



# Reducing Gender-based Violence in Sport

Help reduce gender-based violence in your sport environment by promoting an inclusive environment, encouraging gender equity and diversity, and recognizing and responding to microaggressions.

## Promoting an inclusive environment

- Encourage sport participants to be their authentic selves by allowing for individuality and by welcoming diversity
- Be welcoming, respectful and inclusive of all genders, gender expressions and sexual orientations
- Introduce yourself using your pronouns
- Be conscious of your own actions and language

## Encouraging gender equity and diversity

- Promote and normalize gender diversity and expression
- Use gender-neutral language
- Increase representation in all aspects of sport, including leadership positions, and through promotional, public and recruitment activities
- Provide equitable access to resources
- Look for opportunities to celebrate gender equity and diversity

## Recognizing and responding to microaggressions

- Stop negative talk, gossip and hurtful conversations when they happen. This includes homophobic, transphobic, racist, sexist and other derogatory comments
- Stop social exclusion when it happens
- Avoid phrases or words that enforce gender stereotypes and negativity
- When you become aware of microaggressions, respond by using the strategy of calling in or calling out

**The Support through Sport eLearning series and resources educate coaches on how to reduce gender-based violence in sport.**

**Learn more at [coach.ca/SupportThroughSport](https://coach.ca/SupportThroughSport).**

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