

**SPORTY. GAY.**

**YOU CAN BE BOTH.**

**HEINI. HOYW.**

**GALLWCH FOD Y DDAU.**

## Schools:

Young lesbian, gay and bisexual (LGB) people say that they have experienced bullying, harassment and exclusion in Physical Education (PE) because of their sexual orientation. As a result, many young LGB people are being turned off sport.

### What you can do...

- Recognise the specific types of homophobia in Physical Education and equip teachers to identify and challenge homophobic bullying in a sport setting.
- Demonstrate your commitment to equality for lesbian, gay and bisexual pupils and staff, and develop good practice through joining a programme such as Stonewall Cymru's Schools Champions programme.

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](http://www.sportwales.org.uk/LGBreport)

[www.sportwales.org.uk](http://www.sportwales.org.uk)  
[www.stonewallcymru.org.uk](http://www.stonewallcymru.org.uk)



## Ysgolion:

Mae pobl lesbiaidd, hoyw a deurywiol (LHD) yn dweud eu bod wedi profi bwlio, aflonyddu ac eithrio mewn Addysg Gorfforol oherwydd eu cyfeiriadedd rhywiol. O ganlyniad, mae llawer o bobl ifanc LHD yn colli diddordeb mewn chwaraeon.

### Yr hyn y gallwch chi ei wneud...

- Adnabod y mathau penodol o homoffobia sydd mewn Addysg Gorfforol, a pharatoi athrawon i adnabod bwlio homoffobaidd mewn lleoliad chwaraeon, a'i herio
- Dangos eich ymrwymiad i gydraddoldeb ar gyfer disgyblion a staff lesbiaidd, hoyw a deurywiol, a datblygu arfer da drwy ymuno â rhaglen fel rhaglen Hyrwyddwyr Ysgolion Stonewall Cymru.

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](http://www.chwaraeoncymru.org.uk/adroddiadLHD)



LOTTERY FUNDED  
ARIENNIR GAN Y LOTERI

[www.chwaraeoncymru.org.uk](http://www.chwaraeoncymru.org.uk)  
[www.stonewallcymru.org.uk](http://www.stonewallcymru.org.uk)