

*Tobias Menzel, Birgit Braumüller, Ilse Hartmann-Tews*

# ***THE RELEVANCE OF SEXUAL ORIENTATION AND GENDER IDENTITY IN SPORT IN EUROPE***

FINDINGS FROM THE OUTSPORT SURVEY



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# IMPRESSUM

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# FOREWORD

The OUTSPORT project is co-financed by the European Commission through the Erasmus Plus program. It involves five European partner organisations: Italian Association for Culture and Sport (AICS), LEAP Sports Scotland (LEAP), German Sport University Cologne (DSHS), Vienna Institute for International Dialogue and Cooperation (VIDC), Organisation for Fresh Ideas, Hungary (FRIGO).

The project seeks to address homophobia, biphobia, transphobia, and interphobia<sup>1</sup> in sport through communication, awareness raising, training, scientific research, and by using sport itself as a tool. The main goals of the project are:

**Raising awareness about discrimination** in sport based on sexual orientation and/or gender identity through information and awareness-raising campaigns.

**Improving good governance in sport** (organisations) specifically in relation to discrimination based on sexual orientation and/or gender identity.

**Fostering capacity-building and education** against intolerance and discrimination for coaches and staff of organisations by developing a training toolkit for sports operators, which will empower them to promote an innovative approach to tackling hate crime and discrimination based on sexual orientation and/or gender identity in sport.

**Promoting sport itself as a tool** for the prevention of discrimination, bullying and hate crime based on sexual orientation and/or gender identity.

**Developing and proposing new guidelines** concerning LGBTI\*<sup>2</sup> rights for inclusion in the next EU Work Plan for Sport.

The research component of the OUTSPORT project, led by the German Sport University Cologne, is of fundamental importance to achieving the main project goals. OUTSPORT is the first initiative at the European level to gather scientific evidence on the phenomena of homophobia/transphobia in the field of sport.

The first objective of our research is to collect reliable data on experiences of discrimination related to LGBTI\* sexual orientation and gender identity in different fields of sport in Europe (the quantitative part of the research). The second aim is to explore the role of relevant stakeholders in the field of sport in tackling discrimination and homophobia/transphobia in sport (the qualitative part of the research). This report presents selected results from the quantitative research, the OUTSPORT Survey 2018.

The present report is a commented overview of selected results, and the purpose of this report is to present the core findings of the survey in a transparent and understandable way. Differences with regard to the five project countries are displayed in the tables/figures but are not further elaborated because of the complexity and individuality of each country's politics and sports culture, and because of the limited space of the report. A comparative analysis will be published at a later date. Differences with regard to gender identity and sexual orientation are mentioned in the corresponding sections in the text and, for the most part, are not presented in additional tables/figures.

<sup>1</sup> In the following the term "homophobia" is used as a catch-all term for homophobia, biphobia and other forms of prejudice, aversion and discrimination on grounds of sexual orientation and "transphobia" as a catch-all term for all forms of prejudice, aversion and discrimination on grounds of gender identity.

<sup>2</sup> The acronym LGBTI\* denotes lesbian/gay women, gay men, bisexual people, trans people and intersex people. The asterisk denotes queer people that do not identify as lesbian, gay, bisexual, transgender or intersex, but have a non-hetero sexual orientation and/or a non-cis gender identity. As we noticed in the course of this study, the acronym LGBTI (without any further placeholder like an asterisk) is too small to cover the great diversity of people with other sexual orientations or gender identities that diverge from what has emerged as a social norm.

## SUMMARY

The experiences of LGBTI\* people in sport are very diverse, possibly as diverse as the field of sport itself with its manifold forms, settings and contexts. This is demonstrated by the experiences of the (approx.) 5,500 LGBTI\* people who participated in the OUT-SPORT Survey 2018.

### Homo-/transphobia and prevention activities

The following findings illustrate that the vast majority of respondents perceive homo-/transphobia to be a problem in sport and transphobia is perceived to be an especially prominent problem in sport. This assessment can be associated with several factors: current and prior personal negative experiences, witnessing the use of homo-/transphobic language, and prevailing opinions about sport as a fundamentally homo-/transphobic environment. The three actions that are most often supposed by respondents to be helpful to tackle homo-/transphobic discrimination in the field of sport are (a) famous sports stars coming out, (b) high profile anti-homophobia/transphobia campaigns and (c) diversity trainings.

### Homo-/transphobic language

The majority of respondents witness homo-/transphobic language in sport, in other leisure activities and at work or in the educational system (school, university, etc.). However, the frequency of the noticed homo-/transphobic language is highest in other leisure activities than sport, but it is most harmful at work or in the educational system.

**5,524**

LGBTI\* respondents  
completed the survey.

Almost

**90%**

consider homophobia  
and particularly transphobia  
in sport a current problem.

**7 out of 10**

respondents suppose the coming  
out of famous sports stars and  
high profile and antihomophobia/  
transphobia campaigns to be helpful  
to tackle homo-/transphobic  
discrimination.

**82%**

have witnessed homo-/  
transphobic language in sport  
in the last 12 months.

## Sport participation and exclusion

The most popular sports among our active respondents are cardio-based fitness, running, swimming and football. About one third remains completely closeted in his or her sports context, whereas a bit more than a third is open to almost everyone. Almost every fifth respondent refrains from participating in a sport that they feel attracted to as a result of their sexual orientation and/or gender identity. This is most frequently the case for trans people and refers predominantly to football/soccer, dancing, swimming, and boxing.

### Negative personal experiences in the last 12 months

16% of respondents who are currently active in any sports have had at least one negative personal experience in the last 12 months that was related to their sexual orientation or gender identity. Trans people experience negative incidents disproportionately more often, which adds to the pre-existing challenges that trans people need to face when participating in sports. Verbal insults and structural discrimination are the most common forms of homo-/transphobic incidents, indicated by more than 75% of those with negative experiences. Moreover, experiences of physically crossing the line (i.e. being shoved and/or pushed) or even physical violence are not uncommon.

Perpetrators vary with regard to the type of incident and the sexual orientation or gender identity of the respondent. Most common perpetrators are other sport participants and team members. Lesbian/gay women and bisexual people mention their own team members most frequently as perpetrators, whereas gay men and people with other sexual orientations refer to other sport participants as the most common perpetrators. Trans people are more frequently harassed by coaches than cisgender people.

**33%**

remain completely closeted in their sports context.

**20%**

refrain from participating in a sport of interest due to their sexual orientation and/or gender identity.

**16%**

report at least one negative personal experience in a sports context related to their sexual orientation and/or gender identity. Of those with negative experiences:

**82%** Verbal insults, slurs

**75%** structural discrimination

**36%** physically crossing the line

**20%** physical violence

Most common perpetrators:

**53%** other sport participants

**49%** team members



## Reasons for not participating in sports

Respondents who are currently not active can be divided into two groups: those who have been previously active and then quit their sport for some reason, and those who have never been active in any sports besides physical education at school. For both groups, the main reasons for not participating in sports (anymore) are mostly unrelated to sexual orientation and/or gender identity, except for trans people. Those report more often that feelings of uncomfortableness due to their gender identity and negative experiences in physical education are primary reasons for their quitting sports, or their having never participated in sports at all.

## Reactions to negative experiences

In cases where respondents have endured a homo-/transphobic incident, those respondents predominantly either did not react at all or left the situation. Only a quarter confronted the perpetrator(s) and very few reported the case. Reasons for not reporting are manifold and almost half of the respondents argue that an effective intervention would be doubtful to occur.

The results further reveal that more than a third of respondents do not know of any organisation or individual to contact in case of negative experiences. If they are aware of organisations, these were primarily outside of organised sport.

**5%**

of (previously active) respondents quitted their sports participation because they have had negative personal experiences due to their sexual orientation and/or gender identity.

**53%**

do not react to incidents of homo-/transphobic discrimination.

**8%**

officially report those incidents.

**38%**

do not know an organisation or individual to contact in instances of being discriminated against in a sports context.

# 1. METHODOLOGY

The OUTSPORT Survey 2018 is one of two distinct empirical studies within the scope of the OUTSPORT Project. The survey focuses on the experiences of LGBTI\* people on an individual level, with the intention to collect reliable data on personal experiences in sports related to sexual orientation and/or gender identity.

## Target group

The target population of the survey was defined as:

- people who identify as lesbian, gay, bisexual, transgender and/or are intersex,
- who currently live in one of the 28 member states of the European Union and
- who are at least 16 years old.

Being active in sports was not mandatory to take part in the survey. People who were inactive in sports were also targeted to find out more about their reasons for not participating in or for quitting sports.

## Questionnaire

The questionnaire was developed on a scientific basis, considering prior research as well as practical knowledge from our project partners who have dealt with LGBTI\* issues for many years. Furthermore, the survey was pre-tested by a diverse group of people from our target group and subsequently adjusted.

The online survey was accessible in five languages, i.e. the four languages of the participating project countries (German, English, Italian, Hungarian) and in French<sup>3</sup>.

Thematically, the questionnaire covers questions from the following areas:

- Sociodemographics and sexuality
- General assessment of homophobia/transphobia
- Homophobic/transphobic language
- Sports participation and exclusion
- (Negative) experiences in different sports contexts
- Reactions to negative experiences

The questions which were without reference to any form of sports participation were usually available for every survey participant to answer. Based on current sports participation, the questionnaire distinguishes between three types of respondents: (A) Those who are currently active in sports, (B) those who have previously been active but stopped doing sports for some reason, and (C) those who only participated in physical education at school. In order to draw reasonable conclusions regarding the current situation in the field of sport, the survey included differentiated questions on personal experiences which have occurred during the past 12 months (from the point of completing the survey) for those who are currently active in sports.

<sup>3</sup> The translation was conducted by a professional translation agency (ETC- Official EU translations), using the original English version of the questionnaire as a basis. The experts from our project countries precisely double-checked the exact wording of the translated versions, especially with regard to LGBTI\* specific terms and expressions.

## Recruiting and representativeness

The aim was to draw a comprehensive sample from our target population in each of the 28 member states of the European Union, to allow for comparisons between the countries. A systematic sampling approach, based on the following steps, was used to realise an appropriate sample. As a first step, LGBTI\* organisations in each of the 28 EU countries were randomly contacted and asked for contact details from other national LGBTI\* organisations, LGBTI\* sport organisations and national umbrella sport organisations.

