



TRANSGENDER INCLUSION IN SPORT RESOURCES

At Athlete Ally, we believe that sport will change the world when it welcomes and empowers all people. We also believe that everyone, including transgender athletes, deserve equal access to the lifesaving power of sport, and that no one should be banned from playing sports simply because of who they are. Below are links to a selection of resources for continuing education on transgender inclusion in sport.

If you have any questions, please reach out to info@athleteally.org.

DEBUNKING MYTHS:

FOUR MYTHS ABOUT TRANS ATHLETES DEBUNKED

// Chase Strangio & Gabriel Arkles, American Civil Liberties Union (ACLU), 2020

Experts including doctors, academics, and sports psychologists provide evidence that:

- 1) inclusion of trans athletes benefits everyone*
- 2) trans athletes do not have an unfair advantage in sports*
- 3) trans girls are girls*
- 4) trans student-athletes belong on the same teams as other student-athletes*

THE TRUTH ABOUT TRANS ATHLETES AND PERFORMANCE

// Annie Hayes, Men's Health, 2019

Trans athletes and doctors dissect myths and explain scientific facts about hormones, physiology, and athletic performance.

TRANS GIRLS BELONG ON GIRLS' SPORTS TEAMS

// Dr. Jack Turban, Scientific American, 2021

Science does not support banning trans girls from girls' sports teams, bringing into question the ethics surrounding current and proposed policies.

IN THE NEWS:

ANTI-TRANS SPORTS BILLS AREN'T JUST TRANSPHOBIC - THEY ARE RACIST, TOO

// Derrick Clifton, Them, 2021

The wave of anti-trans sports bills working their way through state legislatures are fueled not only by misconceptions about who trans people are, but by fears of Black bodies, too.

LAWMAKERS CAN'T CITE LOCAL EXAMPLES OF TRANS GIRLS IN SPORTS

// David Crary and Lindsay Whitehurst, Associated Press, 2021

The AP contacted two dozen lawmakers sponsoring anti-trans athlete bills in state legislatures across the country and the lawmakers say they do not know of any trans girls in sports.

"LET THEM BE WHO THEY ARE": MISSOURI FATHER OF TRANS DAUGHTER TESTIFIES AGAINST ANTI-TRANS BILL

// Ashleigh Carter, Now This, 2021

Brandon Boulware gave an emotional testimony about accepting his trans daughter as he urged lawmakers not to pass an anti-trans bill.

TRANS ATHLETE VOICES:

I'M NOT GOING TO HIDE

// Charlie Martin, Athlete Ally, 2019

Race Driver Charlie Martin describes being trans and out in motosports.

THE POWER OF LAYSHIA CLARENDON

// Katie Barnes, ESPN, 2021

This ESPN cover story tells the story of Layshia Clarendon (she/he/they), the first openly transgender and non-binary athlete in the WNBA, and their journey to understand his identity from childhood to parenthood.

WFA PLAYER: DON'T GIVE UP ON YOUR DREAMS

// Erica Meacham, Athlete Ally, 2019

Oregon Hawks women's tackle football player Erica Meacham shares her journey as a trans woman in football.

WNBA HOPEFUL TO TRANS YOUTH: YOU AREN'T ALONE

// Kayla Ward, Athlete Ally, 2020

Basketball player Kayla Ward writes to trans youth about her story coming from a religious background and planning to be a minister to pursuing her athletic dreams.

YES, TRANS PEOPLE BELONG IN SPORTS

// Layshia Clarendon, Marie Claire, 2021

WNBA player Layshia Clarendon explains that the scrutiny of women's bodies is the real threat to women's sports—not the presence of trans women and girls.

ALLY VOICES:

BECOMING THE NORM: TRANS INCLUSION

// Imani Dorsey, Athlete Ally, 2019

Professional soccer player Imani Dorsey shares how harmful gender norms hurt all women, and why inclusion of trans women and girls in sports is important for the future of women's sports.

BILLIE JEAN KING, MEGAN RAPINOE, AND CANDACE PARKER JOIN NEARLY 200 ATHLETES SUPPORTING TRANS YOUTH PARTICIPATION IN SPORTS

// Women's Sports Foundation, 2020

Women's sports icons signed a friend-of-the-court brief filed by Lambda Legal alongside Athlete Ally, Women's Sports Foundation, and nearly 200 fellow athletes.

BILLS TO BAN TRANSGENDER KIDS FROM SPORTS TRY TO SOLVE A PROBLEM THAT DOESN'T EXIST

// Megan Rapinoe, Washington Post, 2021

Star soccer player Megan Rapinoe writes in support of trans kids' right to participate in sport, highlighting the value of youth sports participation and identifying true threats to women's and girls' sports.

