

FOOTBALL UNITES; SUPPORTING AN LGBTI YOUNG PERSON COMING OUT



LEAP
sports



**FOOTBALL
UNITES**



**NOTHING
MATTERS
MORE**

SUPPORTING AN LGBTI YOUNG PERSON COMING OUT

Coming out is an ongoing process for LGBTI people and there is not one way to do it. Here are some ways you can support LGBTI young people when they come out to you.

LISTEN TO THE YOUNG PERSON WITHOUT JUDGEMENT OR PRECONCEPTIONS.

Let them know you hear them and that they have your support. Always remember: it can be a big moment when someone chooses to disclose their sexual orientation or gender identity. They trust that you will not react judgmentally or with disbelief, so make sure not to misplace their trust.

IF THE YOUNG PERSON IS SHARING THEIR GENDER IDENTITY WITH YOU, ASK WHICH NAME AND PRONOUNS THEY WOULD PREFER TO GO BY.

ASK THE YOUNG PERSON IF THEY ARE COMFORTABLE AT THE CLUB AND IF THEY HAVE EXPERIENCED ANY BULLYING OR DISCRIMINATION.

If this is the case, you should take action. This will help create a more inclusive environment and build trust.

CONSIDER WHAT YOUR CLUB CURRENTLY DOES TO SUPPORT THE INCLUSION AND VISIBILITY OF THE LGBTI COMMUNITY.

Highlight your support on social media, get involved with awareness days and campaigns, review and update policies, and ensure a robust discrimination reporting system is in place. The Football v Homophobia Scotland Strategy (see page 3) is there to guide and support you in this area.

MAKE SURE THE PERSON KNOWS HOW TO REPORT ANY INCIDENTS THEY WITNESS OR EXPERIENCE AND WHO THE SAFEGUARDING/WELFARE OFFICER AT THE CLUB IS.

ENSURE THAT THE YOUNG PERSON IS GETTING THE RIGHT SUPPORT, BOTH WITHIN AND OUTWITH FOOTBALL.

There are organisations and resources you can signpost them to, including those on page 3.

KEEP AN EYE FOR ANY BEHAVIOURAL CHANGE IN THE YOUNG PERSON.

Check in with them regularly, as it can sometimes feel isolating.

ALWAYS FOLLOW BEST PRACTICE SAFEGUARDING PROCEDURES WHEN SPEAKING TO THE YOUNG PERSON.

TAKE TIME TO EDUCATE YOURSELF ON LGBTI ISSUES AND HOW TO BE A GOOD ALLY. THERE ARE PLENTY OF RESOURCES AVAILABLE.

DO NOT DISCLOSE A YOUNG PERSON'S SEXUAL ORIENTATION OR GENDER IDENTITY TO ANYONE, UNLESS THE INDIVIDUAL HAS GIVEN YOU PERMISSION.

Be guided by the young person — do they want other people at the club to know? Do they need support coming out? Keep in mind that some young people's parents may react negatively to their child's LGBTI identity.



FURTHER ORGANISATIONS:

Football v Homophobia Scotland:

<https://fvhscotland.org/>

LEAP Sports Scotland:

<https://leapsports.org/>

LGBT Youth Scotland:

<https://www.lgbtyouth.org.uk/>

Scottish Trans Alliance:

<https://www.scottishtrans.org/>

Children 1st:

<https://www.children1st.org.uk/help-for-families/safeguarding-in-sport/>

Stonewall Scotland:

<https://www.stonewallscotland.org.uk/>

LGBT Health and Wellbeing:

<https://www.lgbthealth.org.uk/>

Equality Network:

<https://www.equality-network.org/>

FURTHER RESOURCES:

Presenting accessibility options for transgender people at sports centres:

<https://leapsports.org/files/0234-LEAP%20Trans%20Access%20provider%20guide,%20online%20use.pdf>

LEAP Sports Scotland resources:

<https://leapsports.org/stay-informed/resources>

Coming Out Guide for young people:

<https://www.lgbtyouth.org.uk/media/1036/coming-out-guide-for-lgb-people.pdf>

<https://www.stonewallscotland.org.uk/help-advice/coming-out/coming-out-young-person-0>

Coming Out Guide for trans young people:

<https://www.lgbtyouth.org.uk/media/1054/coming-out-guide-for-t-people.pdf>

FvH Scotland Strategy:

<http://fvhscotland.org/wp-content/uploads/2019/12/FvH-Strategy-Final-Digital-Version.pdf>

FvH Coaches Toolkit:

<https://leapsports.org/files/5509-Coach%20toolkit.pdf>



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