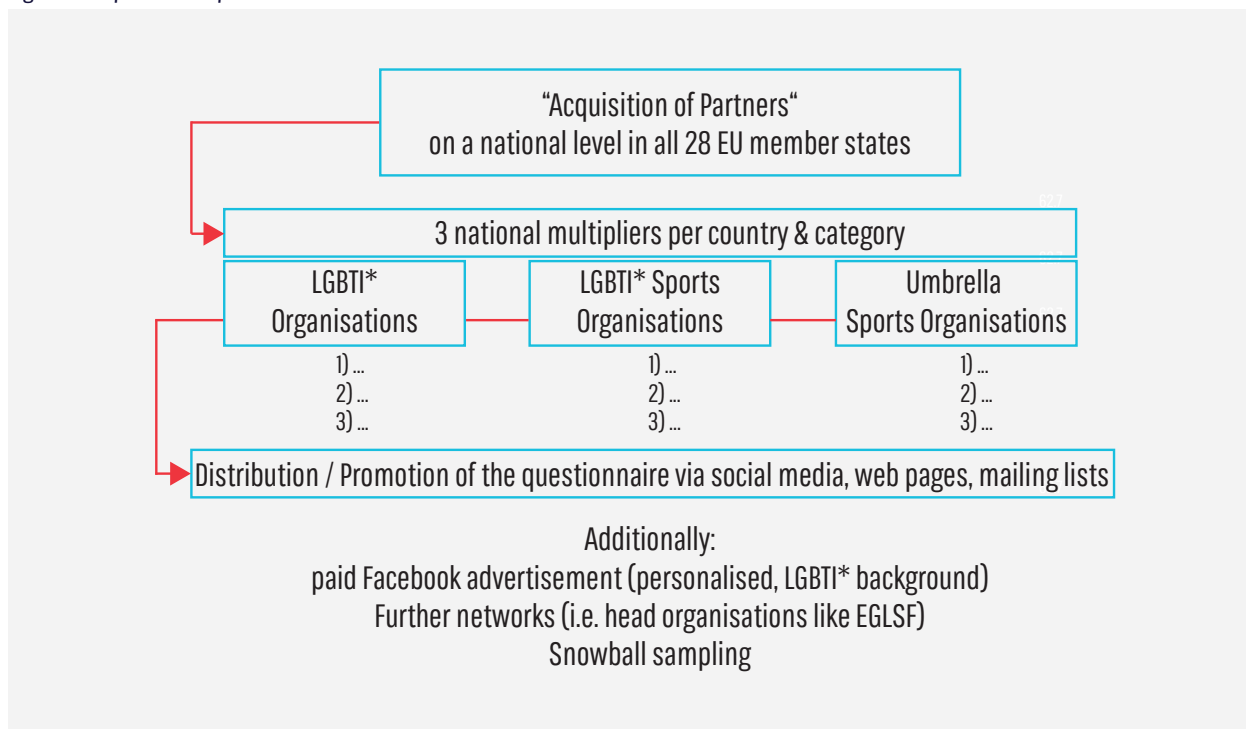
As a second step, each of the national organisations were supplied with a standardised package of our advertisement material (pictures, videos and texts) to promote the survey via social media, web pages or mailing lists in their country in a uniform way.

In addition, international LGBTI\* organisations like the European Gay & Lesbian Sport Federation (EGLSF) and the International Lesbian, Gay, Bisexual, Trans- and Intersex Organisation (ILGA) promoted the survey. Apart from the support of organisations, social

targeting (commercial Facebook advertising) was used to increase our reach and to balance out lower participation rates in specific countries. The advertisements were developed by the Italian project partner (AICS).

The online survey was open to anyone who saw the link. The present sample can be considered 'self-selected' and as such, the research does not claim to be representative, as there is no knowledge about the basic population and socio-structural parameters about it. One key concern was to promote the survey in a neutral way, in order to attract LGBTI\* individuals both with and without negative experiences related to their sexual orientation or gender identity. Accordingly, the words and expressions "negative experiences", "discrimination" or "harassment" were not used in any of our promotional activities.

Figure 1: Acquisition of partners

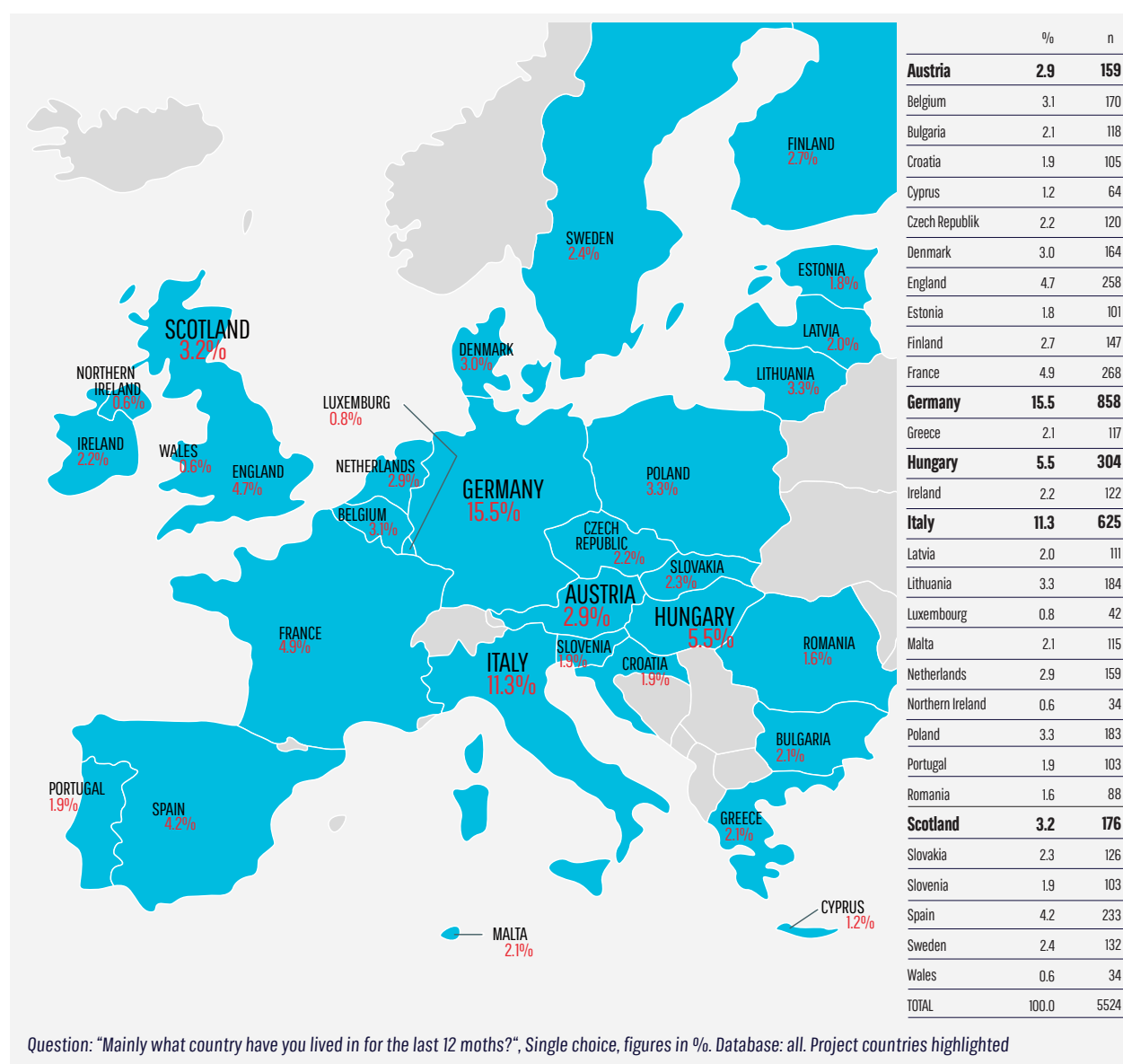


## Sample

The final sample contains 5,524 valid cases. Between March and August 2018, 6,344 people completed the survey. 820 cases were removed from the sample in several stages of data cleansing, most frequently because those cases did not belong to the defined target group (if they did not live in the EU, if they were too young and/or if they did not identify as LGBTI\*) or because they had answered less than 80% of the questions.

The breakdown by country of residence is shown in table 3, highlighting the five project countries. By comparing the share of each country's respondents in the sample with the share of each country's inhabitants in the EU population, some countries are overrepresented in our sample: Hungary (5.5% vs. 1.9%), Scotland (3.2% vs. 1.1%) and Austria (2.9% vs. 1.7%). Conversely, Germany (15.5% vs. 16.2%) and Italy (11.3% vs. 11.9%) are slightly underrepresented.

Figure 2: Country of residence



## How to read the tables and figures of the report

The majority of the tables in this report follow the same structure as displayed in table 2. The columns represent the five project countries, a summarisation of all other EU countries and the total of all EU countries. There are three basic types of tables, depending on the related Type of question (single choice, multiple choice or scale). The type of question is always mentioned in the table signature beneath the question text (see below):

- The column total is always 100% and thus the total is not additionally displayed.
- Tables with **single choice** questions always show percentages summed up by column. The column total is always 100% and thus the total is not additionally displayed.
- Tables with **multiple choice** questions also display percentages (c.f. table 13), but the column total can exceed 100%. Each value represents the share of respondents who checked the corresponding item in the questionnaire.
- The database – displayed in the last row (“N”) indicates the number of participants who (a) saw the question and (b) who checked at least one of the items.

- Tables which show the results for questions with **scales** either display the share of participants in each point of the scale in percentages (like the single choice tables), or the mean value together with the standard deviation as a measure of dispersion, or both combined in one table.

Some questions are intended for a certain group of respondents by using filters. This target group of respondents is defined and displayed in the database in every table signature. The main filter in this survey is “participation in sports” (active in the last 12 months, previously active, inactive except for physical education, c.f. figure 6).

