



# **Game Plan**

## **for Parents**

### **Game Plan for Parents**

For Making Your Daughter or Son's Team Safe  
For Lesbian, Gay, Bisexual and Transgender (LGBT) Athletes

#### **Inside Game: Work On Your Own**

- Learn more about prejudice and discrimination based on such differences as race, sexual orientation, gender identity/expression and religion
- Monitor your beliefs about LGBT people and how they influence your son or daughter
- Be a positive role model for your son or daughter on respectful treatment of LGBT coaches and athletes
- Assume that LGBT people are on athletic teams and among the coaching and support staff even if they have not identified themselves

#### **One on One: Work with Others**

- Use language that is inclusive of all athletes and coaches, regardless of sexual orientation or gender identity/expression
- Encourage your daughter or son to talk to you about any actions by coaches or teammates that are demeaning to individual athletes or groups of people
- Communicate to your daughter or son that it is not acceptable to make anti-LGBT slurs, jokes or comments
- Talk with your daughter or son to understand questions or stereotypical beliefs they have about playing on teams with LGBT teammates or coaches
- Encourage young people to stand up for fairness for everyone and to resist peer pressure to be silent or go along with disrespectful or unfair treatment
- If your daughter or son is being recruited by a college coach, report any anti-LGBT statements coaches make to their athletic administrator
- Talk with other parents about the importance of encouraging young people to appreciate differences and treat all teammates and coaches with respect
- Treat all athletes, coaches and other parents fairly and respectfully regardless of their sexual orientation or gender identity/expression

#### **Team Work: Changing Policy and Practice**

- Encourage your school's athletic department to sponsor educational programs for athletes, coaches and parents on LGBT issues in sport
- Thank coaches and athletic directors when they sponsor educational programs focused on encouraging fairness, safety and respect for all
- When considering college athletic programs for your son or daughter, find out if they have non-discrimination policies that include sexual orientation and gender identity/expression
- Attend athletic department or school-sponsored programs about LGBT issues