



**ACTIVE ESSEX FOUNDATION**  
**28/09/2023**

**Young LGBTQ+ people in sport and activity**  
***'breaking down barriers to engagement and participation'***

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# TODAY

- LGBTQ+ the basics
- What barriers might Children and Young people Face getting involved in sports and activities?
- How might that link to exploitation and criminality?
- What can we do to make sport and activities accessible to the LGBTQ+ community
- Love has no labels video



# Anatomical Sex



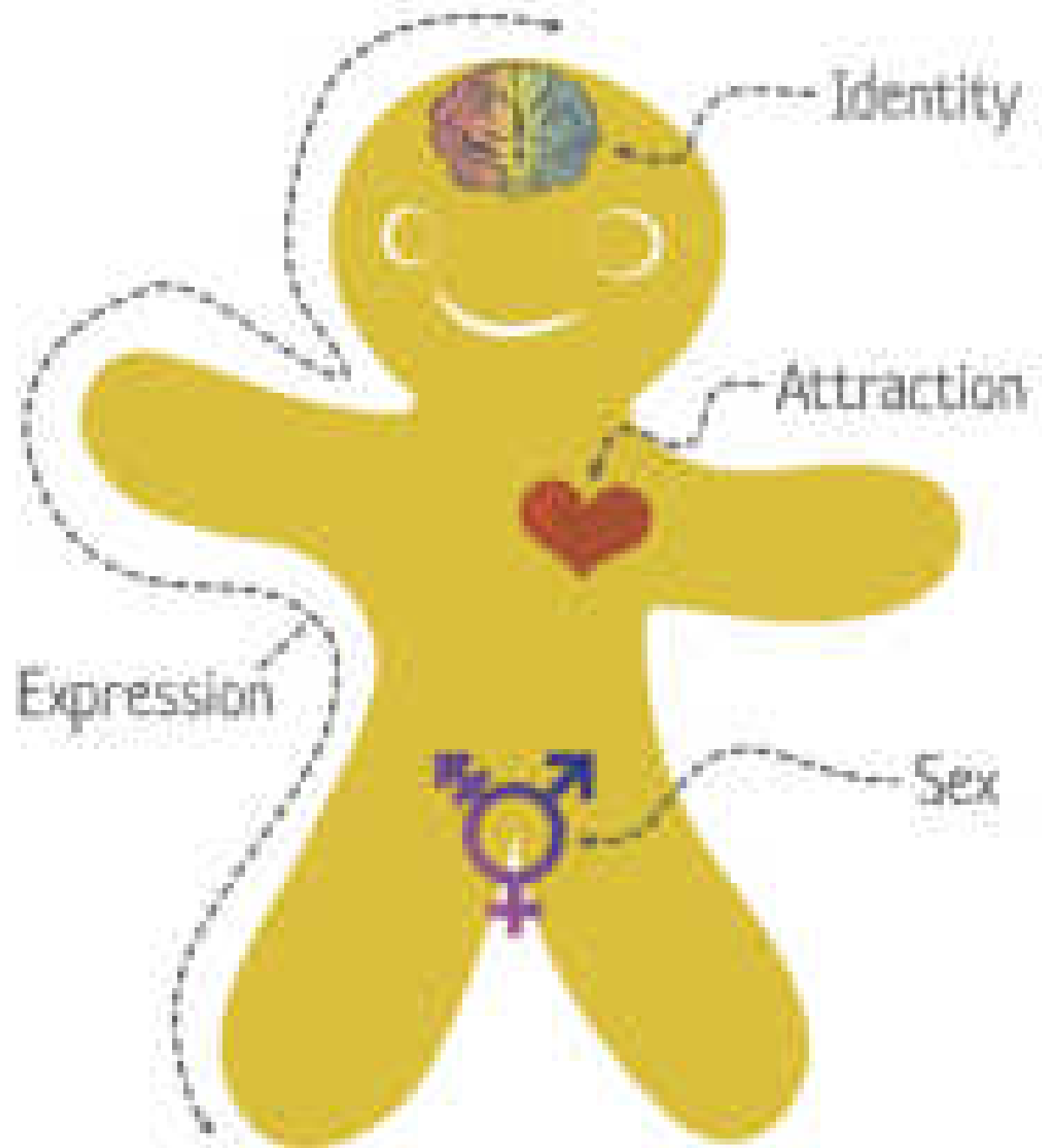
Female-ness



Male-ness

body hair, chest, hips, shoulders, hormones  
penis, vulva, chromosomes, voice pitch