The total case numbers of the tables can vary. This can be because the particular question was not addressed to every respondent (due to the filter), or because some of the respondents did not answer the question for other reasons (item/unit non-response).

Table 1: Example table

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Characteristics A	74.1	64.3	33.0	72.7	53.2	59.5	60.8
Characteristics B	25.9	35.7	67.0	27.3	46.8	40.5	39.2
N	174	861	276	626	141	3174	5252
Question: “How does a good table look like?”, Single choice, figures in %. Database: all. Project countries highlighted							

Table 2: Abbreviations

Abbrev.	Term	Interpretation
M	Mean	Arithmetic mean: Sum of all values in a set of data divided by the count of all values in the set.
SD	Standard deviation	Measure of dispersion of a set of data from its mean. It shows how much the single values are spread out around the mean value.
MIN	Minimum	Lowest value in a data set.
MAX	Maximum	Highest value in a data set.
N	Number	Count of all values in a data set.
-	Database	All cases which are included in the analysis. Missing values can occur due to the filtering of the questionnaire or due to the response behavior of the participants (item/ unit non-responses).
-	Single choice	Question with only one option to check.
-	Multiple choice	Question with multiple options to check.
-	Open Question	Option to type in an answer.
-	Mandatory Question	A question which has to be answered in order to continue the questionnaire.

## Limitations

The findings of the OUTSPORT Survey 2018 should be interpreted against the background of some limitations.

As mentioned, this study does not claim to be representative so the results cannot be generalised to a wider population. One of the reasons is the language barrier. The questionnaire was addressing respondents from all of the 28 EU states and was available in five languages, i.e. English, French, German, Hungarian and Italian. People who could not respond in their mother language could be underrepresented in the sample as it is less convenient to complete a survey in a foreign language.

Another factor is that people who completed the survey in a foreign language may have encountered more difficulty in understanding the questions than those who completed the survey in their native language.

Finally, quantitative research reduces complexity by describing 'reality' with concepts of commonplace knowledge and academic cognitive maps. This implies that the report cannot take appropriate account of the wide range of diverse individual experiences of LGBTI\* people.

## 2. DEMOGRAPHICS OF THE SAMPLE

The age of our survey participants ranged between 16 and 78 years and the average age of respondents is 26.5 years ( $\pm 11.6$ ). The comparatively young age of respondents could be a result of the recruitment via social media, which is predominantly used by younger people. Noticeable differences can be found among the German and Scottish participants, who are six to seven years older on average than the participants from Austria, Hungary and Italy (table 3).

The share of college or university graduates among the respondents was relatively high (44%). 1% had no formal education and 12% had achieved lower secondary education or were still at school, whereas 34% had completed upper secondary education. 9% graduated in a post-secondary education other than

college or university. Doctoral degrees or PhD's were rare (table 4). Respondents with lower secondary education or who were still at school were more likely to be from Italy (19%) or Austria (19%) than from Germany (8%), Hungary (10%), or Scotland (2%). Scotland (75%) has by far the most respondents with a university degree, followed by Germany (57%) and Hungary (46%).

Remarkable differences can be found with regard to sex assigned at birth. Eight out of ten respondents in Austria were assigned female at birth, which is considerably more than the corresponding percentages in the Italian (69%), German (63%), Scottish (49%) or Hungarian (29%) sub-samples (table 5).

Table 3: Age

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
M	27.3	33.1	27.0	25.7	32.9	24.5	26.5
SD	11.3	11.7	9.2	10.8	13.0	11.1	11.6
MIN	16	16	16	16	16	16	16
MAX	58	74	63	76	78	77	78
N	143	804	288	581	164	3206	5186
Question: "How old are you?" Open question. Mean, standard deviation, minimum and maximum age. Database: all.							

Table 4: Education

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
No formal education	4.9	0.4	2.1	0.5	1.2	1.5	1.3
Lower secondary education or still at school	18.9	8.0	10.3	19.3	2.4	11.3	11.6
Upper secondary education	30.8	22.6	24.1	44.2	17.1	36.3	33.7
Post-secondary education other than college/ university	7.7	10.9	17.7	3.8	4.3	9.6	9.4
College/ university higher academic education	37.8	56.8	45.7	32.0	75.0	40.8	43.6
Doctoral degree /PhD	0.0	1.0	0.0	0.2	0.0	0.2	0.3
Other	0.0	0.4	0.0	0.0	0.0	0.3	0.2
N	143	805	282	584	164	3197	5175
Question: "What is the highest level of education you have achieved?" Single choice, figures in percent. Database: all.							

## Gender identity and sexual orientation

Two central concepts in our study are sexual orientation and gender identity. Gender identity can be described as “an individual’s internal sense of being male, female, transgender or something else” (Krane, 2016, p. 241)<sup>4</sup>. In this survey, two subsequently asked questions were used to retrieve data about the gender identity of respondents.

First, respondents were asked for sex assigned at birth, which could be either male or female<sup>5</sup>. They were then asked how the respondent would describe themselves with regard to their gender identity, offering four options: female, male, transgender and

the option “I do not identify myself as male, female or transgender”. Crossanalysis of these two questions resulted in the 6 categories of the respondents’ gender identity, which is presented in table 6.

Table 5: Assigned sex at birth

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Female	80.5	63.3	28.6	68.8	49.4	59.8	59.9
Male	19.5	36.7	71.4	31.2	50.6	40.2	40.1
N	159	858	304	625	176	3402	5524

Question: “What sex were you assigned at birth?”, Single choice, figures in percent. Database: all (mandatory question).

Table 6: Gender identity

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Cisgender							
Female	61.6	44.6	24.3	59.8	36.4	46.6	46.7
Male	17.6	30.2	68.4	28.8	44.3	37.3	36.6
Transgender							
Female	1.9	3.5	1.3	0.3	1.7	0.8	1.2
Male	4.4	5.1	0.7	2.2	3.4	2.1	2.6
Non-binary	5.7	6.6	1.0	1.6	8.5	4.1	4.2
I do not identify me as male, female or transgender	8.8	9.9	4.3	7.2	5.7	9.1	8.6
N	159	858	304	625	176	3402	5524

Question: “How do you describe yourself?” and question “What sex were you assigned at birth?” Single choices, figures in percent. Database: all (mandatory questions).

<sup>4</sup> Krane V. (2016). Inclusion to exclusion. Sport for LGBT athletes. In R. J. Schinke, K. R. MacGannon & B. Smith (Ed.), Routledge International Handbook of Sport Psychology (238-247). New York: Routledge.

<sup>5</sup> Our respondents had to be at least 16 years old to participate in the survey. At the time of respondents’ birth or earlier, none of the 28 EU member states has officially recognized a third sex at birth.



The vast majority identify as cisgender, with more cisgender women (47%) than cisgender men (37%). One out of twelve respondents (8%) identify as transgender and of those, most identify as non-binary (4%), followed by those identifying as trans women (3%) and lastly those identifying as trans men (1%). Again, one out of twelve respondents (9%) do not identify as male, female or transgender at all. Trans people are a little more frequent in the German (15%), Scottish (13%) and Austrian (12%) samples, in comparison to the Hungarian (3%) and Italian (4%) samples.

When referring to gender *identity*, it will be primarily distinguished between three categories:

- Cisgender people (cisgender women, cisgender men)
- Trans people (trans women, trans men and non-binary trans people)
- Non-identifying people (people who do not identify as male, female or transgender)

Sexual orientation was assessed by asking in what way people would describe themselves with regard to their sexual orientation. Seven response options were provided: Almost one third identify as gay (32%), one quarter identify as lesbian (25%) and another quarter identify as bisexual (25%). 11% of the respondents identify as heterosexual.<sup>6</sup> 5% indicate having another sexual orientation, 1% indicate being unsure and 1% preferred not to say (table 7).

The five project countries vary considerably with regard to the sexual orientation of respondents: Hungary has by far the highest percentage of gay men (62%) and the lowest percentage of bisexual people (13%). A similar structure can be found in the Scottish sample, which is made up of 43% gay men and 15% bisexual people. Austria (37%), Germany (34%) and Italy (34%) have above average numbers of lesbian/gay women respondents. Bisexual people are more strongly represented in Austria (25%) and Italy (25%).

In order to build sufficiently large categories, sexual orientation is summarized with four categories in the report:

- Gay men
- Lesbian/gay women
- Bisexual people
- Other\* (including "heterosexual/straight", "other", "not sure" or "prefer not to say")

95% of those identifying as gay men are cisgender and 89% of those identifying as lesbian are cisgender. Bisexual people are most likely to be cisgender women (67%) and less likely to be cisgender men (17%). Respondents from the other\* category are mostly trans and non-identifying people (47%) or cisgender women (43%).

Table 7: Sexual orientation

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Gay men	18.2	28.2	62.2	24.8	42.6	31.7	32.1
Bisexual	24.5	16.8	12.8	25.6	15.3	28.8	25.2
Lesbian/ gay women	37.1	34.4	15.8	33.9	30.1	20.4	24.6
Heterosexual	10.7	12.4	5.3	7.8	6.8	11.3	10.6
Other	7.5	4.2	3.6	5.3	3.4	5.7	5.3
Not sure	1.9	2.0	0.3	1.0	0.6	1.1	1.2
Prefer not to say	0.0	1.5	0.0	1.6	1.1	1.0	1.1
N	159	858	304	625	176	3402	5524
Question: "How do you describe yourself?" Single choice, figures in percent. Database: all (mandatory question).							

<sup>6</sup> As the adjusted sample only contains respondents with an LGBTI\* background, people who identified as heterosexual are non-cisgender and/or intersex respectively.

Respondents who are intersex make up almost 4% of the sample and are most strongly represented in the Italian sample (6%) (table 8).

Within the scope of this report, intersex respondents are assigned to the corresponding category regarding their sexual orientation (31% gay men, 23% lesbian/gay women, 23% bisexual people and 23% other) and their gender identity (3% trans women, 4% trans men, 9% non-binary trans people, 33% cisgender women, 38% cisgender men and 14% non-identifying people).

