



KNIGHTS

PRIDE

A guide to LGBTQ+ inclusion in sport

[RUSU.CO.UK/KNIGHTSPRIDE](https://rusu.co.uk/knightspide)

DEFINITIONS



How to support your members

- Try not to presume anyone's sexuality or gender when you meet them
- If someone is homophobic, biphobic or transphobic, have a conversation with them about why they said that and explain to them you don't agree
- Be kind!

If you need any support or guidance RUSU is here to help, along with specialist organisations such as Stonewall.

Lesbian

A woman who has a romantic and/or sexual orientation towards women.

Gay

A man who has a romantic and/or sexual orientation towards men.

Gay is also a generic term commonly used by individuals in the LGBTQ+ community to describe themselves.

Bisexual

An over-arching term to describe a person who has a romantic and/or sexual orientation towards more than one gender.

Trans

An over-arching term used to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

Non-binary

An umbrella term for people whose gender identity doesn't sit comfortably with 'man' or 'woman'. Non-binary identities are varied and can include people who identify with some aspects of binary (man or woman) identities, or none.

Queer

A term used by those wanting to reject specific labels of romantic orientation, sexual orientation, and/or gender identity.

Historically, "queer" has been used as a slur. Although it has been reclaimed by the LGBTQ+ community, who in general now embrace the word, it still makes some LGBTQ+ people very uncomfortable.

Sex vs Gender

Your sex is assigned to you at birth, based on your genitalia and biological characteristics. Your gender is largely culturally determined- gender is your own sense of identity. These are not always the same!

Pronouns

Pronouns are words we use to refer to people's gender in conversation - for example, 'he' or 'she'. Everyone has pronouns. Some people's pronouns may not be what you would expect based on the way they present themselves. Some people may prefer others to refer to them in gender neutral language and use pronouns such as they/their.

MYTHS



These myths have been collected from Reading students' experiences of homophobia, biphobia and transphobia in university sport

Underneath you'll find our responses to the myths

Calling someone gay is a good insult

There is nothing wrong with being gay so it shouldn't be an insulting thing to call someone.

Calling someone gay is funny

There is nothing wrong with being gay so it shouldn't be a funny thing to call someone.

If someone is attracted to men, then they want to look at men in the changing room

If someone is attracted to men, it doesn't mean they are attracted to every single man. No matter a person's sexuality, they still have preferences. Also, even if someone does have a crush on a team mate this isn't a problem as long as they act appropriately.

If someone chooses their pronouns, they've just made it up

We use pronouns all the time in our language. Everyone chooses which pronouns best suit them based on their gender identity, not just people who identify as trans. Deliberately using the wrong pronouns can make someone feel uncomfortable and makes it seem like you don't respect that person.

If a woman is aggressive in her sport she must be a lesbian

How aggressive a person is in sport, or elsewhere, is not related to their sexuality.

Lesbians enjoy sports like rugby because they enjoy the contact

Enjoying the physicality of a sport like rugby is completely different to being sexually or romantically attracted to women in personal life. Although both may involve physical contact, it is in an entirely different context and environment, and enjoying one type of contact does not make you any more likely to enjoy the other. There are many lesbians in some rugby clubs, perhaps because historically rugby has been a welcoming community for gay women.

A woman doing a 'masculine' sport is a lesbian or a man doing a 'feminine' sport is gay

