

SEXUAL & GENDER DIVERSITY



IN PHYSICAL EDUCATION AND SPORTS

Workshops, information, resources and strategies for physical education teachers and coaches.



CELEBRATING LESBIAN, GAY, BISEXUAL AND TRANS (LGBT) DIVERSITY

RESPECTING DIFFERENCES

PROMOTING OPENNESS AND INCLUSION

ENCOURAGING PHYSICAL ACTIVITY

IN

SCHOOLS

62.9%

of students hear comments like “That’s so gay” each day at school;

38.6%

of students have been victims of at least one episode of homophobia;

69%

of lesbian, gay, bisexual and trans (LGBT) students have been the targets of homophobia or gender-based harassment;

35.4%

of heterosexual students have been victims of homophobia simply because they didn’t conform to gender stereotypes;

90%

of gender non-conforming youth said they have been verbally harassed. 50% reported that those in a position of authority did nothing;

95%

of trans students do not feel safe at school.

Chamberland, L. et al. (2011). L’impact de l’homophobie et de la violence homophobe sur la persévérance et la réussite scolaires. Fonds de recherche sur la société et la culture. Document available on www.fqrsc.gouv.qc.ca/upload/editeur/RF-LineChamberland.pdf

Taylor, C., Peter, T., McMinn, T. L., Schachter, K., Beldom, S., Ferry, A., Gross, Z. et Paquin, S. (2010). Every Class in Every School: Final Report on the First National Climate Survey on Homophobia, Biphobia and Transphobia in Canadian Schools. Toronto, Canada: Egale Canada. Document available on www.egale.ca

IN SPORTS

43%

of Canadian students consider their physical education class, as well as sports fields and terrains to be places where homophobic harassment is very much present;

81%

of surveyed Canadians witnessed or were personally the victim of homophobia in sports;

57% of gay men

45% of lesbians

41% of heterosexual men

affirm having been the victim of homophobia;

84% of gay men

88% of lesbians

in Canada were targeted with verbal insults such as “faggot”, “homo” or “lesbo”;

70%

of surveyed Canadians think that team sports for youth are not welcoming for LGB people;

86% of gay youth

89% of lesbian youth

in Canada announced that they were at least partially in the closet, keeping their sexual orientation secret from their team-mates.

Taylor, C., Peter, T., McMinn, T. L., Schachter, K., Beldom, S., Ferry, A., Gross, Z. et Paquin, S. (2010). Every Class in Every School: Final Report on the First National Climate Survey on Homophobia, Biphobia and Transphobia in Canadian Schools. Toronto, Canada: Egale Canada. Document available on www.egale.ca

Denison, Erik et Kitchen, Alistair (2015). Out on the Fields: The First International Study on Homophobia in Sport. Document available on www.outonthefields.com

RECENT RESEARCH CLEARLY INDICATES THAT HOMOPHOBIA, TRANSPHOBIA AND GENDER-BASED HARASSMENT ARE AMONGST THE MAJOR FACTORS BEHIND BULLYING IN SCHOOLS AND ARE HARMFUL TO ALL STUDENTS.

Physical education classes and sports are specific and unique contexts where public performance of physicality renders youth vulnerable to gender stereotyping.

There exists a unique and profound link between being a man, masculinity and sport. What is generally expected of “real” boys, is that they be coordinated, explosive and strong. “Real” girls are supposed to be elegant and artistic. Youth that don’t conform to these stereotypes are often rejected and bullied by other youth and even sometimes by adults.

Homophobia, transphobia and gender-based harassment hurt all youth, even those that are not LGBTQ. We see this when:

youth abandon physical activity because they don’t feel respected in their physical education class;

parents choose a sport for their child solely on the basis of gender stereotypes;

girls refuse to play certain sports because they have a reputation as being “for lesbians”;

boys abandon a sport that they enjoy because their friends say that it is a sport for “gays”.



THIS

WORKSHOP

IS FOR YOU

IF YOU ARE:

A PHYSICAL EDUCATION TEACHER IN AN ELEMENTARY OR HIGH SCHOOL

A UNIVERSITY PROFESSOR IN A DEPARTMENT OF KINESIOLOGY/ PHYSICAL EDUCATION (FOR YOUR STUDENTS)

A COACH

A COUNSELLOR IN A SPORTS CAMP

PEDAGOGICAL APPROACH

OVERVIEW OF THE SCIENTIFIC LITERATURE

RESOLUTION OF OBSTACLES AND CHALLENGES ENCOUNTERED ON THE TERRAIN

OPPORTUNITY TO EXCHANGE AND REFLECT IN A NON-JUDGEMENTAL SPACE

PRESENTATION OF A VARIETY OF TOOLS AND STRATEGIES

SUBJECTS COVERED

SEXUAL AND GENDER DIVERSITY: WHAT ARE WE TALKING ABOUT? KEY CONCEPTS.

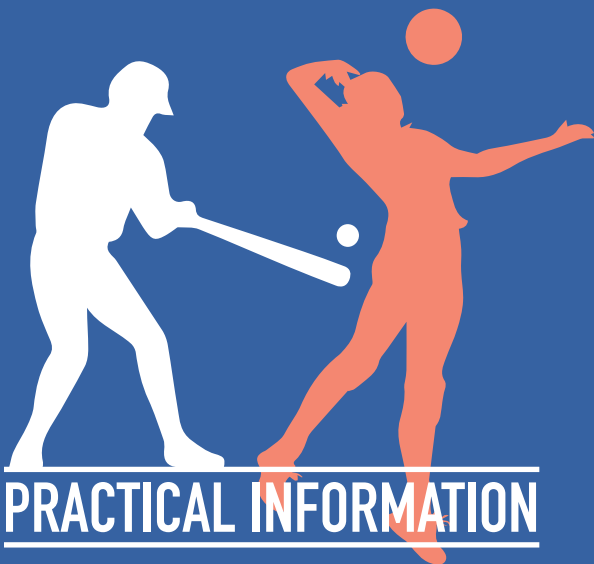
COMMON MYTHS

UNIQUE HISTORICAL CONTEXT OF PHYSICAL EDUCATION AND SPORTS

HOMOPHOBIA AND TRANSPHOBIA IN SCHOOLS AND IN SPORTS

INTERVENTION STRATEGIES IN REAL-LIFE SITUATIONS

BEST PRACTICES



The workshops of the LGBT Family Coalition can take place either as 3-hour or full day sessions and are given in the participants' workplace, anywhere in Quebec. Experienced animators use teaching methods that are both dynamic and interactive.

At the end of the session, participants receive a variety of tools including classroom activities, posters, best practices, resource lists, etc.

This workshop was created thanks to a grant from the PROGRAMME DE LUTTE CONTRE L'HOMOPHOBIE ET LA TRANSPHOBIE du ministère de la Justice.

FOR MORE INFORMATION OR TO REGISTER FOR A WORKSHOP, PLEASE CONTACT

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Justice

Québec

