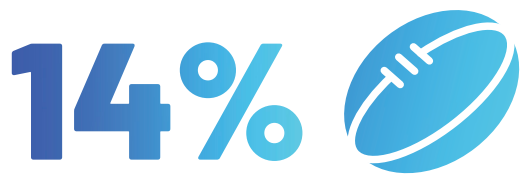


# Inclusion of rainbow rangatahi in community sport

## Trans and intersex young people don't feel safe or included in sports<sup>1</sup>, so what are the stats?



of trans and non-binary people **participate in sports competitions**, events, or other organised activities.



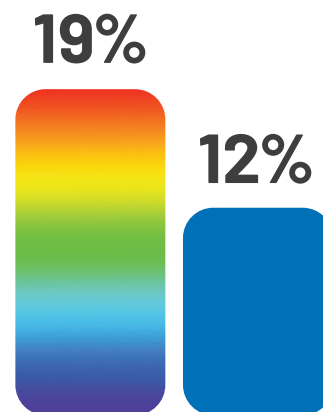
of trans and non-binary people are **worried about how they will be treated** when participating in competitive sports.<sup>2</sup>

That's almost **50% less than the participation rate** of the general population.<sup>2</sup>



**" Trans and intersex people in sports matter. "**

Queer, Trans, Non-Binary, 19yo.



Rainbow young people are **more likely to be physically inactive** compared to their cisgender heterosexual peers.<sup>3</sup>

## What's causing this?

Myths about trans and intersex people's strength, abilities, and safety in sports create trans-exclusive social attitudes.

Trans and intersex people experience high levels of discrimination in sporting spaces.

Trans and intersex people fear exclusion and isolation because of their sex and gender.

Many people lack knowledge and understanding about trans and intersex people's experiences in sport.

<sup>1</sup> Sport New Zealand, (2021). Voice of Rangatahi. (2021 Report).

<sup>2</sup> Veale, J., Byrne, J., Tan, K., Guy, S., Yee, A., Nopera, T., & Bentham, R. (2019.) *Counting Ourselves: The health and wellbeing of trans and non-binary people in Aotearoa New Zealand.*

<sup>3</sup> Lucassen, M.F., Guntupalli, A.M., Clark, T., Fenaughty, J., Denny, S., Fleming, T., Smith, M., & Utter, J., (2019). Body size and weight, and the nutrition and activity behaviours of sexual and gender minority youth: findings and implications from New Zealand. *Public Health Nutrition*, 22(13), 2346-2356.