To get an idea about how openly the respondents usually dealt with their sexual orientation and/or gender identity, in a general sense (not just in a

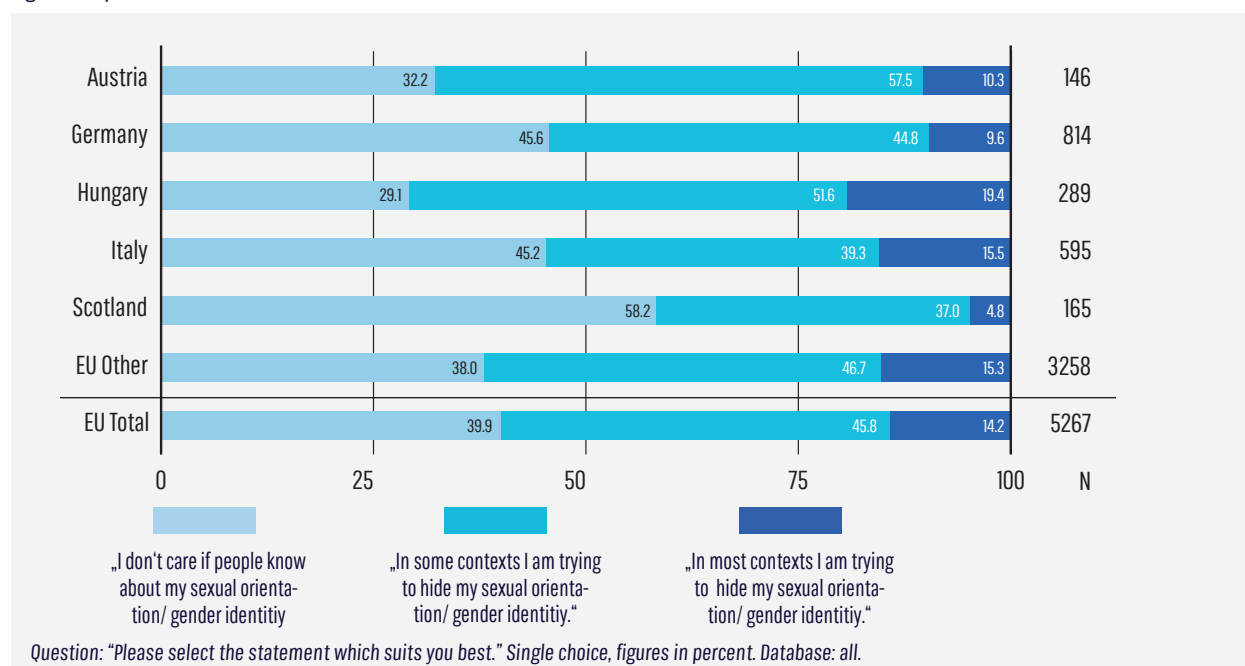
sports context), they were asked to select one of the following statements about 'openness' that best suited them (figure 3). Most of the respondents (46%) stated that they try to hide their sexual orientation or gender identity in some contexts, whereas 14% try to hide it in most contexts. However, 40% of respondents stated that they don't care if people know about their sexual orientation or gender identity. The share of completely open respondents is higher among the Scottish (58%), German (46%) and Italian (45%) respondents and lower among Austrian (32%) and Hungarian (29%) respondents.

Table 8: Intersexuality

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Yes	1.3	3.8	1.7	6.1	1.1	3.5	3.6
No	98.7	96.2	98.3	93.9	98.9	96.5	96.4
N	159	853	303	625	176	3398	5514

Question: "Are you intersex?" Single choice, figures in percent. Database: all.

Figure 3: Openness



### 3. GENERAL ASSESSMENT OF HOMOPHOBIA

All of the respondents were asked to assess homo-/transphobia in sport on a general level ("Do you think that there is a problem with homophobia/transphobia in sport?"). The options to respond to this question were organised as a five-point scale, going from 1 (no problem) to 5 (big problem). Both concepts were defined in the survey as follows:

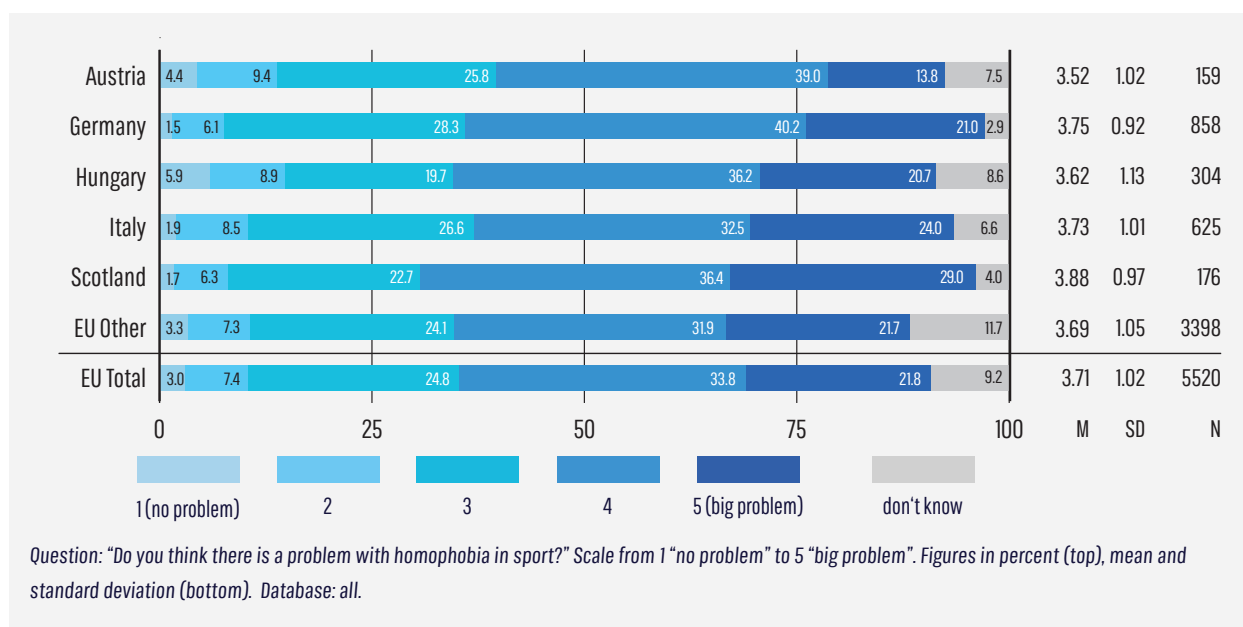
- Homophobia is "prejudice or discrimination on grounds of homo- or bisexual orientation"
- Transphobia is "prejudice or discrimination on grounds of transgender identity"

Referring to homophobia, the vast majority of our respondents think that it is a problem in sport and 22% identify it as a big problem (figure 4). The mean value is 3.71.

With regard to the diversity of sexual orientations and gender identities surveyed, the data indicates that gay men perceive homophobia to be a bigger problem than lesbian/gay women and bisexual people. Regarding gender identity, trans and non-identifying people evaluate the problem to be worse more often than cisgender people making the same evaluation.<sup>7</sup>

Overall, transphobia (M=4.46) in sport is perceived to be a bigger problem than homophobia (M=3.71) (figure 5) – irrespective of gender identity and with only small differences regarding sexual orientation: bisexual people rate the problem of transphobia in sport lower than gay men and lesbian/gay women.<sup>8</sup>

Figure 4: General assessment of homophobia in sport



<sup>7</sup> As the adjusted sample only contains respondents with an LGBTI\* background, people who identified as heterosexual are non-cisgender and/or inter sex respectively.

<sup>8</sup> Gay men: M=4.51, SD=.83; Lesbian/gay women: M=4.51, SD=.82; Bisexual people: M=4.38, SD=.90

Respondents who had negative experiences in a sports context were asked what they would consider to constitute appropriate measures to tackle discrimination and/or harassment in sport, based on sexual orientation and/or gender identity. Five measures and an additional category of 'other' were offered and could be checked independently from each other (enabling multiple responses).<sup>9</sup>

'Encouraging more sports stars to come out' (71%) and 'high profile anti-homophobia/transphobia campaigns' (70%) are the most commonly given answers,

followed by diversity training sessions (63%) and more inclusive policies (52%) (table 9). However, one third (36%) consider tougher sanctions appropriate.

In relation to the sexual orientation of our respondents, sports stars coming out publically is the type of occurrence most frequently considered helpful by gay men (76%). Comparitively, inclusive policies are more frequently considered helpful by trans and non-identifying people (65%).

Figure 5: General assessment of transphobia in sport

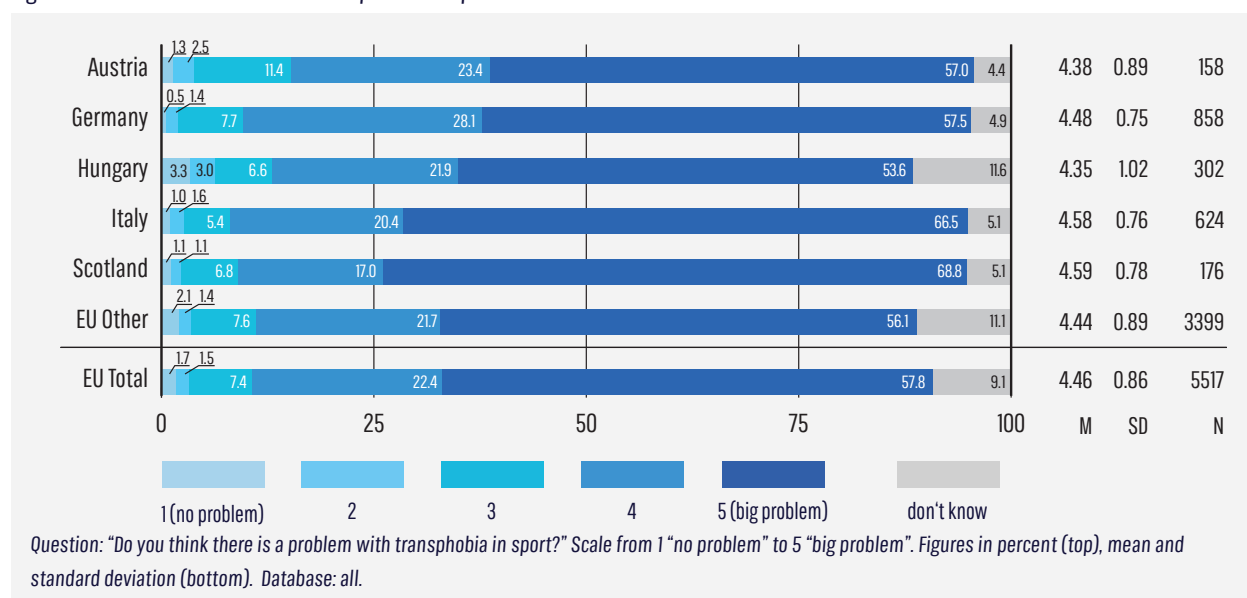


Table 9: Helpful to tackle discrimination in sport

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Encouraging more sports stars to come out	73.7	77.7	73.8	57.4	71.7	69.1	70.7
High profile anti-homophobia/transphobia campaigns	72.6	71.2	64.3	64.5	73.6	71.6	70.1
Diversity trainings	61.1	57.3	44.0	83.9	66.0	62.5	62.7
More inclusive policies	51.6	44.3	52.4	54.2	62.3	56.6	52.4
Tougher sanctions	34.7	34.0	16.7	37.4	54.7	38.5	35.9
Other	6.3	16.2	4.8	7.7	13.2	7.6	10.0
None of the above mentioned	4.2	2.9	0.0	1.3	0.0	2.7	2.4
N	95	309	84	155	53	408	1104

Question: "What do you think would be helpful in tackling discrimination and/or harassment based on gender identity and/or sexual orientation in sport?"