common ANATOMICAL SEX things

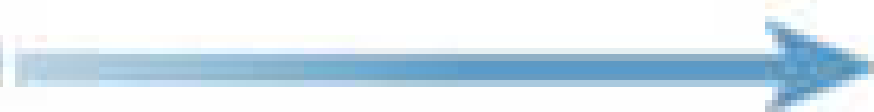




Sex



# Gender Identity



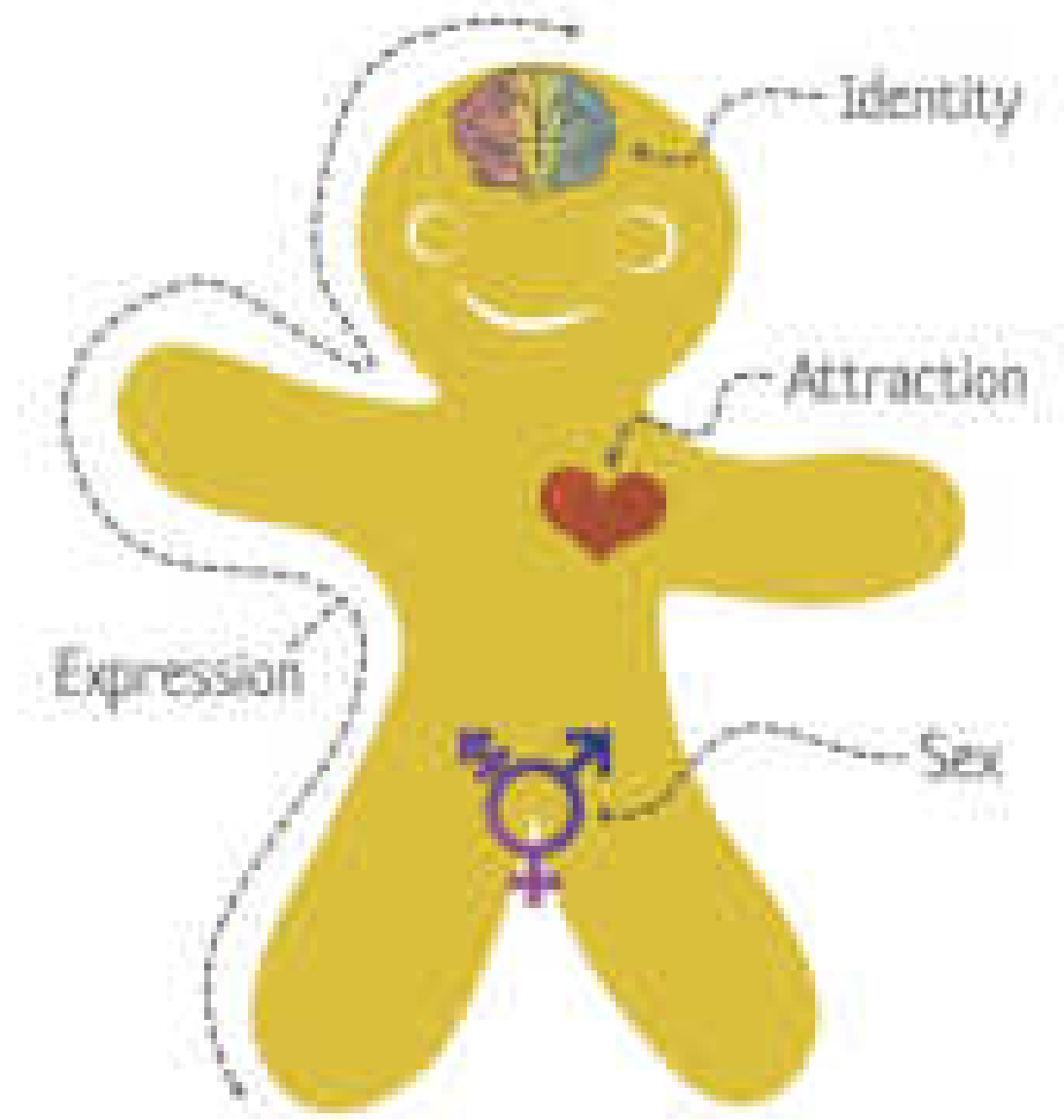
Woman-ness



Man-ness

personality traits, jobs, hobbies, likes,  
dislikes, roles, expectations

common GENDER IDENTITY things



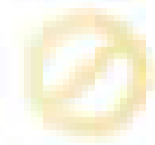


Identity





# Gender Expression



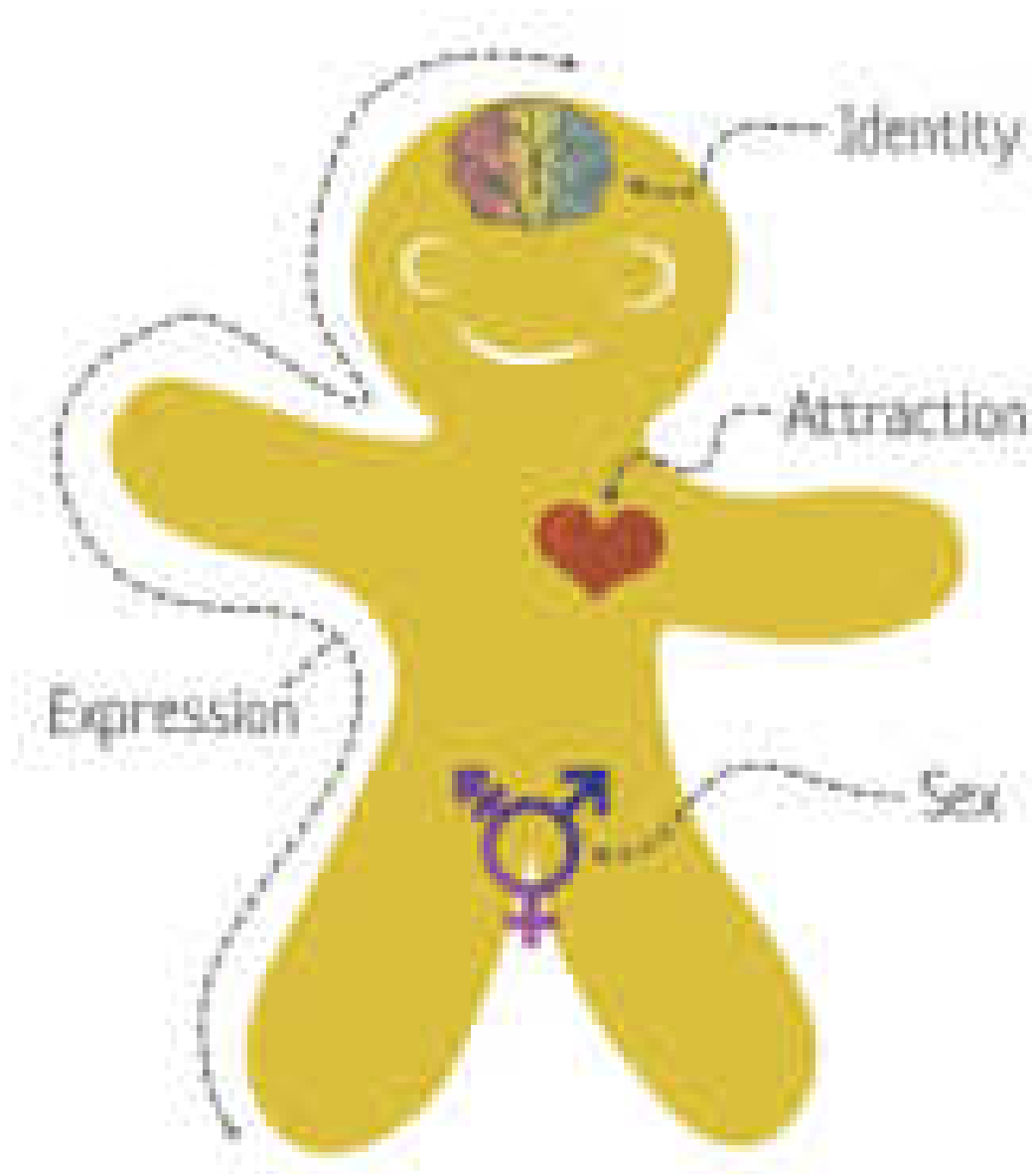
Femininity



Masculinity

style, grooming, clothing, mannerisms,  
affect, appearance, hair, make-up

common GENDER EXPRESSION things



# Expression

♥ *Romantically Attracted to...*

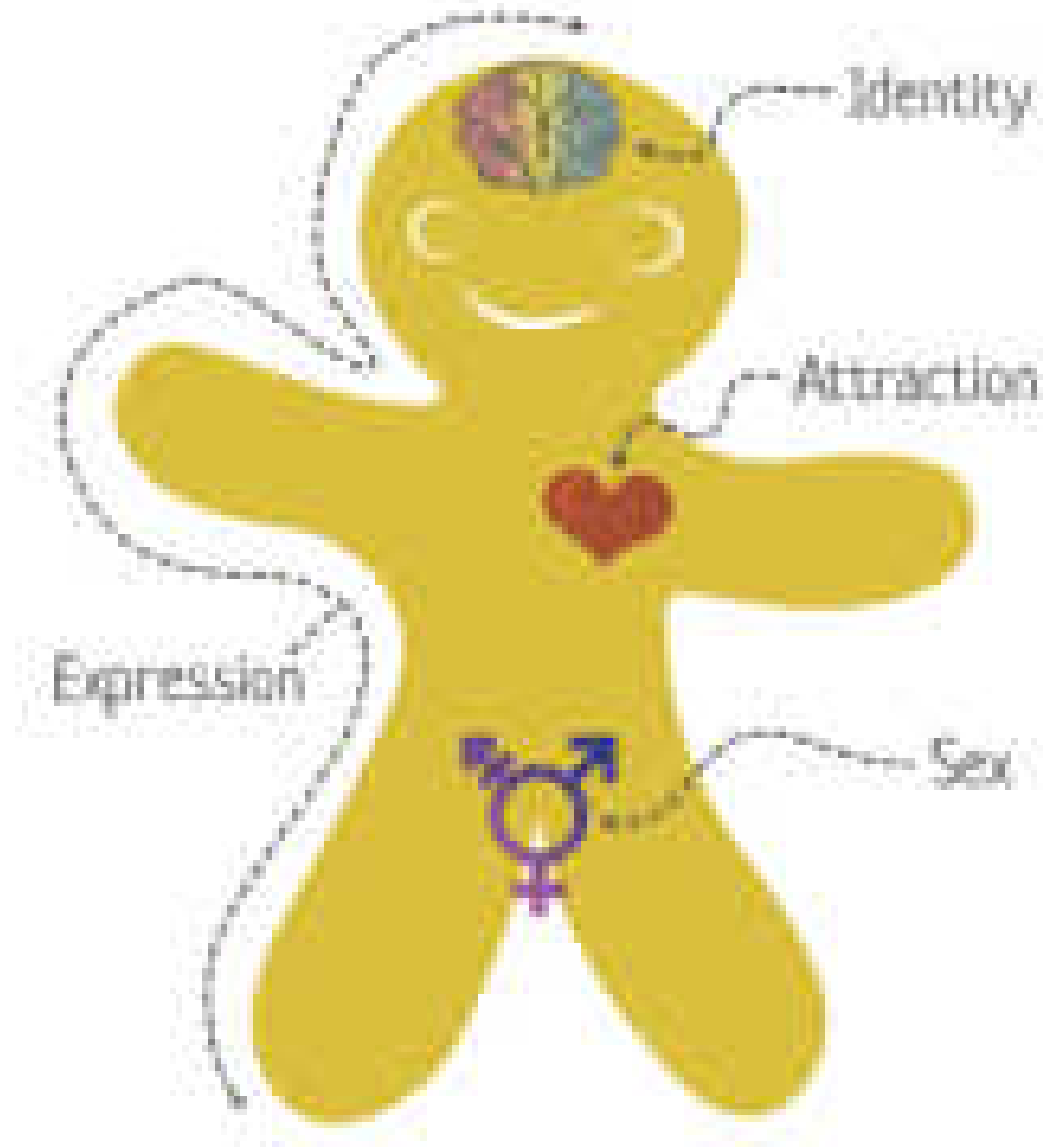
☺ → *Women &/o Feminine &/o Female People*

