Changing the Game
THE GLSEN SPORTS PROJECT

Game Plan for Athletes

Making Your Team Welcoming for Lesbian, Gay,
Bisexual and Transgender (LGBT) Teammates

Inside Game: Work with Yourself

- Learn more about prejudice and discrimination based on such differences as race, sexual orientation, gender identity/expression and religion
- Treat diversity among teammates as a team strength
- Judge teammates and coaches on the basis of their character, not their sexual orientation or gender identity/expression
- Do not make assumptions about teammates' or coaches' sexual orientation or gender identity based on appearance or stereotypes
- Do not make assumptions about teammates or coaches based on their sexual orientation or gender identity/expression
- Wear a pin, tee shirt or wrist band supporting respect for LGBT people
- Understand the important role that allies can play in making athletics safe and welcoming for everyone
- Put a Safe Sports Space sticker on your locker or on the locker room door

One on One: Work with Others

- Treat teammates as you would like to be treated: Be respectful
- Respect the rights of all teammates to be safe
- Do not make anti-LGBT slurs, jokes or comments
- If you are a team leader, use your leadership role to set an example of fairness and respect for other members of the team, including LGBT teammates
- Use your visibility and leadership role as an athlete in your school to promote respect for diversity. If you or someone you know is targeted by anti-LGBT discrimination, harassment or violence, tell someone who can help (your parents, a school counselor, a coach, a teacher)
- Support LGBT teammates who choose to identify themselves to others

Team Work: Policy Changes

- Encourage your athletic department or coach to schedule workshops on LGBT issues in sport
- Encourage your team to take the GLSEN Sports Project Team Respect Challenge
- Start a Safe Sports Space Campaign in your school
- Report anti-LGBT comments or actions by coaches or other athletic staff to athletic administrators