

Gender Identity and LGBTQIA+ Resources

Sports should be available to all, no matter a kid's gender identity, with inclusive, equitable, diverse youth sports cultures available everywhere. Below are nonprofits, resources, and follow-up items to check out if needed, recognizing there are a number of content experts in the field to reference.



“Athlete Ally believes that everyone should have equal access, opportunity, and experience in sports — regardless of your sexual orientation, gender identity or gender expression. Our mission is to end the rampant homophobia and transphobia in sport and to activate the athletic community to exercise their leadership to champion LGBTQIA+ equality.”

athleteally.org



“LGBTQ youth who play sports report a variety of positive reasons for participating, including connecting with friends and teammates, opportunities for fitness and health, and the fun of participation. Importantly, many LGBTQ youth who play sports describe sports as supporting their mental health, helping them cope with stress, and distracting them from negative thoughts. There is a need for policies and practices focused on expanding access to the positive benefits of sports rather than prohibiting youth from being able to access the positive aspects of sports.”

thetrevorproject.org



“All students have a right to feel safe and included at school. Whether in physical education class or in competitive sports, all students, regardless of their sexual orientation or gender identity, have a right to play and feel like they belong.”

glsen.org