☺ → *Men &/o Masculine &/o Male People*

♥ *Sexually Attracted to... and/or (&/o)*

☺ → *Women &/o Feminine &/o Female People*

☺ → *Men &/o Masculine &/o Male People*



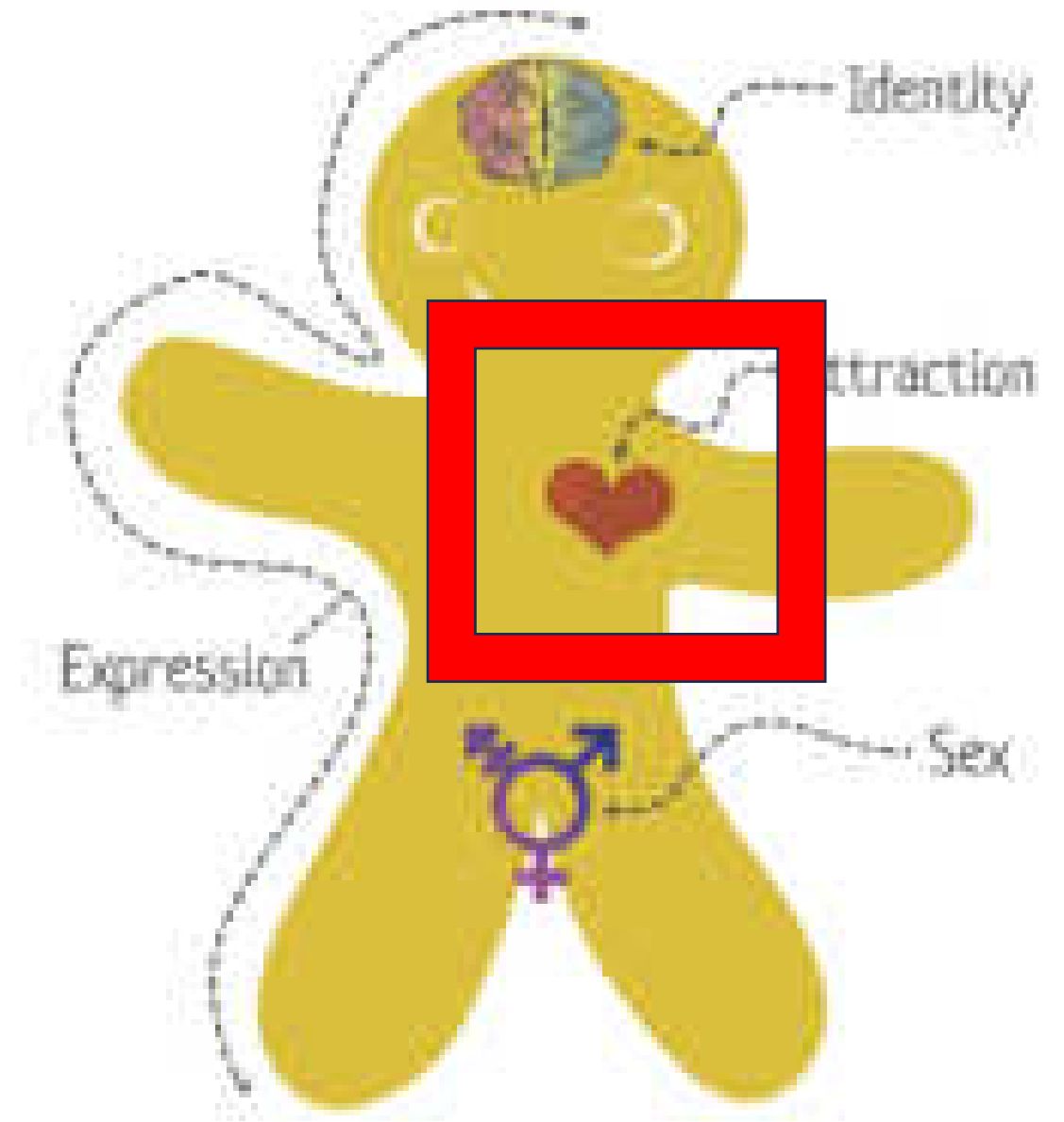
Attraction



# Lesbian

A woman who is attracted to other women romantically, sexually, or both, among many other definitions.

