

LGBTQ+ Resource List

Here are some initial action steps to learn more about and advocate for LGBTQ+ athletes and individuals:

- Watch this [video](#) about Pride Month in June and ways to show support and affirmation of the LGBTQ+ community, featuring AASP members Bernie Compton and Hannah Bennett.
- Learn more about terms related to LGBTQ+ using the [Human Rights Campaign glossary](#).
- Take a [Safe Zone training course](#) and encourage your Athletic Department to schedule training for the staff and student-athletes.
- Use [pronouns](#) in order to create and normalize space for people to share their pronouns. You may do this in introducing yourself or including pronouns in your email signature, for example. For sport psychology professionals, consider using pronouns when introducing your workshops, classes, and services, on your intake forms, or in any public profiles, such as the [Certified Mental Performance Consultant®](#) directory.
- Use inclusive language regularly. For example, instead of saying boyfriend or girlfriend, you can say partner or significant other.
- Review your institution or organization's policies regarding sexual orientation, gender identity, and gender expression. Look to see if there is a policy regarding transgender athletes. What do the policies state? Are the policies inclusive?
- Promote books and other materials about or written by LGBTQ+ athletes. Use LGBTQ+ athletes as examples. There are plenty of successful ones out there!
- Review the resources below to keep learning. As you do, don't be afraid to make mistakes. You are engaging in a learning process; embrace the education, learn from your mistakes, and keep pushing forward.

Online Resources

- [Athlete Ally](#)
- [Athlete Ally Champions of Inclusion Free Online Course](#)
- [Human Rights Campaign](#)
- [LGBT Community Center Directory](#)
- [LGBT SportSafe](#)
- [My Pronouns](#)
- [The Out Foundation](#)
- [The Gingerbread Person](#)
- [The Safe Zone Project](#)
- [Trans Athlete](#)
- [You Can Play Project](#)

Journal Articles

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Books and Book Chapters

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Children's Books

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- Blake, A. (2018). *Ivy Aberdeen's letter to the world*. Little Brown Books for Young Readers.
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