **Invisible Lines: The Erasure of Transexual and Transgendered People** Vivian Namaste

## WATCH

- **Paris is Burning** | Netflix
- **Pose** | Netflix
- **Alone in the Game** | Audience
- **The Death and Life of Marsha P. Johnson** | YouTube
- **How to survive a plague** | Prime

## FOLLOW | INSTAGRAM

@tanyacompas  
@guskenworthy  
@mtumolo35  
@stonewallUK  
@mermaidsgender



“

The beauty of standing up for your rights is others see you standing and stand up as well.”

*-Cassandra Duffy*



DON'T DO  
NOTHING,  
DO  
SOMETHING

