



# “GAME TO PLAY”

## EXPLORING THE EXPERIENCES AND ATTITUDES TOWARDS SPORT, EXERCISE AND PHYSICAL ACTIVITY AMONGST GENDER AND SEXUALITY DIVERSE YOUNG PEOPLE

WSU collaborated with Twenty10 to ask young gender and sexuality diverse people in NSW about their experiences of sport.

“I mean sports teams are often gendered, gyms can be quite segregated metaphorically as in girls and guys – it’s not the most inviting space for someone who is queer or someone who is trans and might be a very threatening space as it comes off very masculine”

“PE was a really shitty thing for me ... changing into our PE uniforms was the worst ... They were like calling me ‘fag’ or ‘dyke’ and they just beat me up”

### RECOMMENDATIONS

Visibility: “employing more people from the community”

“you could put that flag up there or put up posters and stickers”

“gender neutral change rooms would be nice”

“It could be as simple as a sports wear or a sports shoe that has the capacity to include gender diverse people”

“I think there should be after transitions in particular, better support for getting active”

“clear policy and guidelines in sport clubs and organisations, and ensure they are enforced”



### ACCESS THE FULL REPORT HERE

<https://researchdirect.westernsydney.edu.au/islandora/object/uws:55635>

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<https://www.twenty10.org.au/>

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