



Sports Findings

We interviewed 20 young LGBT people in the North West aged 14-25.

- 20 per cent did not enjoy taking part in sport
- 60 per cent said they did enjoy sport
- 20 per cent said they enjoyed it sometimes
- Only 10 per cent were involved with local sports teams, 90 per cent were not
- Over two thirds did **NOT** participate in sport on a weekly basis
- Half took part in sport at school, half did not take part in sport at school
- Three quarters of the participants didn't mind whether sports were indoors or outdoors, the remaining 25 per cent preferred indoors
- Nearly 80 per cent were happy to play in a team or

The most popular sports were:

1. Football
2. Tennis
3. Rugby
4. Swimming
5. Badminton
6. Trampolining
7. Ice hockey

The most popular sports people wanted to learn were:

1. Badminton
2. Trampolining
3. Dancing
4. BMX-ing
5. Non-competitive e.g. hiking
6. Dodgeball
7. Pool
8. Rounders
9. Hockey
10. Water polo
11. Bike polo
12. Karate/Judo

on their own. 15 per cent preferred team games, and five per cent wanted to play on their own

- Over half liked to have both competitive and 'for fun' sports, 45 per cent wanted to have just for fun opportunities, no-one wanted only competitive sport.
- As well as sports, people 60 per cent also wanted to learn about keeping fit, 55 per cent about smoking issues, 46 per cent about healthy eating and 20 per cent about alcohol issues

The young people felt that they were judged in sports for being 'girly' if they were a boy and 'mannish' if they were a girl. Some who were out as lesbian, gay, bi or trans had been forced to change away from their class mates e.g. in the toilets or a cupboard. People didn't like being forced to do certain types of sport just because of their biological sex, i.e. girls wanted the choice to play Rugby or do Dance, so did the boys.

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