



Game Plan for Parents, For Making Your Daughter or sons Team, Safe for Lesbian, Gay, Bisexual and Transgender Athletes.

Inside Game: Work on Your Own:

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

One on One: Work with Others:

1. Use language that is inclusive of all athletes and coaches, regardless of sexual orientation or gender identity / expression.
2. Encourage your son or daughter to talk to you about any actions by teammates or coaches that are demeaning to individual athletes or groups of people.
3. Communicate to your daughter or son that it is not acceptable to make anti LGBTQ slurs, jokes or comments.
4. Talk with your daughter or son to understand questions or stereotypical beliefs they have about playing on teams with LGBTQ team mates or coaches.
5. Encourage young people to stand up for fairness for everyone and to resist peer pressure to be silent or to go along with disrespectful or unfair treatment.
6. Talk with other parents about the importance of encouraging young people to appreciate differences and treat all teammates and coaches with respect.
7. Treat all athletes, coaches and other parents fairly and respectfully regardless of their sexual orientation or gender identity / expression.



