

# Ask about experiences in PE and sport

LGBTIQA+ students can find sports and physical education classes particularly stressful.

Document findings and discuss with students ways to create more inclusive environments.

Many students:

- have negative experiences in physical education classes
- identify physical education classes as likely locations for homophobia and transphobia to be expressed
- experience verbal slurs
- experience incidents of physical abuse
- experience feelings of rejection due to their sexuality and gender identity
- are worried about discrimination from coaches
- are unable to access gender-neutral shower, toilets, and changing areas
- feel uncomfortable with gender-specific uniforms
- feel uncomfortable playing in a gender-specific sports team.

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