



## ***Lacrosse Victoria Inclusion Statement***

Lacrosse Victoria allows and encourages all players to play in the competition which aligns to their gender identity or in the competition where they feel most comfortable.

For more information:

<https://lacrossevictoria.com.au/participate/diversity-inclusion>

## ***Why are LV promoting inclusion?***

**80%** of all people have witnessed or experienced homophobia in sport.

**50%** of LGBTI+ people are not out to their sporting peers because they worry that knowledge will change how they are treated.

**40%** of LGBTI+ people think sport is not a safe or welcoming environment for them to be in.

*\*Stats from [Proud2Play.org.au](https://proud2play.org.au)*

## ***How to support a member of your club?***

If a member of your club comes out to you, tune in – ask how can you support them. Confidentiality is key!

Being LGBTQIA+ does not always mean they're having a hard time.

For more information: [bit.ly/minus18tips](https://bit.ly/minus18tips)

## ***How to approach your club to be more inclusive?***

Start with your coaches or someone you feel comfortable with. Reach out to a parent or friend who can support you in approaching the club.

Here is a resource from Proud2Play to help kick start the discussion: [bit.ly/P2Ptips](https://bit.ly/P2Ptips)

If you feel your club is not welcoming, please contact LV directly at [development.officer@lacrossevictoria.com.au](mailto:development.officer@lacrossevictoria.com.au)

# GUIDELINES FOR ***LGBTQIA+ Inclusion in Lacrosse***

***“Play as you are,  
play as you identify.”***





## Gender, Sex & Sexuality

are all separate concepts...

- **Sex** – Physical / Biological 🧑
- **Gender** – How you feel/identify 🧠
- **Sexuality** – Who you are attracted to. 😊

## Inclusive Language

Using inclusive language is important to help everyone feel welcome.

Instead of...	Try...
Boys/Girls	Players/Team/Folks
Boyfriend/Girlfriend	Partner
Ladies & Gentlemen	Guests
Hi Guys	Hi Everyone
He/She	They/Them

## What are pronouns?

A Pronoun is a way of addressing someone without using their name.

Common pronouns are *He/She/They*

Gendered pronouns do not always match the way a person feels or expresses themselves.

For more information:  
[bit.ly/minus18pronouns](https://bit.ly/minus18pronouns)

## Why are pronouns important?

Using the correct pronouns helps to create a feeling of acceptance and safety for a person.

Some people particularly non-binary people can use a combination of one or more pronouns to represent themselves such as *They/Them* or *He/They*.

Purposely using the wrong pronouns is known as misgendering and is damaging to an individual.

LV does not support misgendering of any person.

**You can start the conversation by including your pronouns on emails, profiles, wearing a pronoun pin and when introducing yourself.**

## Where to get support?

If you are in need of support or feeling at risk:

Qlife – [qlife.org.au](https://qlife.org.au)

Minus18 – [minus18.org.au](https://minus18.org.au)

BeyondBlue – [beyondblue.org.au](https://beyondblue.org.au)

Lifeline – [lifeline.org.au](https://lifeline.org.au)

Pride Centre – [pridecentre.org.au](https://pridecentre.org.au)

Proud 2 Play – [proud2play.org.au](https://proud2play.org.au)

Pride Cup – [pridecup.org.au](https://pridecup.org.au)

## Want more info?

If you have questions or would like assistance making your club more inclusive, please contact Lacrosse Victoria via

**Kristen Hutchison**

*She/Her*

[development.officer@lacrossevictoria.com.au](mailto:development.officer@lacrossevictoria.com.au)  
(03) 9682 3300