# Lesbian

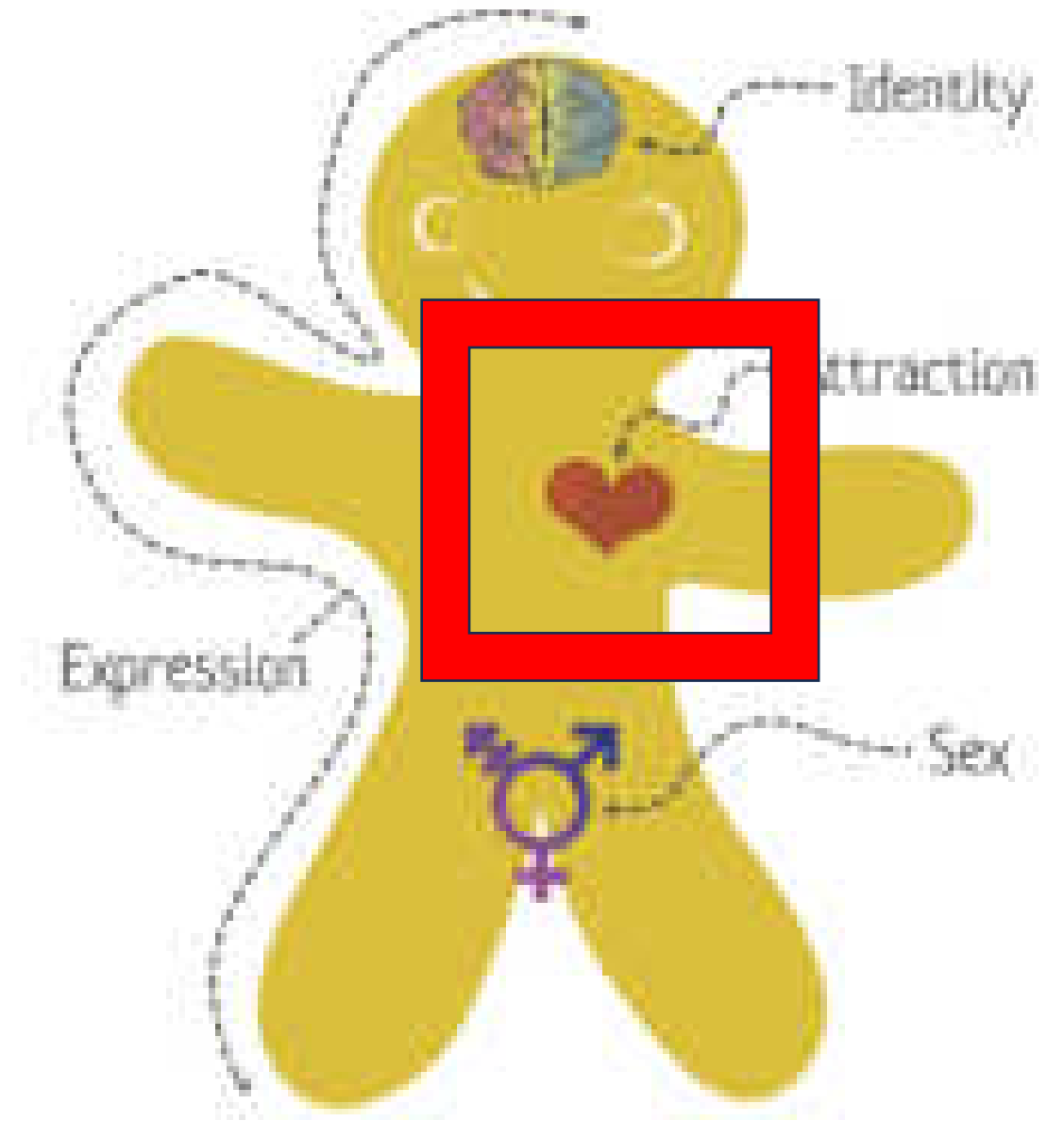




# Gay Man

A man who is attracted to other men romantically, sexually, or both, among many other definitions.

# Gay Man

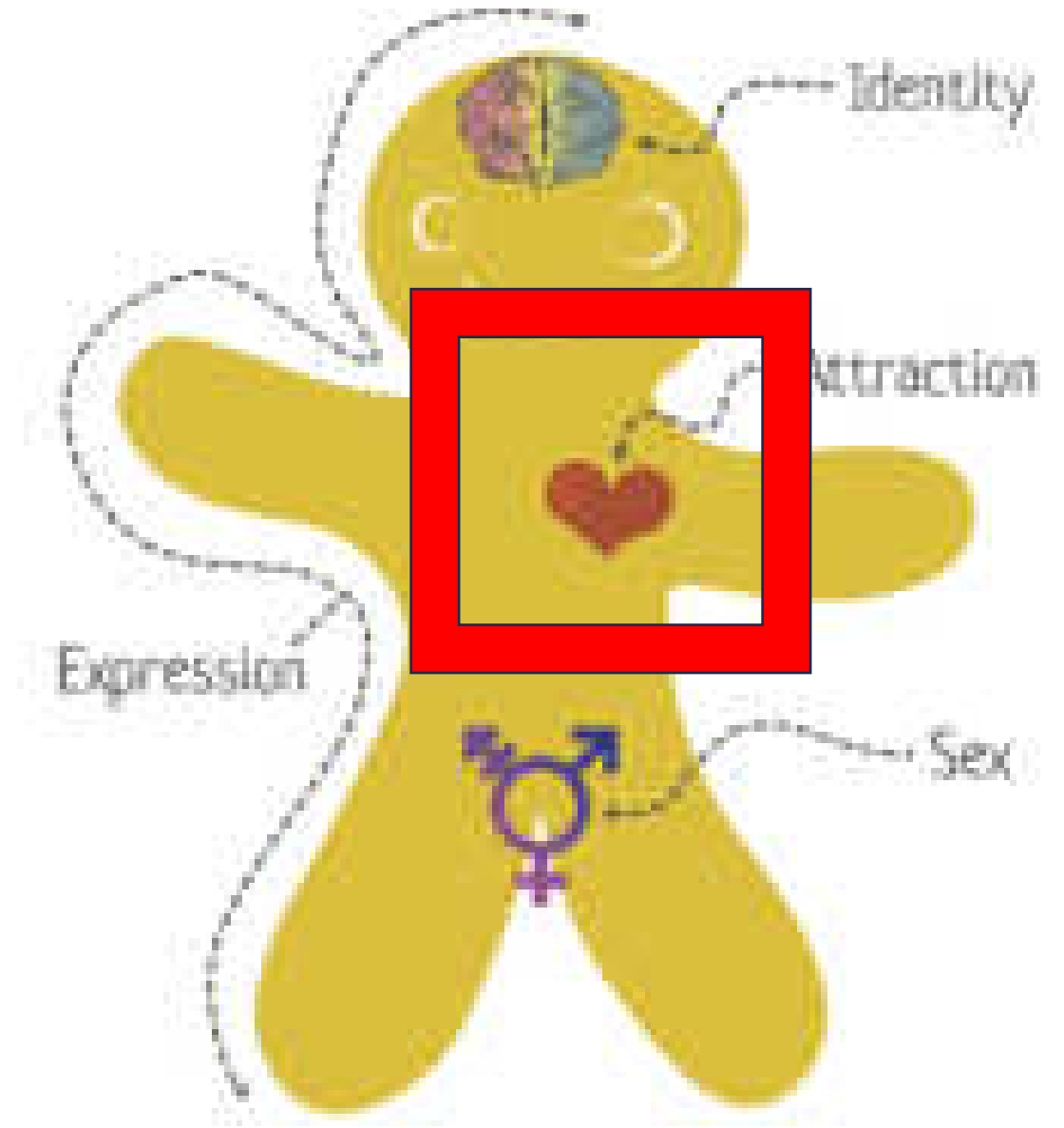


# Bisexual

A person who is attracted to their own gender and another.



