

THE
PLAY
WITH
PRIDE
HANDBOOK



1 Everyone experiences gender differently

Femininity and masculinity mean different things to different people. And everyone experiences and expresses gender differently. People can identify as men, women, both or none at all!



Gender is a fluid concept that is deeply personal to every individual. It is extremely important to accept and be respecting of one's gender identity, whatever it may be.

Only we can determine our own gender.

2 Don't be afraid to ask!

It is important not to assume someone's gender identity, especially by how they look, or the names they use. Don't be afraid to ask what pronouns someone prefers when in doubt.



However, it is entirely up to the person to share or not share their gender identity with you. In such moments it is important to respect their decision and privacy.

3 Think about your use of language

Gendered phrases like 'Come on boys!', 'Let's go girls!' and 'Man-mark' are heard quite commonly on the playing field. These phrases tend to exclude people who don't fit into these identities.



c'mon dude!
MAN UP!!



great form, Charu!

c'mon team!

what a **STAR!**

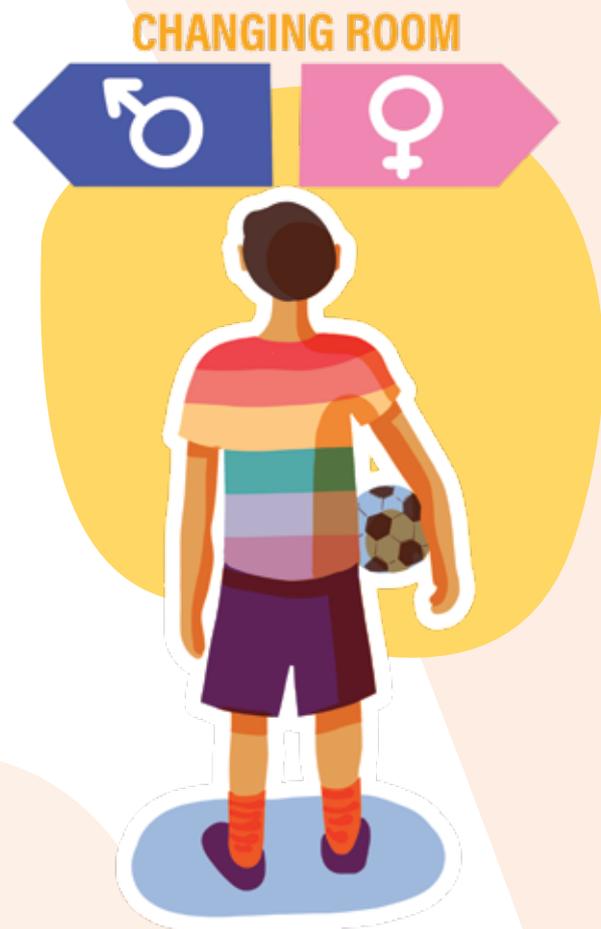
i wish they would acknowledge my gender...

i can **DO IT!!**

Changing these terms to be more gender neutral creates an environment where everyone feels comfortable to be themselves.

4 Actively tweak team structures

Is it necessary to split the group based on gender for drills/activities? Can wash-rooms/ changing rooms be provided for trans/non-binary players?



Teams need to actively and visibly show their support. These seemingly small details play a huge role in influencing how players experience their sport.

5 Create an inclusive team code of conduct

A clear code of conduct will outline the teams values and is an opportunity for teams to think about how to address the needs of its players in terms of language, coaching style, team culture etc.



This can be an exercise that brings the entire team together to reflect including players, coaches, support staff etc.

Common Terminology

Here are some some terms and definitions that will help you start navigating this conversation about gender and its different aspects.

Gender Identity

A person's internal, deeply held sense of their gender.

Non-binary,
Woman, Man,
Transgender etc

Biological Sex

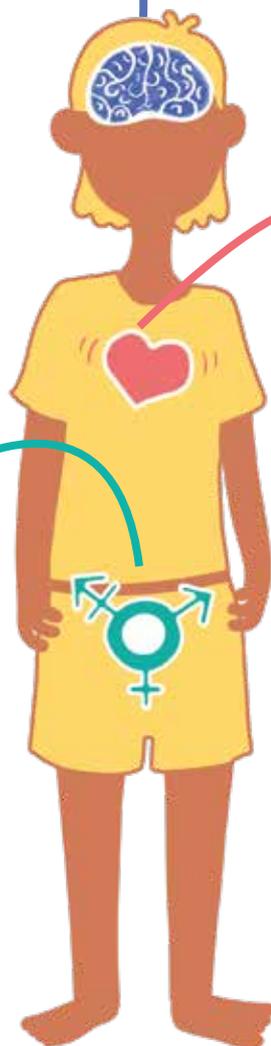
The classification of a person as male, female or intersex assigned at birth usually based on the appearance of their external anatomy.

Female, Male
Intersex

Sexual Orientation

a person's physical, romantic and/ or emotional attraction to someone based on gender/sexual identity

Homosexual,
Heterosexual,
Bisexual, Asexual etc.



About Play with Pride

An initiative that highlights the importance of language in making LGBTQIA+ individuals feel included within the sporting context. This is done using illustrated stories that were created based on interviews with 4 queer individuals who shared their experiences. Check out the stories at www.playwithpride.in

About People's Ultimate League (PUL)

A grassroots initiative aimed at persons who have traditionally been discouraged from sport. The PUL's approach is based on "Ultimate Frisbee", a mixed-gendered, self-refereed, low-contact, team sport played in over 85 countries.

About ONSIDE Fund

The ONSIDE Fund looks to support feminist organising and hyper local solutions. Groups access unrestricted funds to support girls, women* and non-binary people in exercising their right to play, thus advancing gender justice in sport at all levels, from the grassroots to the global.