

## Top Tips

### How to be an LGBT ally in sport

#### Number 1 - Call out abuse.

If you witness or hear homophobic, biphobic or transphobic abuse, call it out, even if it's meant as a joke it's still abuse. But almost half of all LGBT pupils still face bullying at school for being LGBT, and more than two in five trans young people have tried to take their own life. ([Stonewall 2017 Schools Report](#)) Even if it's not targeted describing something negative as gay can make an LGBT person feel insulted or marginalised. It's never ok to insult anybody, even the opposition.

#### Number 2 – Use inclusive language.

Don't use phrases like 'man up' or 'you play like a girl'. We have these stereotypes that men are good at sport and women aren't good at sport that aren't true, so we need to use language that doesn't perpetuate those. Try using phrases like 'toughen up' or 'sportsperson' instead of sports man instead. Its ok to talk about difference, LGBT people on your team should feel comfortable talking about who they are.

#### Number 3 – Demonstrate your support.

Get involved in campaigns like Stonewalls [Rainbow Laces campaign](#). These are great campaigns designed to help you demonstrate your support for LGBT people. Where there are open LGBT athletes within your sport, make a point to highlight them. Often, young LGBT people lack the positive role models that other young people have and take for granted. Make a point to say that your team is positive and affirming of LGBT people. Lots of LGBT people have bad experiences of sport at school so if you say your team is welcoming of anyone it will help them get involved in sport where they are often underrepresented.

#### Number 4 – Have mixed teams.

This is a great way to make sport more inclusive for LGBT people, particularly people who don't identify within the traditional gender binary. Having mixed teams to play for fun is a great way to get more people participating and active in sport, it doesn't all have to be a competition. For social events for your team, try to have events that don't have a gendered uniform, not everyone feels comfortable in club tie.

#### Number 5 – Come out as an ally.

As an ally you can stand up and say that you'd be comfortable having an LGBT teammate. If someone on your team feels comfortable enough to come out to you, make them know that they are supported and listened to. Don't share this information unless they want you to. Look for [resources](#) about supporting LGBT people in sport. You can direct your coaches and teammates to these as well. Those were my five key points for how to be an LGBT ally in sport.

Visit <https://www.stonewall.org.uk/comeoutforLGBT/ally> for further information on how to Come out as an ally or visit <https://www.stonewall.org.uk/our-work/campaigns/how-become-better-ally-lgbt-people-sport> on how to become a better ally in sport.

For more information across the Home Counties, please visit;  
[LEAP](#) (Scotland), [Umbrella Cymru](#) (Wales) and [LGBTNI](#) (Northern Ireland)