Multiple choice, figures in valid percent. Database: Active sport participants with discrimination experiences.

<sup>9</sup> Due to an unintended permeability in the filter guidance, some people who have not had negative experiences in the last 12 months have also answered that question. As perceptions about helpful actions to tackle discrimination are probably (mostly) independent from immediate experiences of discriminations and for the sake of a higher number of cases, the table includes all participants who made a valid statement in this question (n=1104).

## 4. HOMOPHOBIC / TRANSPHOBIC LANGUAGE

To get an idea of how widespread the use of homophobic/transphobic language is, our respondents were asked to report instances in which they had witnessed the use of homophobic/transphobic language in the last 12 months. They were asked for three different subareas of their lives: sport, leisure activities (other than sport) and workplace/educational systems. Response options were provided using a five-point scale, going from “never” (1) to “very often” (5). Homophobic/transphobic language was defined as “the use of expressions like ‘that’s so gay’, derogatory words and/or jokes about sexual orientation and gender identity issues.”

The mean values of responses to this question vary between 2.94 in sport and 3.16 in leisure activities (other than sport), which indicates that homophobic/transphobic language can be witnessed in all three contexts to more or less the same degree. However, there is a tendency of homophobic/transphobic language being witnessed more often in other leisure activities than sport (table 10).

Substantial differences regarding sexual orientation and gender identity can only be found in the subareas ‘leisure activities (other than sports)’ and ‘workplace/

educational system’. Gay men witness homophobic/transphobic language less often than lesbian/gay women, bisexual people and people with other sexual orientations. Regarding gender identity, non-binary trans and non-identifying people witness the most usages of homophobic/transphobic language.<sup>10</sup>

We also wanted to know how often respondents felt discriminated against or offended by usages of homophobic/transphobic language, where they have witnessed those usages (table 11). The subarea ‘workplace/educational system’ seems to be the context in which homophobic/transphobic language is most harmful, followed by the contexts of non-sporting leisure activities and sport.

Within the context of sport, bisexual people feel less frequently offended or discriminated against by the use of homophobic/transphobic language than gay men or lesbian/gay women. Regarding gender identity, trans women and non-binary trans people are more likely to feel offended than cisgender people.<sup>11</sup>

Table 10: Homo- and transphobic language in comparison (witnessed)

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
In sports (physical activity, spectator sports, etc.)	2.83 (1.26)	2.73 (1.24)	3.03 (1.31)	3.12 (1.28)	2.90 (1.25)	2.96 (1.35)	2.94 (1.32)
In leisure activities (other than sports)	2.96 (1.32)	2.97 (1.13)	3.31 (1.27)	3.61 (1.23)	2.70 (1.12)	3.15 (1.27)	3.16 (1.26)
At workplace / In the educational system (school, university, etc.)	2.56 (1.30)	2.33 (1.22)	3.26 (1.34)	3.41 (1.35)	2.70 (1.32)	3.12 (1.35)	3.01 (1.37)
N	143	792	268	551	162	3006	4922

Question: “In the last 12 months, have you witnessed the use of any homophobic or transphobic language?” Scale from 1 “never” to 5 “very often”. Mean and standard deviation. Database: all.

10 In Leisure activities: Other: M=3.34, SD=1.22; Bisexual people: M=3.28, SD=1.25; Lesbian/gay women: M=3.17, SD=1.26; Gay men: M=2.97, SD=1.25; Non-identifying people: M=3.37, SD=1.24; Non-binary trans people: M=3.32, SD=1.22; Cisgender women: M=3.25, SD=1.25; Trans women: M=3.18, SD=1.31; Trans men: M=3.16, SD=1.18; Cisgender men: M=2.99, SD=1.26. At workplace/In the educational system: Other: M=3.26, SD=1.35; Bisexual people: M=3.21, SD=1.35; Lesbian/gay women: M=3.00, SD=1.36; Gay men: M=2.72, SD=1.34; Non-identifying people: M=3.25, SD=1.32; Non-binary trans people: M=3.24, SD=1.39; Cisgender women: M=3.13, SD=1.36; Trans men: M=3.03, SD=1.39; Trans women: M=2.83, SD=1.39; Cisgender men: M=2.78, SD=1.36.

11 Gay men: M=3.01, SD=1.32; Lesbian/gay women: M=2.95, SD=1.29; Bisexual people: M=2.79, SD=1.35; Trans women: M=3.80, SD=1.27; Non-binary trans people: M=3.48, SD=1.22; Cisgender men: M=2.95, SD=1.33; Cisgender women: M=2.84, SD=1.33.

Table 11: Homo- and transphobic language in comparison (felt discriminated against)

	AUT		GER		HUN		ITA		SCO		EU Other		EU Total	
In sports (physical activity, spectator sports, etc.)	2.64	(1.24)	2.71	(1.28)	3.55	(1.23)	3.09	(1.39)	3.28	(1.23)	2.95	(1.34)	2.97	(1.34)
In leisure activities (other than sports)	2.61	(1.29)	2.75	(1.25)	3.49	(1.20)	3.24	(1.33)	3.06	(1.28)	3.03	(1.29)	3.02	(1.30)
At workplace / In the educational system (school, university, etc.)	2.78	(1.32)	2.70	(1.29)	3.60	(1.27)	3.42	(1.36)	3.18	(1.28)	3.20	(1.32)	3.17	(1.34)
N	118		640		223		480		134		2459		4054	
Question: "Did you feel discriminated against or offended by this language?" Scale from 1 "never" to 5 "very often". Mean and standard deviation. Database: Witnesses of homo-/transphobic language.														

## 5. SPORTS PARTICIPATION AND EXCLUSION

The following section deals with the sports participation of respondents and perceived feelings of exclusion from particular sports.

To determine the current and former involvement of respondents in sporting activities, respondents were asked whether they have ever participated in any other sporting activities apart from physical education. If respondents answered yes to this question, they were also asked if they have participated in sport during the last 12 months (figure 6).

In total, two-thirds of our sample have been active in sports during the last 12 months, 22% have been active in sports previously (but not in the last 12 months) and 16% have never been active in sports, apart from obligatory physical education at school.

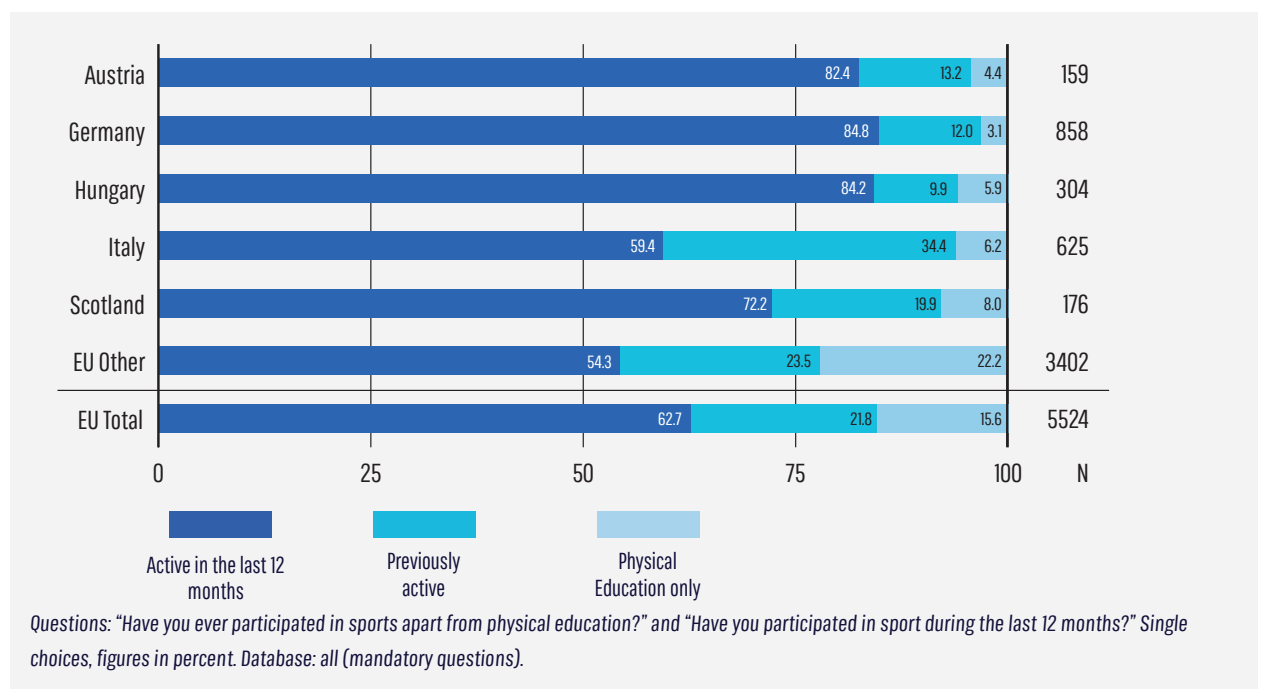
The share of active participants in sport is slightly higher among lesbian/gay women (67%) and a little bit lower among bisexual people (59%) and others (59%). Regarding gender identity, trans women (57%), non-binary trans people (58%) and non-iden-

tifying people (60%) are slightly underrepresented in the share of currently active participants in sporting activities, whereas trans men (68%) are slightly overrepresented. Cisgender people, both men and women, are in the average range (63%).

