



Things to know: Trans and Gender Diverse Inclusion

Below are some key points to help you discuss the topic, and push back against any harmful commentary or educate people:

1. Trans and gender diverse people are part of your community
 - They already exist in sport—as players, volunteers, officials, and fans
 - Inclusion is about real people, not hypothetical debates.
2. There's more to sporting ability than strength and testosterone
 - Skill, training, teamwork, strategy, and experience all shape performance
 - Sport is complex—reducing it to one factor oversimplifies reality.
3. No one 'changes gender' to gain advantage in sport
 - This is a harmful myth not supported by evidence
 - Gender affirmation is about identity—not competition or reward.
4. No two transitions or affirmations are the same
 - Every person's journey is different
 - Avoid assumptions—listen, respect, and respond to individual needs
6. Trans people play sport for the same reasons as everybody else
 - Fun, enjoyment, connection, and belonging
 - Making friends, improving health, and being part of a team.

Promoting Trans and gender diverse inclusion starts with respect, understanding, and a commitment to making sport safe for everyone. Sport can be a powerful tool to improve the lives of trans and gender diverse communities - and help shape a more inclusive future for everybody.