

THE COACHES GUIDE TO LGBTQIA2S+ PRIDE

Every year, in the month of June the LGBTQIA2S+ community celebrates Pride Month. While including positive representations of LGBTQIA2S+ history and people in the curriculum is most effective when it is regular practice, June provides an opportunity to connect topics with current events and celebrations. It is proven that athletes that feel included have a greater sense of belonging to their community, hear fewer homophobic remarks and are less likely to be victimized or feel unsafe at practice than those without an inclusive program. Including LGBTQIA2S+ topics in around them, year round helps make a gym a safer place for all!

WHAT IS PRIDE MONTH?

June is recognized as Pride Month to mark the anniversary of the Stonewall riots at New York City's Stonewall Inn on June 28, 1969. A police raid of the Stonewall Inn, a known gay bar in New York City's Greenwich Village, led to days-long protests that ignited a national firestorm of activism and elevated the fight for LGBTQ equality. Pride events celebrate the uprising annually, with many celebrations scheduled around the last weekend in June. Though the fight for equal rights in the LGBTQIA2S+ community is still ongoing, Pride is meant to be an affirming celebration of all that the community has accomplished.

WHAT DO THE LETTERS IN LGBTQIA2S+ MEAN??

Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, Two-spirit. The + sign is meant to be inclusive of the other identities that are not listed!

ACTIVITIES YOU CAN DO WITH YOUR STAFF AND/OR ATHLETES:

Posting signs to show that your gym is a safe space for all, that you and your coaches are allies, and that everyone is welcome is great way to show support! We have included some sample posters for you to use!



It is one thing to post in the gym or on social media that you and your gym support the LGBTQIA2S+ athletes and their community but we need to show them by doing more and having age-appropriate conversations.

- Have a conversation with your team members about pronouns. Sit in a circle and have each athlete and coach say their preferred name and the pronoun they identify as.
- Have a theme week where each athlete wears a rainbow-coloured outfit to their practice. Take a picture and post it in your gym's newsletter!



WORDS MATTER

Don't say "that's gay".....

If you say, "that's gay", question your language. You probably didn't mean it in reference to homosexuals, however, using it in a negative fashion is offensive. Try to be aware of the language you use and what it might mean to other people.

Mistakes happen, what to do:

Acknowledge that you'll make mistakes. Sometimes people get things wrong, and that's okay - nobody is perfect. A prime example of this is misgendering someone or using incorrect pronouns. If you find yourself doing this accidentally, don't beat yourself up too much. Just apologize and correct yourself! It's always good practise to ask somebody their pronouns to avoid misgendering them.

Love is Love Guide To Pride Flags



**Rainbow
(Original 1978)**



Rainbow



**Rainbow
(Philadelphia 2017)**



Progress



Asexual



Bisexual



Agender



Lesbian



Nonbinary



Pansexual



Transgender



Genderfluid



Intersex



Androgyne



Neutrois



Genderqueer



Bigender



Aromantic



Polysexual



Polyamorous



Pony



Twink



Two Spirit



Ally

WELCOME TO A
**SAFE &
INCLUSIVE
SPACE**



Dear Athletes,

WE BELIEVE IN YOU

WE ARE HERE FOR YOU

YOU ARE CAPABLE OF GREAT THINGS

YOU ARE LISTENED TO

YOU ARE RESPECTED

YOU ARE WORTH IT

YOU ARE UNIQUE

WE EXPECT GREAT THINGS

WE WILL NEVER GIVE UP ON YOU

WE CARE ABOUT YOU

YOUR SUCCESS IS OUR SUCCESS

WE ARE IN THIS TOGETHER

You are the reason we are here!