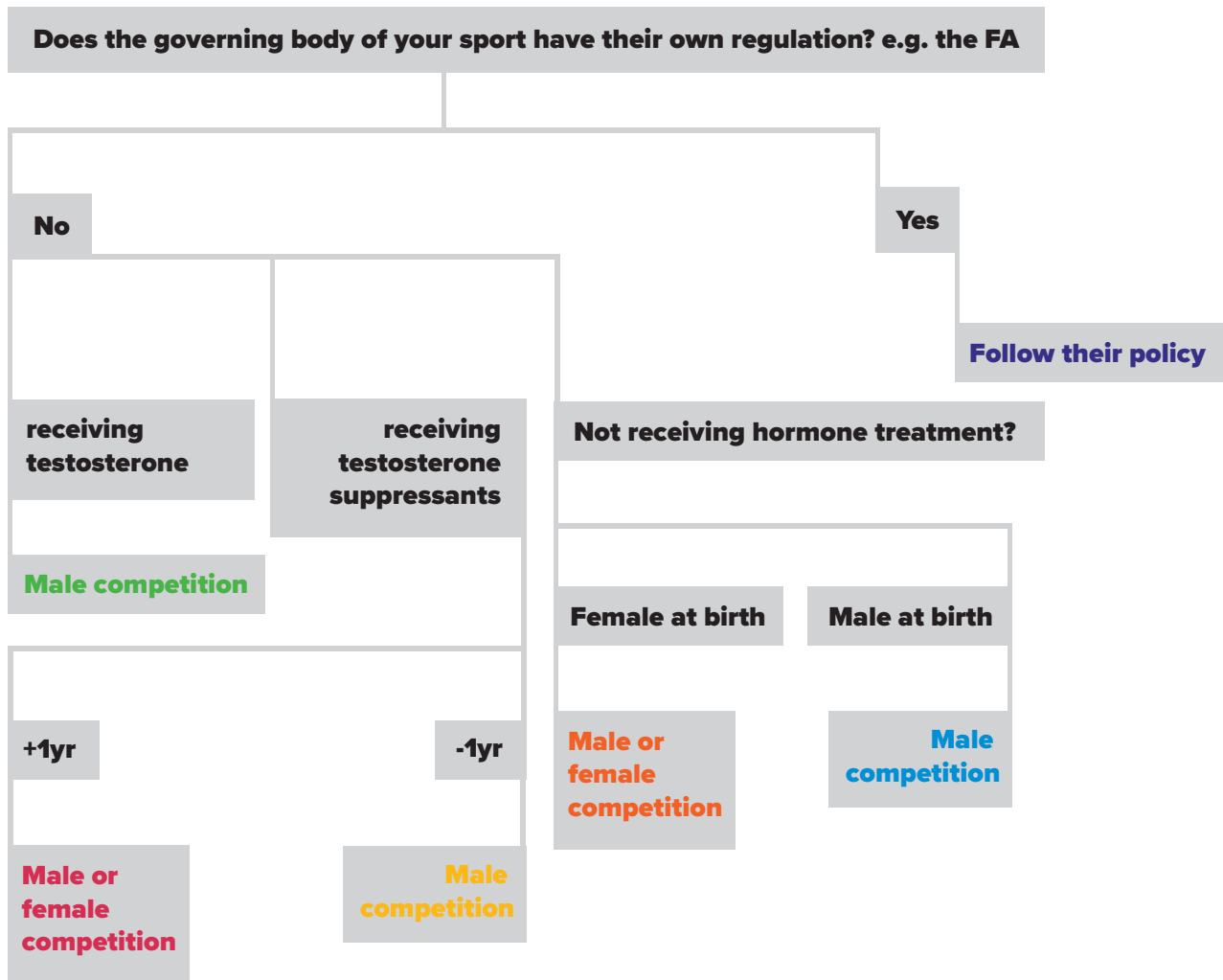
Which sports are 'masculine' or 'feminine' is a historically and culturally created concept based on society's expectations of men and women. There are some sports that do have more LGBTQ+ members perhaps because historically they have been more welcoming communities. However, participation in any sport does not influence someone's sexuality.



BUCS POLICY ON TRANS INDIVIDUALS

Follow this flowchart to see which competition you can play for

'BUCS promote a zero tolerance policy to transphobia, and competition will not be restricted unless to secure safe and fair play'



If you compete in a mixed team or sport, you can compete as your affirmed gender. In any one season you can only compete in one gender's competition. This applies to all BUCS athletes, not just transgender athletes.

To ask a question visit bit.ly/knightspridequestions, or for more information or to get involved in the campaign, go to rusu.co.uk/knightspride