

# SPORTS INCLUSION

**THE CANADIAN CENTRE FOR GENDER AND SEXUAL DIVERSITY AIMS TO CHALLENGE HOMOPHOBIA AND TRANSPHOBIA IN ATHLETICS – TO MAKE SPORTS A MORE ACCEPTING AND INCLUSIVE PASTIME FOR ALL ATHLETES, REGARDLESS OF SEXUAL ORIENTATION AND/OR GENDER IDENTITY.**

Through our resources and educational workshops, we aim to combat ignorance, reduce bigotry, support 2SLGBTQ+ athletes and improve the atmosphere of inclusivity in athletics.

LE CENTRE CANADIEN DE LA  
**DIVERSITÉ DES GENRES**  
+ DE LA SEXUALITÉ



THE CANADIAN CENTRE FOR  
**GENDER+SEXUAL**  
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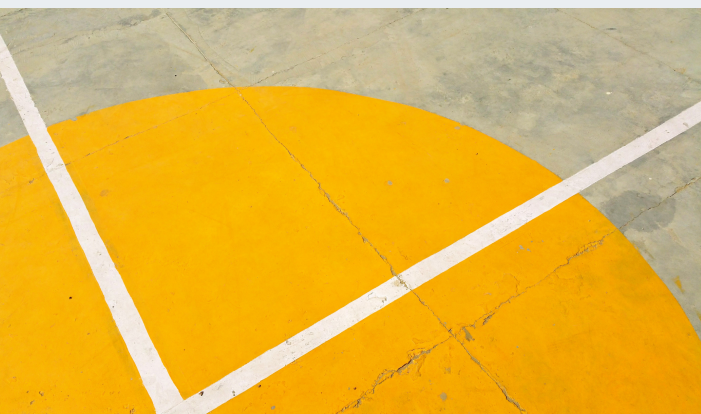
**HOW TO BE A TRANS ALLY  
IN THE SPORTS WORLD**

# BARRIERS FOR TRANS ATHLETES

Trans athletes face many barriers to participating in sports such as gendered changing rooms and being unwelcome to participate in certain leagues or teams.

Many sports are divided into men's and women's based on the concept of the gender binary. This is a barrier to people who do not fit into society's cisnormative expectations of male and female and those whose identities fall outside this binary model. Trans women and trans feminine spectrum people face a tremendous amount of scrutiny and discrimination in the sports world.

There are many obstacles that need to be overcome as we work towards building a sports world that is more inclusive and welcoming.



# TIPS FOR TRANS ALLYSHIP

**PRIVACY** Respect others' privacy and never out someone without their consent; this can put them in danger and/or invalidate their identity. Be cautious when talking about trans issues with them in non-private settings or informing a third party about their trans status.

**PRIVILEGE & SELF-EDUCATION** If you do not identify as trans, recognize and challenge subconscious biases and prejudices that you may have internalized; this also means looking critically at spaces, language, and research. Keep in mind that all trans people are unique and the intersections between all their identities (i.e. gender, race, class, etc.) can result in compounding discriminations. Finally, self-educate; do not expect trans people to use their time and energy educating you.

**PRONOUNS** Sharing personal pronouns is best practice if you intend on addressing someone without using their name. An easy way to do this is by saying: "Hi, my name is \_\_\_\_\_ and I use \_\_\_\_\_ pronouns. What about you?"

# CREATING A POSITIVE SPACE

- 1** Create and implement a 2SLGBTQ+ Inclusivity policy.
- 2** Spread awareness and promote gender neutral language.
- 3** Have clear trans and non-binary inclusion solutions.
- 4** Get 2SLGBTQ+ training for all team and facility members.
- 5** Put up "Positive Space" stickers and posters.
- 6** Create universal spaces such as bathrooms and locker rooms etc.