END THE WAR AGAINST TRANSGENDER STUDENT ATHLETES

// Justice Horn, The Advocate, 2020

Openly gay wrestler Justice Horn shares the importance of being his authentic self with his team, something trans athletes should also be able to do.

SPORTS SAVED MY LIFE. TRANSGENDER ATHLETES SHOULD BE ABLE TO HAVE THAT EXPERIENCE TOO

// Anne Lieberman, The Hill, 2020

Sports participation can help people through dangerously difficult times, and trans youth must be given that opportunity.

TRANS WOMEN AREN'T TAKING OVER SPORTS, BUT TRANSPHOBIA IS

// Joanna Hoffman, GLAAD, 2020

Trans women and girls are not one of the many threats to girls' and women's sports, and they deserve access to the life-saving outlet of sports participation.

USA RUGBY'S NAIMA REDDICK: LET TRANSGENDER WOMEN PLAY

// Naima Reddick, The Advocate, 2020

USA Rugby player Naima Reddick writes about the natural variety of bodies in sport and urges World Rugby to include trans women athletes.

RESEARCH:

ATHLETIC EQUALITY INDEX (EXECUTIVE SUMMARY)

// Athlete Ally, 2021

The Athletic Equality Index (AEI) measures LGBTQ+ inclusion policies and practices in NCAA Division I athletic departments. In its most recent iteration, it found that only 8% of Division I athletic departments have a publicly accessible trans inclusion policy.

FAIR PLAY: THE IMPORTANCE OF SPORTS PARTICIPATION FOR TRANSGENDER YOUTH

// Center for American Progress, 2021

Denying transgender students opportunities to learn leadership, teamwork, self-esteem, discipline, and community via sports harms this already vulnerable population and does not demonstrably benefit cisgender youth.

LGBTQ AND GENDER-AFFIRMING SPACES

// Trevor Project, 2020

Sports can be a powerful tool for fighting depression, building community, and cultivating lasting self-confidence. Trans and nonbinary youth who have access to a gender-affirming space at school - like a sports team - have 25% reduced odds of reporting a suicide attempt within a year.

PLAY TO WIN

// Human Rights Campaign, 2017

LGBTQ youth are less likely than their cisgender peers to participate in sport. 68% of all youth played a sport, but only 24% of all LGBTQ youth played a sport. Just 14% of transgender boys and 12% of transgender girls played.

SCHOOL CLIMATE SURVEY

// GLSEN, 2019

Many trans youth already face an uphill battle in nearly every part of their lives. 84% of transgender youth feel unsafe at school, with 70% of those students avoiding bathrooms because they felt unsafe or uncomfortable. Nearly half of trans youth attempt suicide, and the trans community is increasingly the target of violence and harassment.

PODCASTS:

ATHLETE ALLIES

// That's What She Said with Sarah Spain, 2021 (1 hr 18 min)

Chris Mosier and Anne Lieberman talk about the importance of sport for trans and non-binary teens, and the recent uptick in anti-trans legislation across the country.

LEGAL HEAVYWEIGHTS CHASE STRANGIO AND NEENA CHAUDHRY ON TRANS ATHLETES AND SPORTS

// Between the Lines, 2021 (1 hr 2 min)

Chase Strangio and Neena Chaudry talk about the legal battles over trans athletes playing sports and how this battle reflects the broader fight for the rights of transgender people in the country. They help debunk some of the more harmful myths that exist about trans athlete participation in women's sports.

TRANS ATHLETES SPEAK OUT

// TransLash with Imara Jones, 2021 (40 min)

Trans athletes CeCé Telfer and Chris Mosier discuss their groundbreaking accomplishments and the hurdles they faced to get there.

VIDEOS & FILMS:

CHANGING THE GAME

// Hulu Original, 2021 (1 hr 35 min)

This documentary takes viewers into the lives of three high school athletes—all at different stages of their athletic seasons, personal lives, and unique paths as transgender teens.

DISCLOSURE

// Netflix Original, 2020 (1 hr 40 min)

This documentary looks at Hollywood's depiction of transgender people and the impact of this on American culture. Available on both YouTube and Netflix.

HOCKEY IS FOR EVERYONE: ELLIOT'S STORY

// San Jose Sharks, 2019 (4 min)

Elliot, a 15-year-old ice hockey player, received support from his high school team so he did not have to choose between being his true self and participating in sport.

MEET REBEKAH, A 14-YEAR-OLD FIELD HOCKEY PLAYER TURNED TRANSGENDER ADVOCATE

// Human Rights Campaign, 2021 (3 min)

Rebekah loves playing field hockey with her friends but legislatures across the country are trying to ban kids like her from sports, just because they are trans.