

SPORTY. GAY.

YOU CAN BE BOTH.

HEINI. HOYW.

GALLWCH FOD Y DDAU.

Clubs:

72% of lesbian, gay and bisexual (LGB) people said they would be more likely to participate in sport at a club that was marketed as 'LGB-friendly'.

What you can do...

- Encourage all players to act as role models and visibly support the inclusion of LGB people in sport.

75% of LGB people have heard homophobic 'banter' in sport.

What you can do...

- Educate fans about the impact of anti-gay abuse and discrimination and clearly explain 'the rules of the game'.
- Provide an accessible reporting mechanism for those who witness or experience homophobia at sporting venues.

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



Clybiau:

Dywedodd 72% o bobl lesbiaidd, hoyw a deurywiol (LHD) y byddent yn fwy tebygol o gymryd rhan mewn chwaraeon mewn clwb a oedd wedi ei farchnata fel clwb 'LHD-gyfeillgar'.

Beth y gallwch chi ei wneud...

- Annog pob chwaraewr i ymddwyn fel modelau rôl a rhoi cefnogaeth weledol i'r gwaith o gynnwys pobl LHD mewn chwaraeon.

Mae 75% o bobl LHD wedi clywed 'cellwair' homoffobaid mewn chwaraeon.

Beth y gallwch chi ei wneud...

- Addysgu cefnogwyr ynghylch effaith gwahaniaethu a cham-drin gwrth-hoyw, ac esbonio'n eglur beth yw 'rheolau'r gêm'.
- Cynnig ffordd hawdd o adrodd i bobl sy'n dyst i homoffobia neu sy'n ei brofi mewn lleoliadau chwaraeon.

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



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ARIENNIR GAN Y LOTERI

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