

SPORTY. GAY.

YOU CAN BE BOTH.

HEINI. HOYW.

GALLWCH FOD Y DDAU.

National Governing Bodies:

75% of lesbian, gay and bisexual (LGB) people have heard homophobic 'banter' in sport.

What you can do...

- Visibly commit to tackling homophobia in sport and encourage LGB people to take part.
- Train officials and stewards to identify and challenge homophobic language and abuse.

Half of LGB people say they would prefer to take part in sport at a club that was primarily for other LGB people.

What you can do...

- Support the creation of LGB exclusive sports clubs where there is appropriate demand.

A quarter of LGB people say that they have felt excluded from playing and watching sport.

What you can do...

- Support a Wales-wide network for LGB people in sport, providing support to players who want to come out, and challenge abuse or discrimination.

Lesbian, Gay and Bisexual (LGB) People in Sport:
Understanding LGB sports participation in Wales

The Sport Wales and Stonewall Cymru report can be found at www.sportwales.org.uk/LGBreport

www.sportwales.org.uk
www.stonewallcymru.org.uk



Cyrrff Llywodraethu Cenedlaethol:

Mae 75% o bobl lesbiaidd, hoyw a deurywiol (LHD) wedi clywed 'cellwair' homoffobaidd mewn chwaraeon.

Beth y gallwch chi ei wneud...

- Ymrwymo'n weledol i fynd i'r afael â homoffobia mewn chwaraeon ac annog pobl LHD i gymryd rhan mewn chwaraeon
- Hyfforddi swyddogion a stiwardiaid i adnabod iaith a cham-drin homoffobaidd, a'i herio.

Mae hanner y bobl LHD yn dweud y byddai'n well ganddynt gymryd rhan mewn chwaraeon mewn clwb a oedd yn bennaf ar gyfer pobl LHD.

Beth y gallwch chi ei wneud...

- Cefnogi'r gwaith o greu clybiau chwaraeon penodol i bobl LHD lle mae galw priodol.

Mae chwarter y bobl LHD yn dweud iddynt deimlo wedi eu heithrio o gymryd rhan mewn chwaraeon a'i wylio.

Beth y gallwch chi ei wneud...

- Cefnogi rhwydwaith Cymru gyfan ar gyfer pobl LHD mewn chwaraeon, gan roi cefnogaeth i chwaraewyr sydd am ddod allan, a herio cam-drin neu wahaniaethu.

Pobl Lesbiaidd, Hoyw a Deurywiol (LHD) mewn Chwaraeon:
Deall Cyfranogiad LHD mewn Chwaraeon yng Nghymru

Mae adroddiad Chwaraeon Cymru a Stonewall Cymru i'w weld yn www.chwaraeoncymru.org.uk/adroddiadLHD

www.chwaraeoncymru.org.uk
www.stonewallcymru.org.uk



LOTTERY FUNDED
ARIENNIR GAN Y LOTERI