Focusing on the group of respondents who have been active in sports during the last 12 months (hereafter described as “active”) reveals that there is a huge variety of different sporting activities that are practised. Table 12 shows the sports activities that are most important to our respondents.<sup>12</sup> Cardio-based fitness is by far the most popular sporting activity (28%), followed by running (20%) and swimming (15%). Football/soccer (12%) and dancing (11%) complete the five most commonly practised sporting activities in our sample.

In case the sporting activity is not practised alone, respondents were asked to whom they are ‘out’ with regard to their sexual orientation and/or gender identity in the context of this sport (answer options: “no one”, “some” or “(almost) everyone”).

Figure 6: Sport participation



12 The respondents were able to select up to two sports activities.

Referring to the most important sports activity of our respondents, the respondents are distributed more or less evenly over all categories. 33% remain in the closet, 31% are out to some people in their sports activity and 36% are out to (almost) everyone (figure 7).

Lesbian/gay women (48%) and gay men (42%) are more often out to (almost) everyone in a specific sports context, in comparison to bisexual people (22%) and people with other sexual orientations (27%). The latter group remain in the closet more often within their most important sport (bisexual

people: 44%, others: 40%). Regarding gender identity, rather small differences occur with one exception: trans women appear to be more frequently out to everyone (60%) than all other groups in the survey.

Table 12 : Most important sports activities

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Fitness-cardio	26.5	30.4	34.3	22.5	17.3	27.1	27.5
Running	21.2	24.3	21.3	13.0	27.6	18.2	19.6
Swimming	13.6	13.5	16.5	16.0	11.8	15.8	15.2
Football (soccer)	25.8	17.6	6.3	15.2	11.8	8.4	11.7
Dance	9.8	7.4	8.7	7.0	7.1	13.8	11.0
Weight training	9.8	6.9	18.9	8.4	7.9	6.1	7.7
Martial Arts	6.1	6.7	5.1	9.5	5.5	6.3	6.6
Yoga	6.1	6.9	7.5	4.9	1.6	6.2	6.1
Volleyball	7.6	5.1	5.9	13.3	1.6	4.8	5.8
Walking	3.0	3.2	4.3	6.5	6.3	6.3	5.4
Badminton	3.8	4.8	3.9	0.3	8.7	3.8	3.8
Basketball	1.5	1.9	2.8	3.8	5.5	4.7	3.8
Climbing	6.8	5.2	0.8	3.0	5.5	3.2	3.6
Hiking	3.0	3.7	5.5	1.4	5.5	3.6	3.6
Bicycling	2.3	5.2	5.5	0.3	5.5	2.4	3.1
Tennis	1.5	2.2	2.4	5.1	4.7	3.1	3.1
Boxing	2.3	3.2	2.0	3.5	2.4	2.9	2.9
Gymnastics	4.5	3.2	3.5	4.9	0.0	2.3	2.8
Athletics	4.5	2.1	3.1	3.8	2.4	2.4	2.6
Equestrian sports	0.8	1.5	0.8	1.1	1.6	3.6	2.5
Rugby	1.5	1.4	0.0	2.7	11.0	2.4	2.3
Mountain biking	3.8	3.6	2.8	1.4	0.0	1.7	2.1
N	132	727	254	369	127	1847	3456

Question: "What sports activities that you took part in during the last 12 months were most important to you?" Multiple choice, figures in percent (sports with over 2%). Database: Active in the last 12 months.



Another area which the survey sought to investigate was if respondents felt excluded from or had stopped participating in particular sports on grounds of their sexual orientation and/or gender identity. One out of five respondents from across the entire sample states that they had refrained from certain sports as a result of their sexual orientation and/or gender identity (Figure 8).<sup>13</sup>

The percentage of those who have refrained from certain sports on grounds of sexual orientation and/or gender identity is slightly lower among lesbian/gay women (14%) and bisexual people (17%) and considerably higher among individuals with sexual orientations other than gay/lesbian/bisexual (29%). Striking differences can be found with regard to gender identity: more than half of trans people (54%) feel

Figure 7: Openness in this sport context

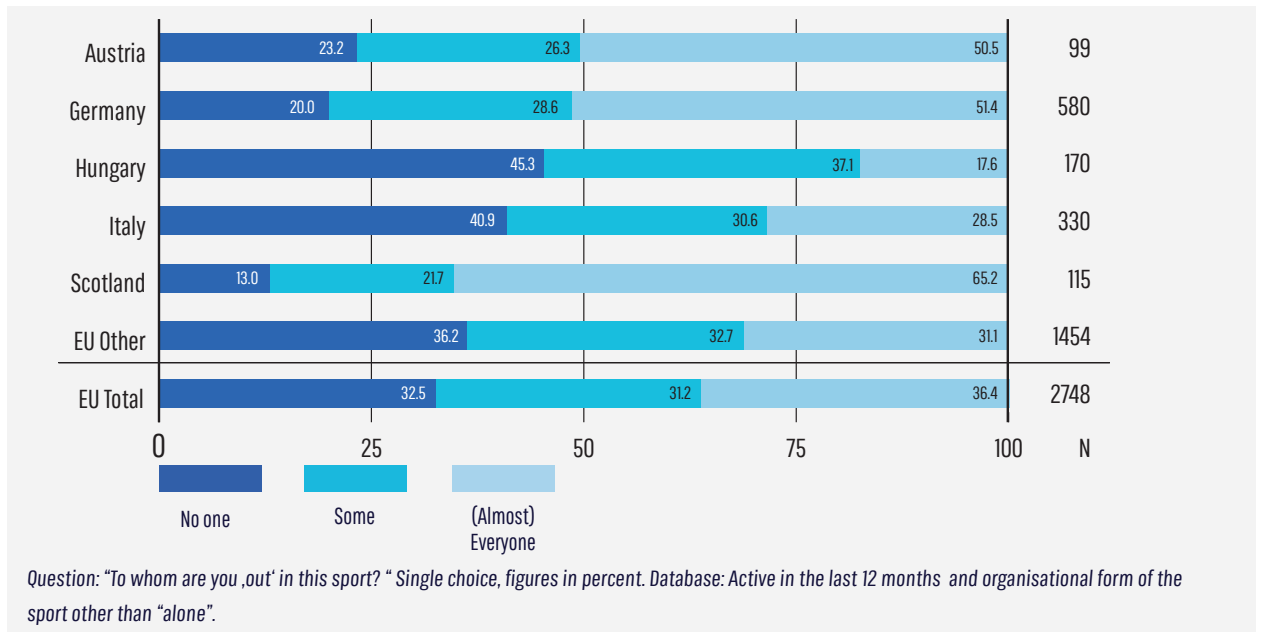
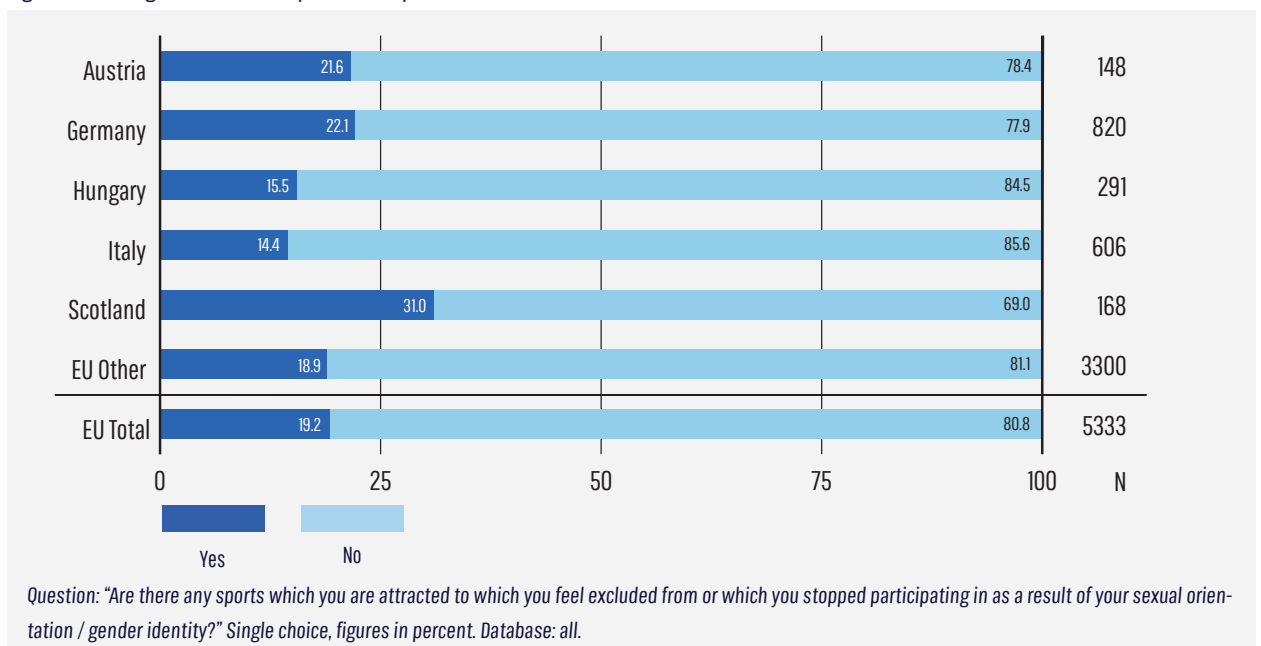


Figure 8: Feeling excluded from particular sports



13 In the questionnaire we used the wording "as a result of" and curtailed the complexity of social reality because of lack of space. Of course, the authors are aware that the reasons of feeling excluded are not sexual orientation/gender identity in of themselves, but the social reactions and societal constructions about them.

excluded from particular sports or have at one point stopped participating in a particular sport or sports as a result of their gender identity. Trans men have the highest share (57%), followed by trans women (53%) and non-binary trans people (52%). Non-identifying people (38%) also often feel excluded, whereas the shares are smaller for cisgender people (males: 19%, females: 10%).