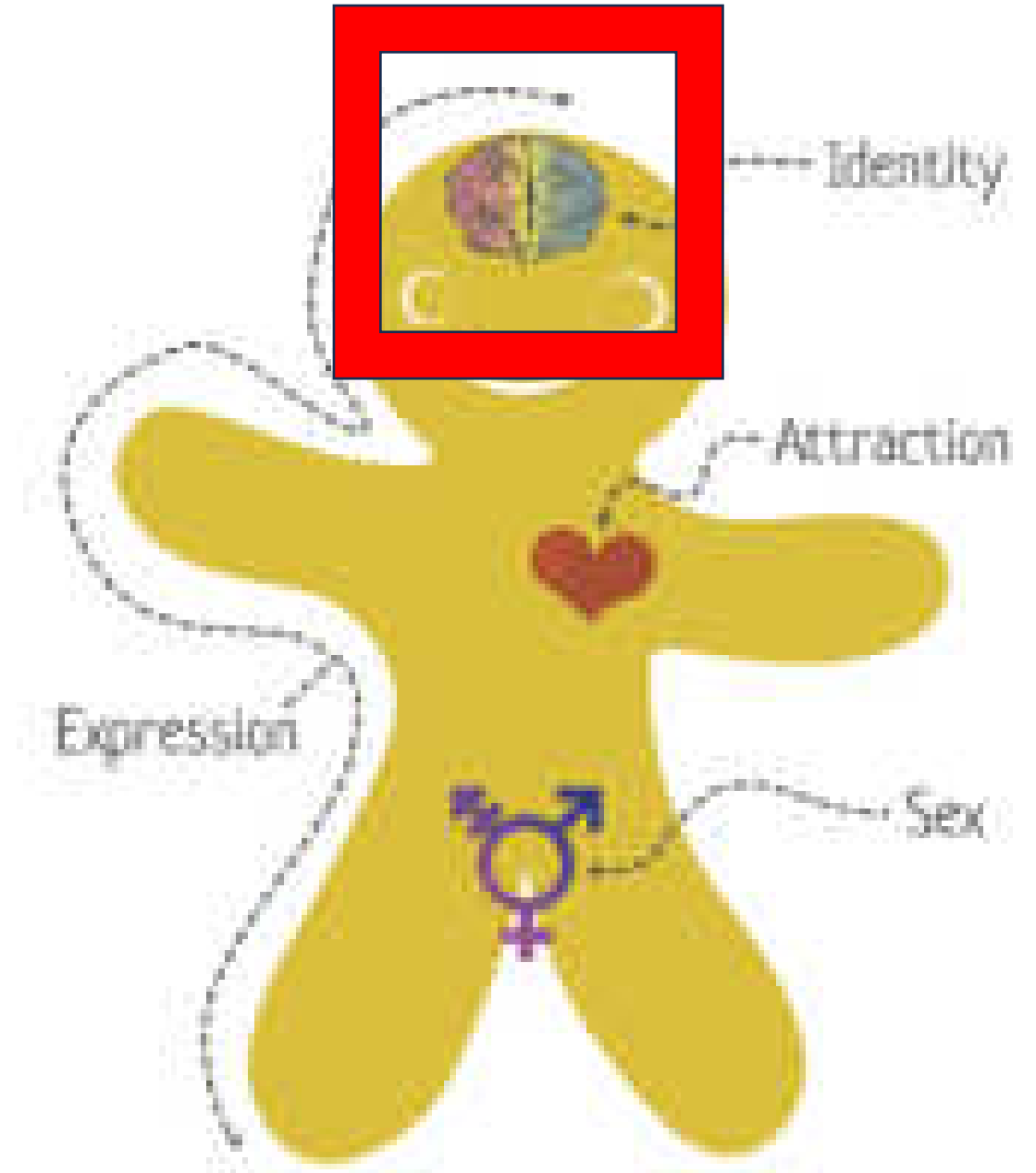
# Bisexual



# Trans

A person whose gender identity does not align with their anatomical or assigned sex at birth.

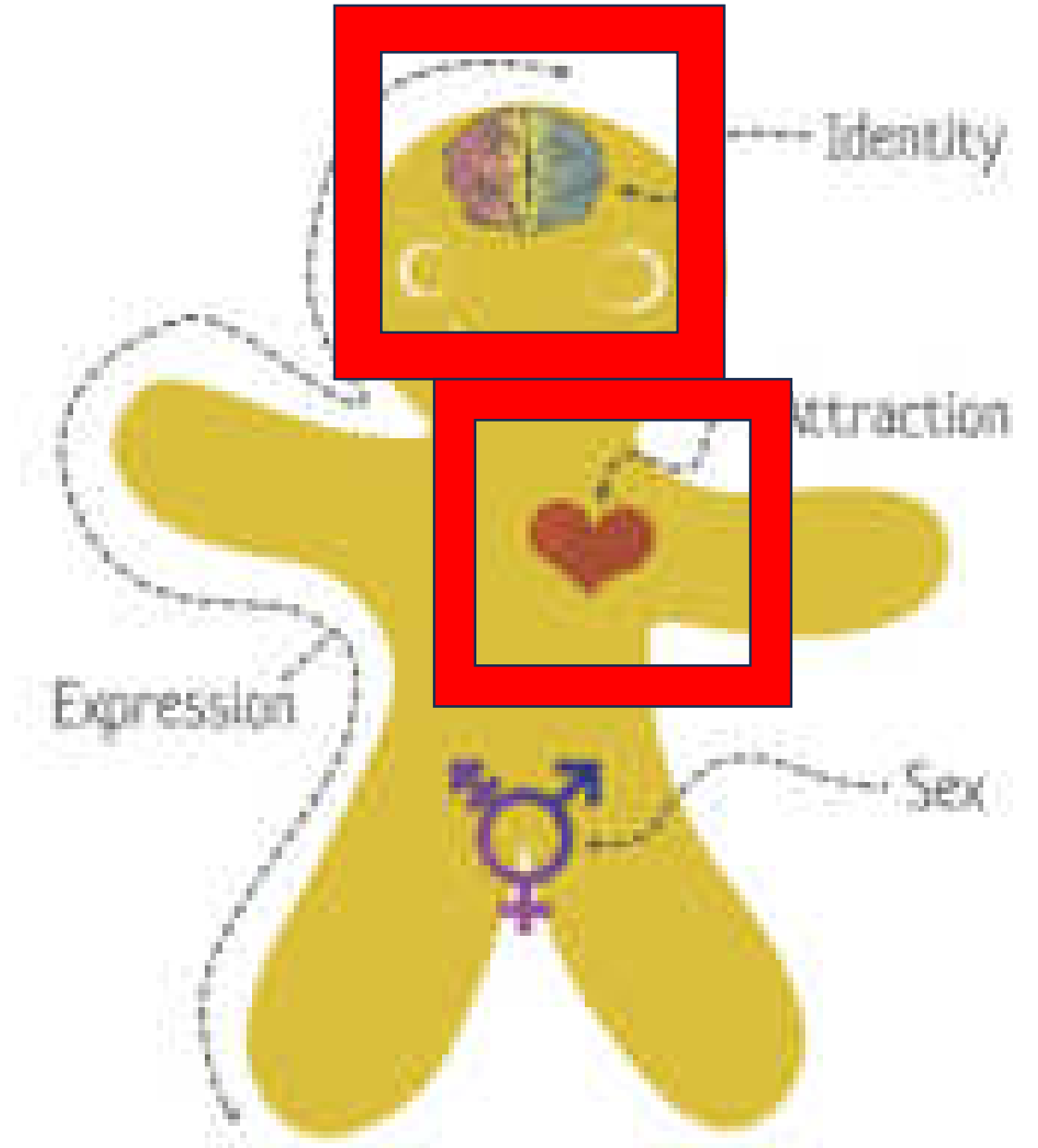
# Trans



# Questioning

The process of exploring your own sexual orientation and/or gender identity.

