

# Action Guide for Parents

## Making Athletics Safe for Lesbian, Gay, Bisexual, and Transgender Coaches and Athletes

- Monitor your own stereotyped beliefs about LGBT people and commit yourself to challenging them.
- Talk with your daughter or son about LGBT people in athletics to understand questions or negative stereotypical beliefs they have about them.
- Encourage young people to stand up for fairness for everyone, even when peer pressure does not support this perspective.
- Encourage your school's athletic department to sponsor educational programs for athletes, coaches, and parents on LGBT issues in sport.
- If your daughter or son is being recruited by a college coach, report any unethical or anti-gay statements they make to their athletic administrator.
- 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
- Thank coaches and athletic directors when they do sponsor educational programs focused on encouraging fairness, safety, and respect for all.
- Stop young people from using anti-gay or sexist language and talk with them about why it is not acceptable.
- Role model respectful treatment of LGBT coaches and athletes for your son or daughter.
- Challenge your own assumptions about the importance of rigid adherence to stereotypical gender expression for your children.
- Consider the possibility that your son or daughter might be LGBT and identify ways you can support him or her.
- Make it clear to your children that they have a right to set their own personal boundaries for interactions with teammates and that any unwanted breach of those boundaries is unacceptable.
- Make it clear to your children that any coach, regardless of sexual orientation or gender, who engages in sexual talk or behavior with athletes is unethical.
- Attend athletic department or school-sponsored programs about LGBT issues.
- Talk with other parents about the importance of encouraging young people to appreciate differences and treat all teammates and coaches with respect.
- Read books or news articles about LGBT issues in athletics to better understand how to make sports safe for all.
- Use inclusive language that does not assume that all coaches or athletes are heterosexual.
- Always assume that there are LGBT people on athletic teams and among the coaching and support staff even if they have chosen not to identify themselves.
- Propose a non-discrimination policy for your athletic department that includes sexual orientation and gender expression.
- Treat all athletes and coaches fairly and respectfully regardless of their sexual orientation or gender expression.

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