Table 13 details the sports which respondents feel excluded from or stopped participating in due to their sexual orientation and/or gender identity. The most

prominent sport is football/soccer, in which almost 28% feel excluded, followed by 17% from dancing and 16% from swimming. Two combat sports complete the top five sports from which most respondents feel excluded, with 14% from boxing and 11% from martial arts.

Table 13 : Sports which people are attracted to but feel excluded from

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Football (soccer)	20.0	26.5	20.5	29.8	41.2	26.9	27.3
Dance	13.3	12.4	18.2	16.7	5.9	19.4	17.0
Swimming	20.0	25.9	9.1	7.1	13.7	15.4	16.3
Boxing	26.7	8.2	13.6	22.6	9.8	14.0	13.9
Martial Arts	16.7	11.2	15.9	7.1	11.8	10.5	10.8
Basketball	3.3	4.1	6.8	10.7	3.9	9.3	8.0
Ballet	-	5.9	9.1	8.3	5.9	8.2	7.5
Rugby	-	4.1	-	10.7	17.6	7.2	7.0
Fitness-cardio	3.3	7.6	6.8	2.4	5.9	6.3	6.1
American Football	13.3	5.3	-	7.1	-	5.8	5.5
Gymnastics	-	5.9	6.8	3.6	3.9	6.0	5.5
Volleyball	3.3	4.1	11.4	6.0	5.9	5.2	5.3
Weight Training	6.7	2.9	6.8	3.6	3.9	5.3	4.8
Yoga	3.3	1.2	11.4	3.6	3.9	4.3	4.0
Ice Hockey	10.0	1.8	-	2.4	-	4.5	3.6
Badminton	-	1.8	11.4	2.4	5.9	2.7	3.0
Baseball / Softball	6.7	1.2	-	4.8	3.9	3.2	3.0
Shooting	6.7	4.1	-	-	2.0	3.2	3.0
Motorsports	3.3	2.4	2.3	7.1	-	2.7	2.9
Skateboarding	3.3	1.2	-	4.8	-	3.3	2.8
Athletics (Track-and-field)	3.3	0.6	-	1.2	2.0	3.5	2.6
Handball	-	2.4	6.8	-	-	3.0	2.6
Ice Skating	-	-	4.5	6.0	-	2.8	2.5
Hockey	-	1.8	2.3	-	3.9	2.3	2.0
N	30	170	44	84	51	599	978

Question: "Which sports are you attracted to but feel excluded from?" Multiple choice, figures in percent (sports with over 2%). Database: Respondents who are attracted to but feel excluded from specific sports.

## 6. NEGATIVE PERSONAL EXPERIENCES AND REASONS FOR NOT PARTICIPATING IN SPORTS

The following chapter concerns a central element of the survey, detailing key findings around negative experiences in a sports context. It is structured into three parts with each part referring to respondents' status of sports participation, i.e. active in the last 12 months, previously active, or inactive except for physical education. Therefore, this chapter details a different sample subgroup in each case. The first section deals with those who have been active in sports during the last 12 months.

### 6.1 CURRENTLY ACTIVE IN SPORTS

#### Occurrence

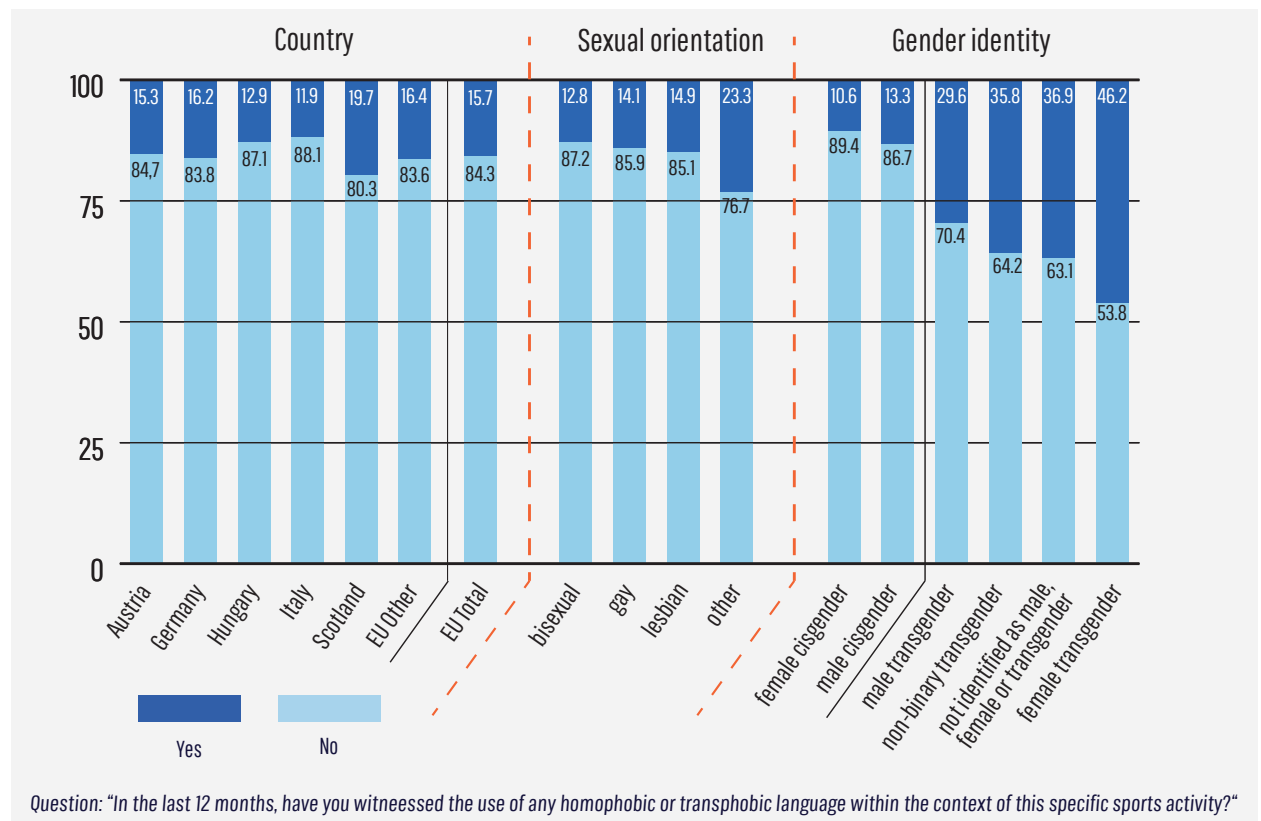
One of the core survey questions concerns whether

respondents active in sports had any negative personal experiences in the first and second sports which they identified as most important to them, during the past 12 months.<sup>14</sup> In formulating the question, the following was emphasized:

- personal character of the negative experiences,
- causal attribution to one's own sexual orientation and/or gender identity,
- topicality (during the last 12 months), and
- connection to the specific sports context that was previously indicated in the questionnaire.

One out of six currently active respondents in our sample (16%) reports to have had negative personal experiences (figure 9).

Figure 9: Negative experiences in a sports context by country, sexual orientation and gender identity



<sup>14</sup> If respondents practice more than one sport, or the same sport in different settings, every question that was related to the sports context was asked twice. Figure 9 refers to negative experiences in both contexts – for instance, if someone hasn't had negative experiences in one sports context but in the other, that counts as a "yes".

Differences between gay men (14%), lesbian/gay women (15%) and bisexual people (13%) are marginal (figure 10) in comparison to people with other sexual orientations. Almost a quarter of these people (23%) report to have had negative personal experiences.

While cisgender people report negative experiences in 12% of cases (females 11%, males 13%), more than a third (36%) of all non-cisgender people have had bad experiences in their sports – three times more than cisgender people. The subgroup of trans women (46%) displays the highest percentage of individuals affected, followed by non-identifying people (37%), non-binary trans people (36%) and trans men (30%).

### Forms and frequencies

To investigate the variety and forms of negative personal experiences, respondents who had experienced at least one negative incident in the past 12 months were asked how often they experienced each of the following seven forms, from “never” (1) to “very often” (5):

- *Verbal insults / slurs* (ridiculing; name-calling; derogatory words like ‘dyke’, ‘faggot’, ‘poofteer’, etc.)

- *Verbal threats* (threats of harm, being intimidated)
- *Physically ‘crossing the line’* (shoved, pushed; inappropriate touching; etc.)
- *Physical violence* (kicked, punched, deliberately injured; sexual assaults)
- *Discrimination* (unfair treatment, exclusion, unequal opportunities, etc.)
- *E-bullying* (harassment via social media, messengers, webpages)
- *Other* (Please specify....)

The next section focuses on respondents with negative experiences in their most important sports activity (n=403). Table 14 shows the different forms of these experiences in descending order and the percentages displayed in the table represent the share of respondents who experienced the corresponding form at least once during the last 12 months.

Table 14: Forms of negative experiences

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Verbal insults, slurs	85.7	80.9	90.5	80.8	70.6	82.3	81.9
Discrimination	64.3	71.3	61.9	76.9	64.7	79.7	75.4
Verbal threats	21.4	40.4	52.4	11.5	52.9	49.4	44.2
E-bullying	28.6	36.2	42.9	15.4	35.3	45.5	40.2
Physically “crossing the line”	14.3	31.9	42.9	15.4	41.2	40.7	36.2
Physical violence	14.3	21.3	19.0	3.8	17.6	22.1	20.1
Other	14.3	14.9	4.8	11.5	29.4	9.5	11.7
N	14	94	21	26	17	231	403

Question: “In the last 12 months, how often did you personally experience the following as a result of your sexual orientation /gender identity?” Scale from 1 “never” to 5 “very often”. Figures show percentage of respondents who checked response options 2 through 5. Database: Respondents who personally had negative experiences in the last 12 months.