# Questioning

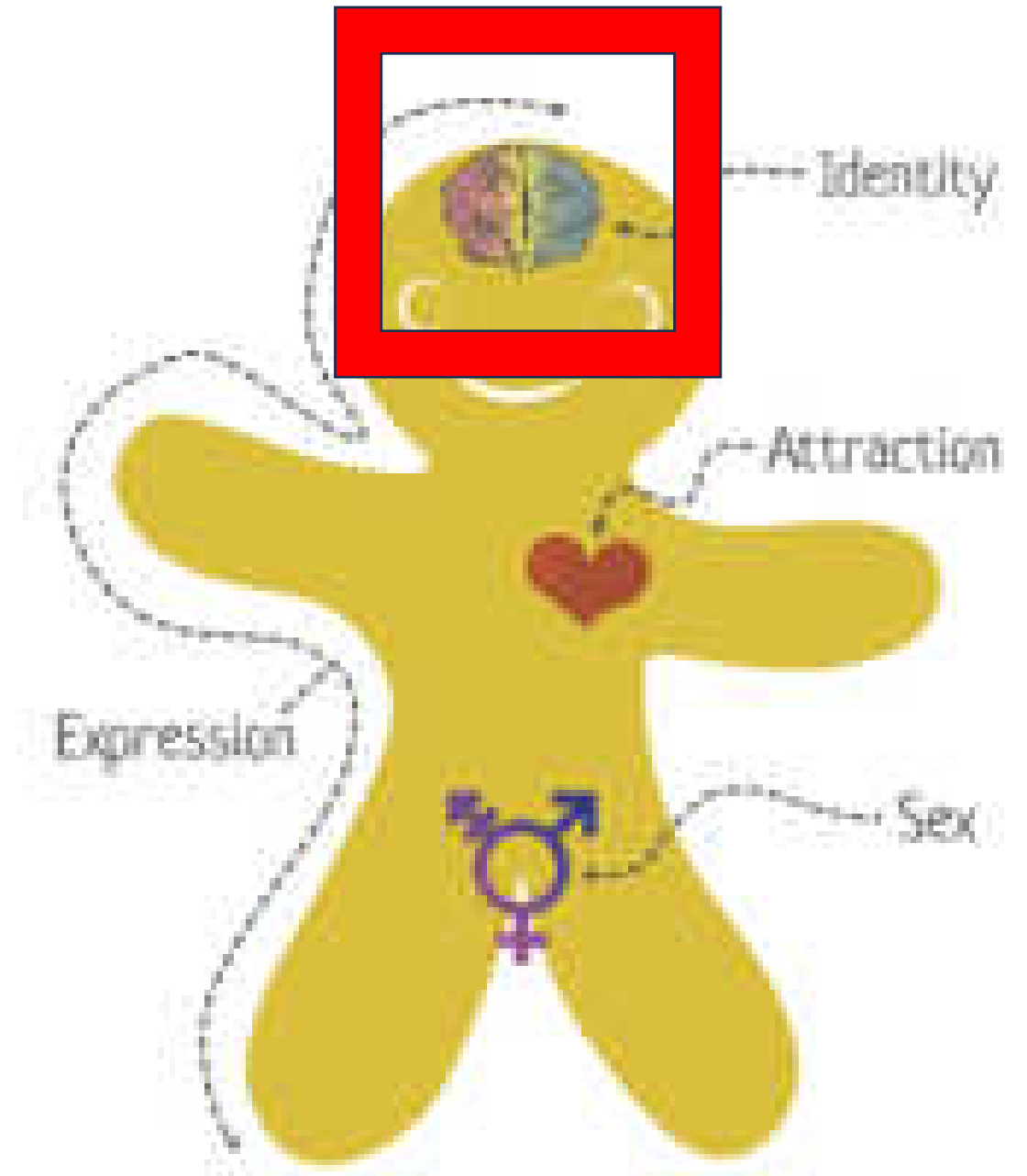




# Pangender

A person may consider themselves a member of all genders.

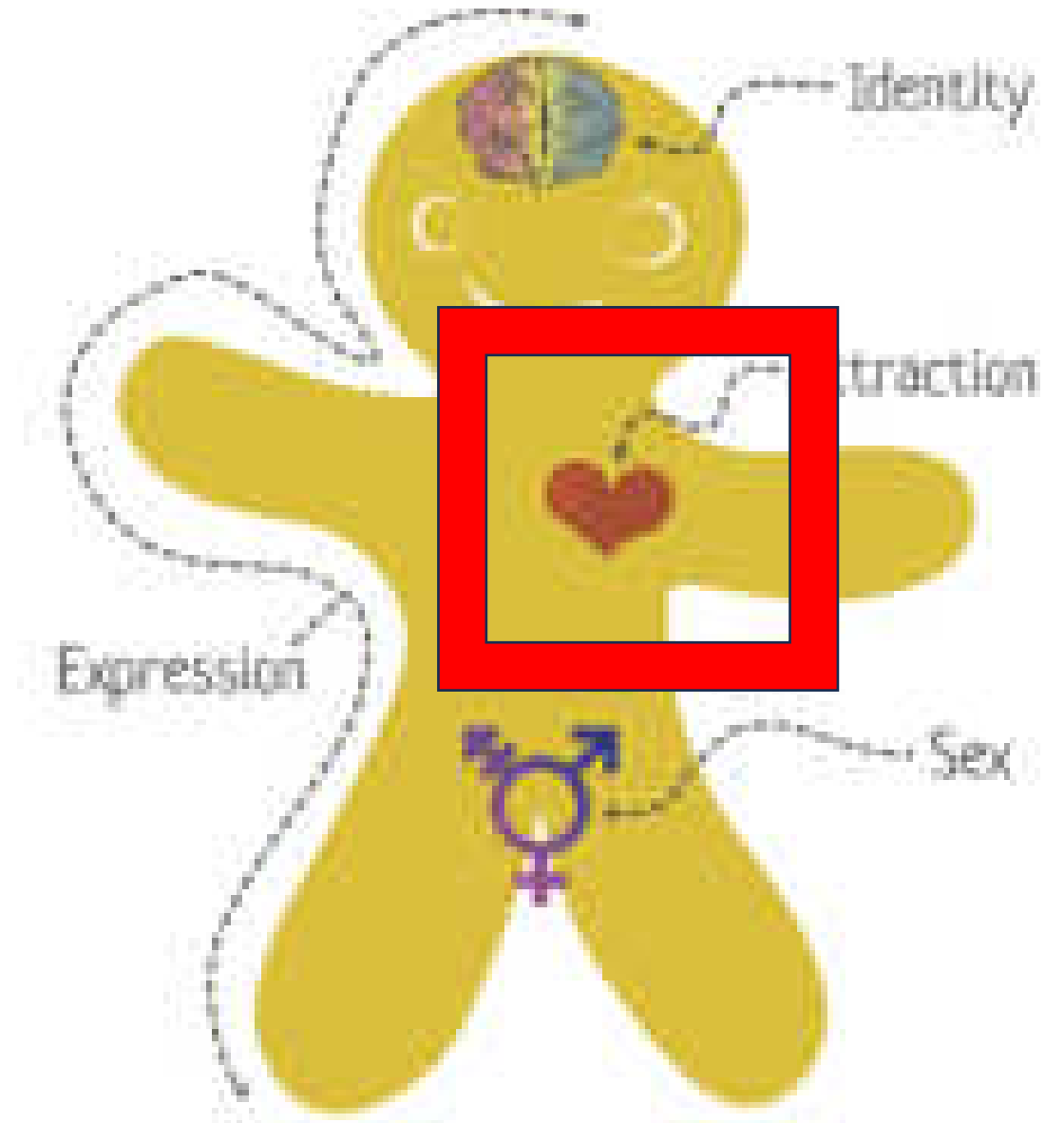
# Pangender



# Pansexual

A person whose emotional, romantic and/or sexual attraction towards others is not limited by anatomical sex, or gender identity..

