

# Including LGBTQ+ people in physical activity

[www.pridesports.org.uk](http://www.pridesports.org.uk)



**What do we know  
about LGBT+  
people &  
physical activity?**





**56% of LGBT+ women were not active enough to maintain good health, compared to 45% of women in the general population**

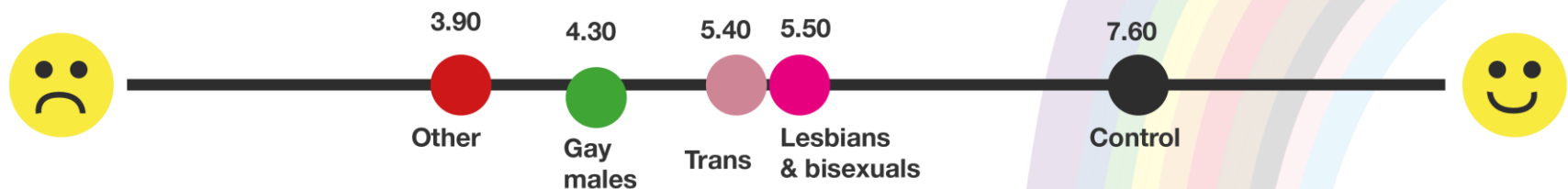
**55% of LGBT+ men were not active enough to maintain good health, compared to 33% of men in the general population**

**64% of LGBT+ people who identified as something other than male or female (eg genderfluid or genderqueer) were not active enough to maintain good health.**

(National LGBT Partnership, 2016)



# Experience of School PE & Sport





# What do we know about LGBT+ participation?

- LGBT+ more likely to feel intimidation and wrestle with guilt
- Participation in 'traditional' competitive sports is low among LGBT+ groups, with a preference for other physical activities instead
- Fewer people across the LGBT+ spectrum participate in team sports vs other sport types & favour more solitary activities which do not have as many negative associations
- **Mental health and wellbeing** is critical to an LGBT+ audience, **21%** identified as having a mental health issue compared with Nat Rep **5%**



# Motivations for getting active

- **Socialising** & having fun is important for *lesbians*
- **Participating** with friends & colleagues is important for *bi people* who can find teams sports cliquey
- **Building confidence** can be a key motivator for *pansexual, asexual & queer people*
- Trans people see **friendlier facilities which are inclusive** as a motivator
- **Losing weight and body aesthetics** are important benefits to gay men



# Bournemouth University found in their Pride in our Workforce research for *Energise Me*, that LGBT+ communities:

Care less about the qualifications or experience of workforce members.

A workforce perceived to be approachable and inclusive is a critical part of engaging with LGBT+ communities



# Top tips for getting LGBT+ people active

- Ask LGBT+ people what they want
- Try mixed activities
- Offer taster sessions
- Provide opportunities for LGBT+ people to socialise with others
- Sell mental health & well-being benefits





# Top tips for getting LGBT+ people active

- Stress fun aspects of participation & informal nature of offer
- Share information about changing facilities in advance
- Try to provide at least one non-gendered space for changing
- Market specific LGBT+ offers
- Always challenge LGBT+phobic language



# Resources

[lou@pridesports.org.uk](mailto:lou@pridesports.org.uk)

[www.pridesports.org.uk](http://www.pridesports.org.uk)

[www.footballvhomophobia.com](http://www.footballvhomophobia.com)

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