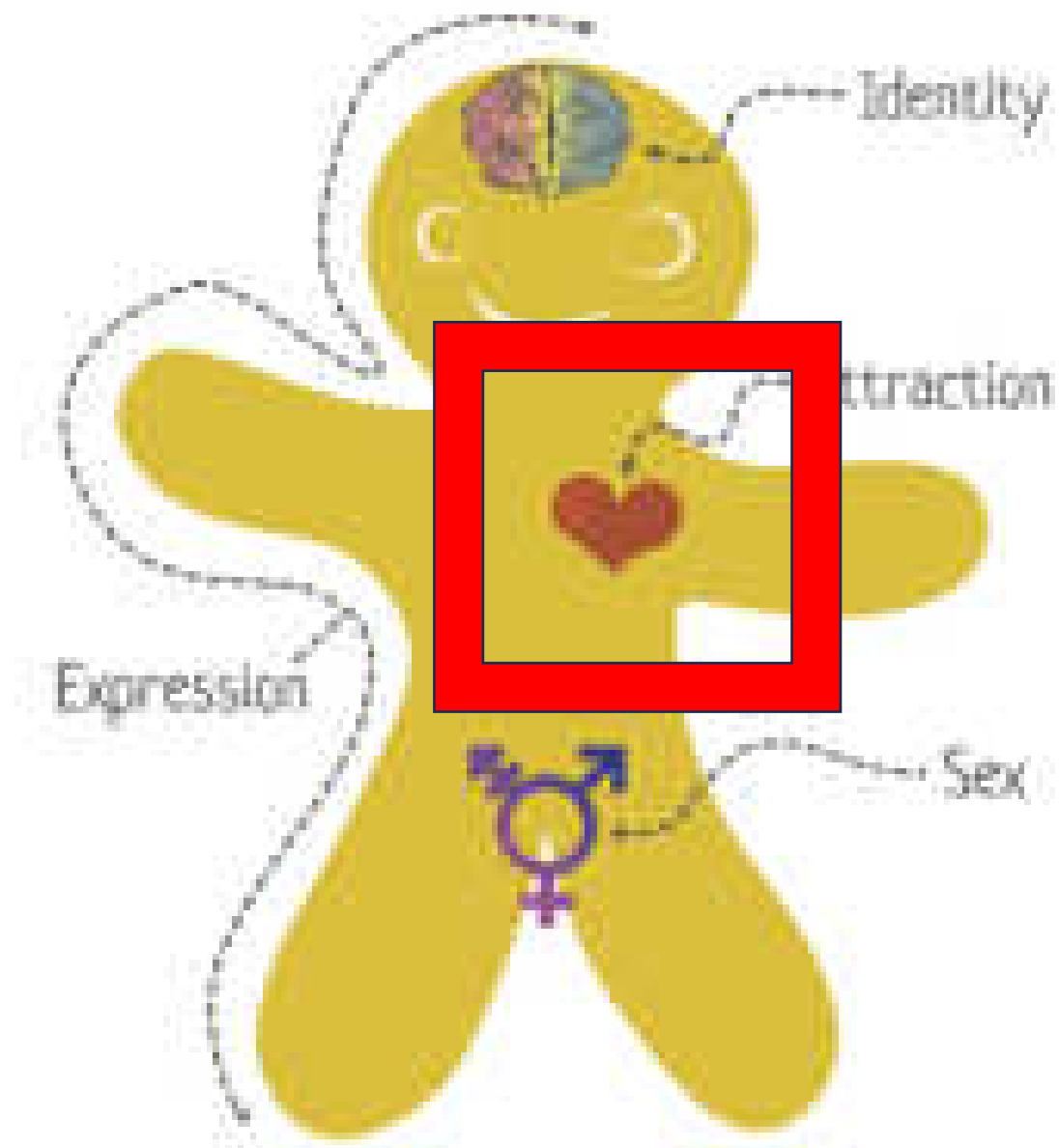
# Pansexual



# Asexual

A person who does not experience sexual attraction.

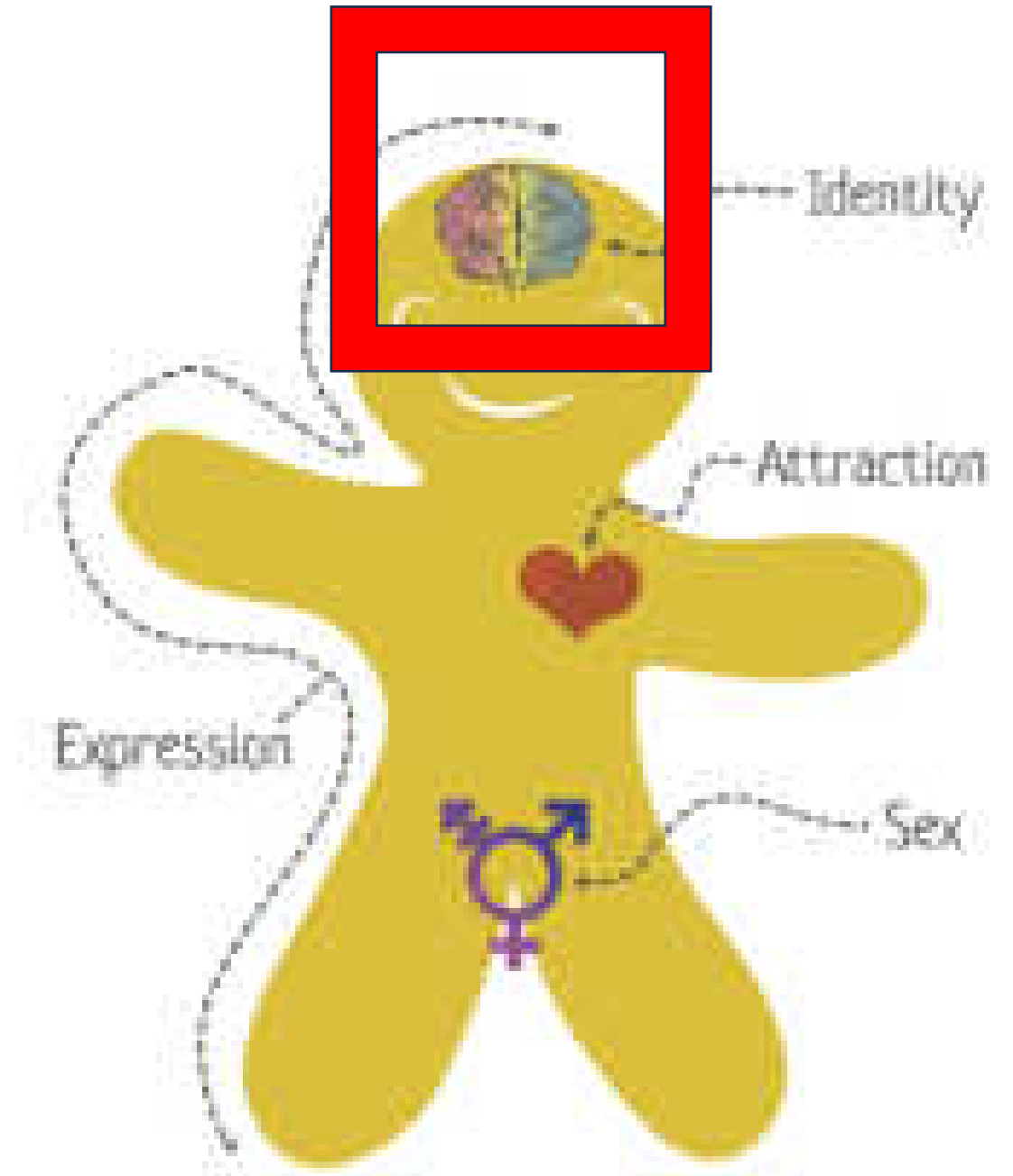
# Asexual



# Agender

A person who is without gender

# Agender

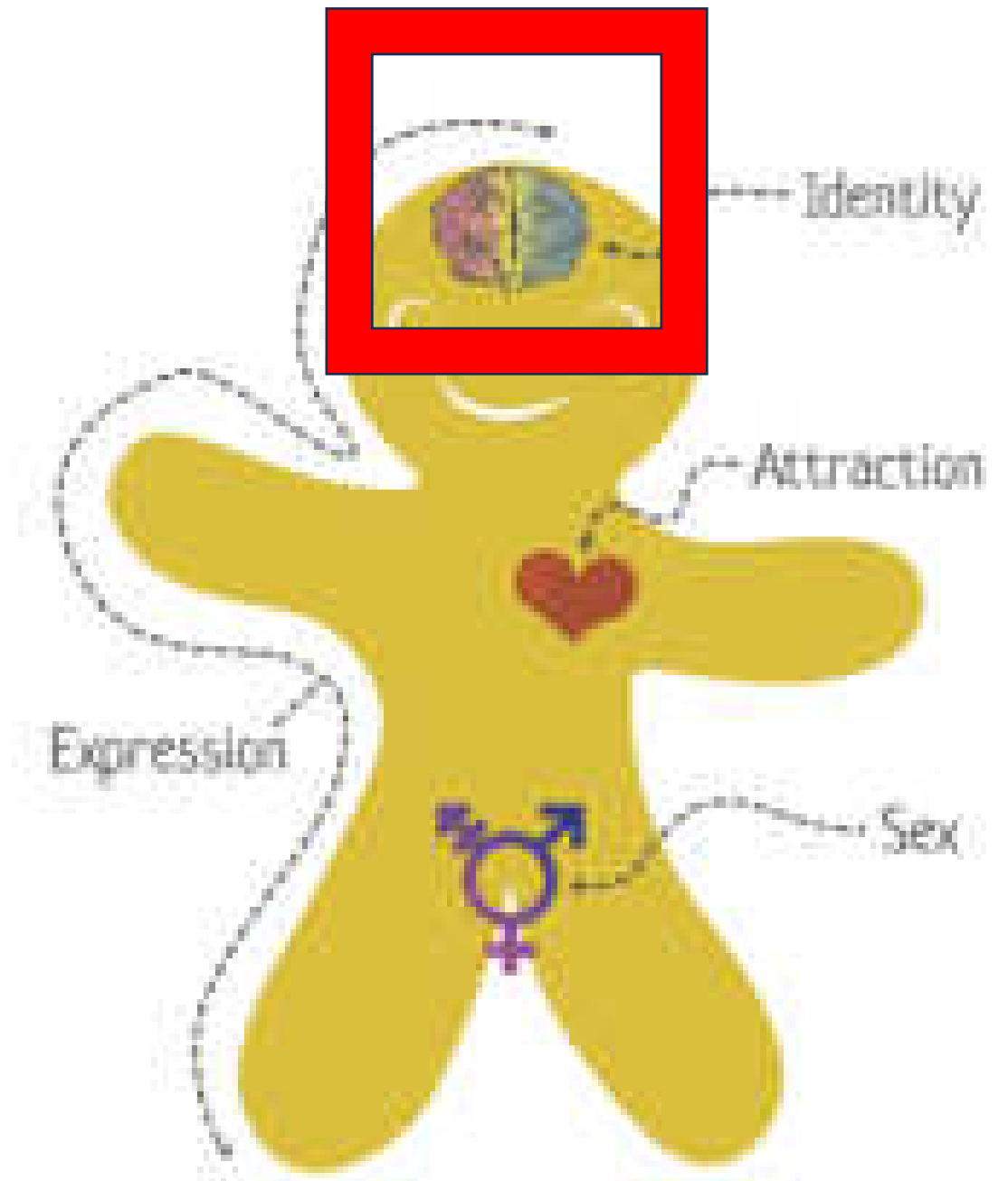




# Genderfluid

A person who does not identify themselves as having a fixed gender.

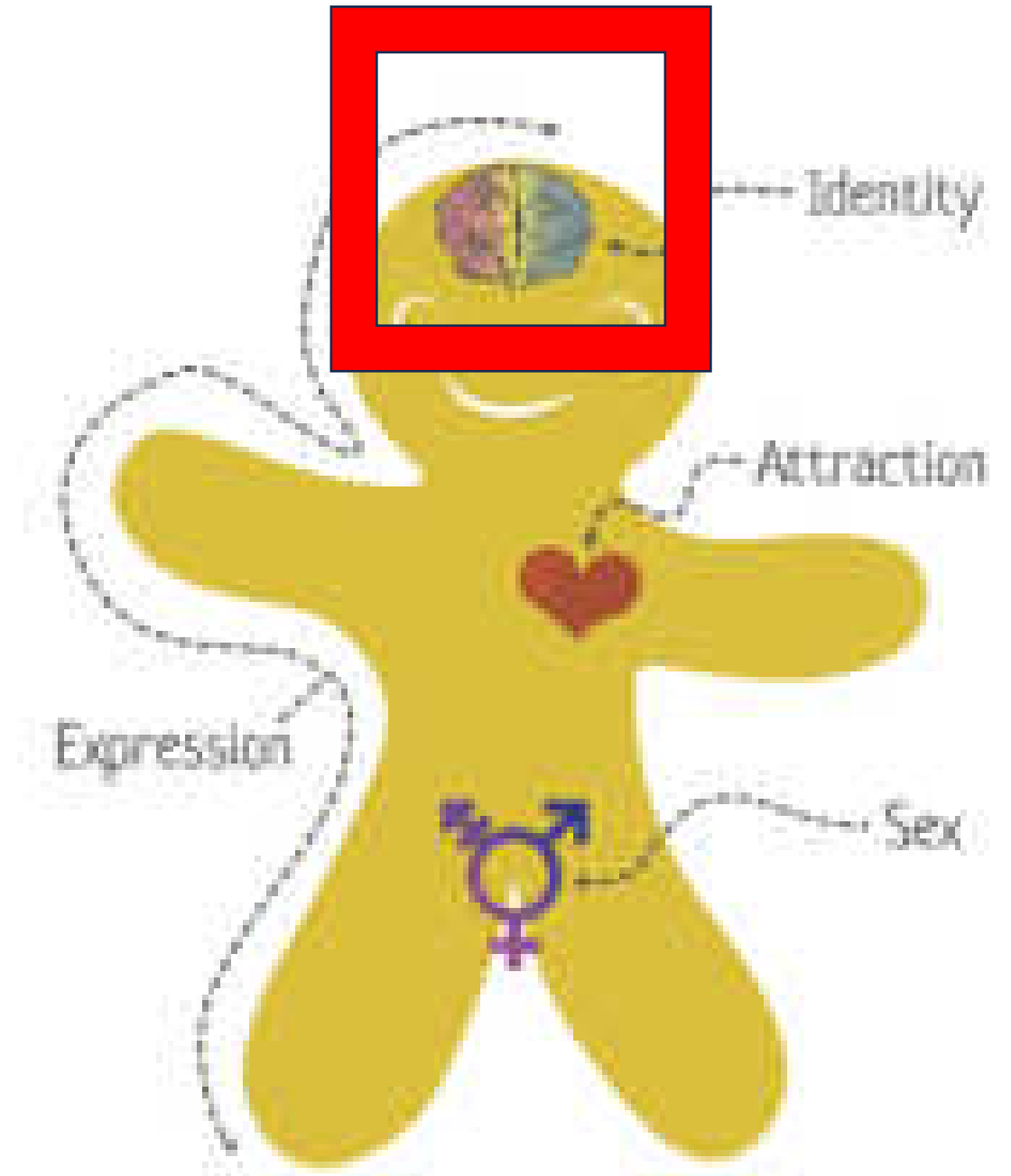
# Genderfluid



# Genderqueer

A person with non-binary gender identities

# Genderqueer



# QUEER

## Derogatory Vs Reclaimed

Life

Healing

Sunlight

Nature

Serenity

Spirit





Life

Healing

Sunlight

Nature

Serenity

Spirit

e/ey	em	eir	eirs	eirself
he	him	his	his	himself
[name]	[name]	[name]'s	[name]'s	[name]'s self
per	per	pers	pers	perself
she	her	her	hers	herself
sie	sir	hir	hirs	hirself
they	them	their	theirs	themself
ve	ver	vis	vers	verself
zie	zim	zir	zirs	zirself



1. What barriers might Children and Young people Face getting involved in sports and activities

2. How might that link to exploitation and criminality

# The reality of discrimination in sport

Stonewall LGBT Britain 2018

- **One in ten** LGBT people (10 per cent) who attended a live sporting event in the last year experienced discrimination because of their sexual orientation and/or gender identity.
- **More than two in five** LGBT people (43 per cent) think public sporting events aren't a welcoming space for LGBT people
- **One in eight** LGBT people (12 per cent) avoid going to the gym or participating in sports groups because of fear of discrimination and harassment.
- **Two in five** trans people (38 per cent) avoid going to the gym or participating in sports groups because of fear of discrimination and harassment.

## **What is a gender-affected sport?**

A gender-affected activity is a sport, game or other activity of a competitive nature in circumstances in which the physical strength, stamina or physique of average persons of one sex would put them at a disadvantage compared with average persons of the other sex as competitors in events involving the activity.

# Outcomes of workshop Q's