There are two forms of negative experiences which are most prominent: verbal insults (82%) and structural forms of discrimination (75%)(table 14). Apart from that verbal threats and instances of intimidation occur in 44% of the cases with negative experiences. Negative experiences of a physical nature are also relatively widespread; more than a third (36%) experienced physically 'crossing the line' and one fifth (20%) has been a victim of physical violence. Harassment via social media, messengers or webpages (e-bullying) happens to 40%.

The spread and diversity of these forms of negative experiences facing LGBTI\* people are remarkable (figure 10). The percentage of gay men who experienced verbal insults at least once in the past year (90%) is higher in comparison to bisexual people (85%), lesbian/gay women (82%) and people with other sexual orientations (72%) in particular. Moreover, verbal threats are more frequently directed against gay men (53%) than lesbian/gay women (36%).

Figure 10: Forms of negative experiences in a sports context on grounds of sexual orientation and / or gender identity.

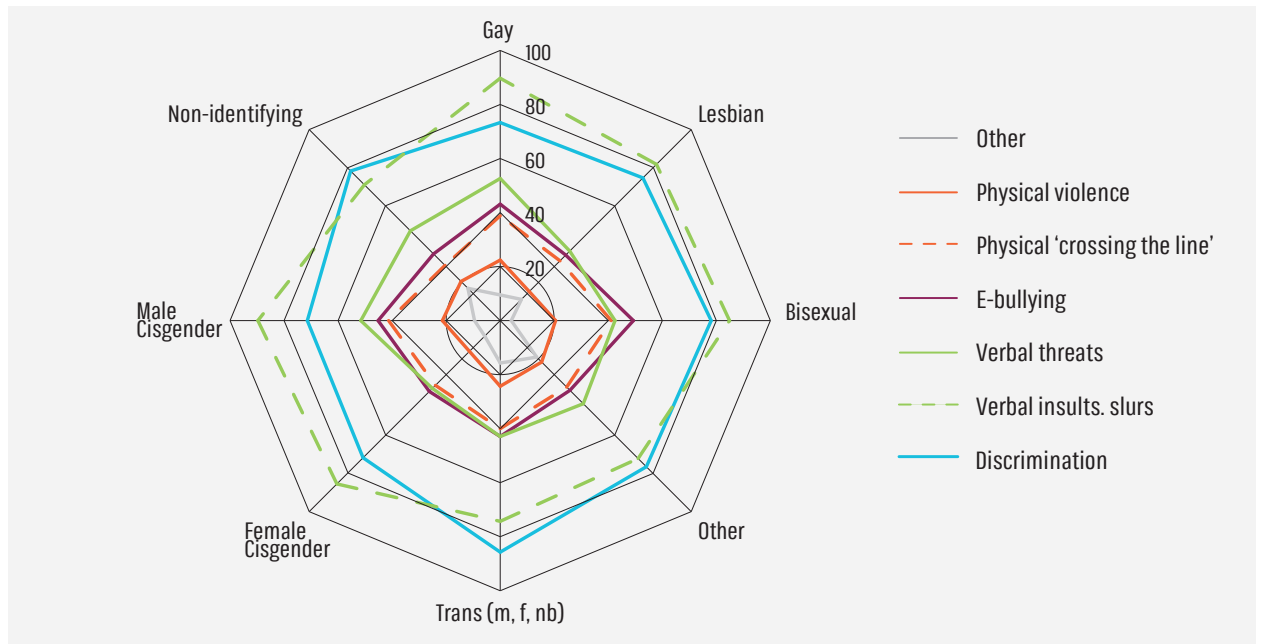


Table 15: Frequency score of all negative experiences in most important sports activities

	M	(SD)	N
<b>Sexual Orientation</b>			
Gay	6.83	(4.85)	116
Other*	6.64	(5.08)	115
Bisexual	6.38	(5.38)	73
Lesbian	5.43	(4.11)	99
<b>Gender Identity</b>			
Trans (male, female, non-binary)	7.30	(5.64)	70
Male cisgender	6.80	(5.15)	126
Non-identifying	6.27	(4.76)	83
Female cisgender	5.42	(3.79)	124
<b>TOTAL</b>	<b>6.35</b>	<b>(4.86)</b>	<b>403</b>

Question: "In the last 12 months, how often did you personally experience the following as a result of your sexual orientation /gender identity?" Scale from 1 "never" to 5 "very often". Figures show the frequency score (mean and standard deviation) for all seven forms of negative incidents combined. Database: Respondents who personally had negative experiences in the last 12 months.

Structural discrimination is more commonly experienced by trans people (86%) than by cisgender women (72%) and cisgender men (71%). Trans and non-identifying people also indicate experiencing 'other' forms of negative incidents (19%) comparatively often, which are typically associated with misgendering or being looked at in an unpleasant or disdainful way (figure 10).

Considering the mean values that emerge from the five-point scale (1 "never" to 5 "very often") for each form, a frequency score was built in order to summate all forms of negative incidents with a single value with a possible range from 1 to 28 (table 15). Gay men show particularly higher scores than lesbian/gay women in particular and trans people show higher values than cisgender women.

### Perpetrators

Besides the forms and frequencies of negative experiences, respondents were also asked about the perpetrators of negative incidents. They were asked for every form that occurred, "Who said or did this?" with the option to choose one or more options.

Table 16 shows the percentages for all seven forms of negative incidents combined. The percentages can be interpreted as the share of respondents who named the corresponding perpetrator at least once (in any of the occurring forms). The basis of the data consists of respondents who personally had negative experiences in the last 12 months and who named at

least one perpetrator (n=383). It should also be taken into account that the type of perpetrator is also associated with the type of sport, the sport setting, and other variables – which cannot be further discussed in this report.

The perpetrators behind the negative incidents are most frequently other sport participants (53%) or members of respondents own team(s) (49%). 37% of respondents identify spectators and 36% members of opposition teams as perpetrators. Almost one third of the respondents report at least one negative incident caused by a coach (31%) and almost one out of five caused by other officials (19%).

Noticeable differences can be found between gay men on the one hand and lesbian/gay women and bisexual people on the other hand. While the latter group seems to have more problems with their own team members (lesbian/gay women: 57%, bisexual people: 61%; gay men: 43%, other: 40%), gay men (56%) and people with other sexual orientations (59%) are more frequently confronted with other sport participants as perpetrators (lesbian/gay women: 47%, bisexual people: 44%).

Trans (35%) and non-identifying people (35%) seem to be confronted more frequently with coaches as perpetrators in comparison to cisgender women (27%) and cisgender men (28%).

Table 16: Perpetrators / offenders (all forms in most important sports activity)

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Other sports participants	60.0	64.1	52.6	44.0	50.0	48.6	52.7
Team members	46.7	38.0	52.6	60.0	56.3	51.4	48.8
Spectators	33.3	32.6	31.6	24.0	37.5	41.7	37.3
Opponent team member	33.3	31.5	31.6	8.0	37.5	40.7	35.5
Coaches	40.0	28.3	15.8	24.0	31.3	32.9	30.5
Other officials	13.3	25.0	21.1	4.0	25.0	18.1	19.1
Other	6.7	9.8	0.0	4.0	31.3	7.9	8.6
N	15	92	19	25	16	216	383

Question: "Who said or did this?" Multiple choices, figures in percent. Database: Respondents who personally had negative experiences in the last 12 months and named at least one perpetrator.

## 6.2 PREVIOUSLY ACTIVE IN SPORTS

As well as investigating the *current situation* of LGBTI\* people inside the sport system, another concern of the survey was to investigate reasons for not participating in sports at the moment. 37.4% of our sample (n=2066) is currently not active in sports. 15.6% has never started to participate in sports (except for physical education at school) and some 21.8% have previously been active but stopped participating in sports for some reason. This chapter deals with respondents who ended their sports participation (previously active).

### Reasons for quitting sports

The reasons for quitting sports are multifarious. Based on the eleven response options (within a multiple selection), the six main reasons for quitting sport are not related to sexual orientation or gender identity issues (table 17).

By far the most frequent answer is having insufficient time to participate in sporting activities (59%). The percentages of the remaining reasons are considerably fewer; the next reasons in order are not having enough friends to participate in those activities with (27%), having an aversion to competition (19%), having a debilitating disability or illness (18%), financial reasons (18%), or the lack of a suitable infrastructure (14%).

One out of ten respondents (11%) indicates feeling uncomfortable due to their sexual orientation or gender identity and one out of twenty (5%) has personally had negative experiences for the same reasons. 2% stopped the sport because they felt it did not fit their gender.

Gay men (14%) and people with other sexual orientations (17%) quit their sports participation more frequently because they felt uncomfortable with their sexual orientation compared to lesbian/gay women (9%) and bisexual (5%) people.

Regarding gender identity, one finding of tremendous importance is that almost every second trans person (45%) has stopped participating in sports because they felt uncomfortable due to their gender identity. In contrast, this is indicated much less frequently by cisgender women (3%) and cisgender men (10%). Non-identifying people have stopped participating in sports for this reason in 24% of the cases. The share of respondents who stopped participating in sports as a result of negative incidents related to their sexual orientation and/or gender identity is also highest among trans people (10%), followed by non-identifying people (8%) and cisgender people (cisgender men 5%, cisgender women 2%).“

Table 17: Reasons for quitting sports

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
I did not have the time	33.3	45.6	66.7	60.5	47.1	61.5	59.2
I did not have friends to do sports with	28.6	26.2	43.3	15.8	23.5	29.4	26.9
I did not like competitive activities	9.5	15.5	20.0	20.0	11.8	19.4	18.8
A disability or illness prevented me from doing sport	19.0	26.2	13.3	13.0	41.2	17.4	18.0
It was too expensive	14.3	13.6	13.3	22.8	23.5	17.0	17.8
There were no suitable sports infrastructures close to where I live(d)	19.0	14.6	33.3	12.1	20.6	13.4	14.1
I felt uncomfortable due to my sexual orientation / gender identity	14.3	22.3	3.3	7.0	14.7	10.8	11.1
I have personally had negative experiences due to my sexual orientation / gender identity	4.8	7.8	3.3	1.9	5.9	4.9	4.6
I felt that the sport I practiced did not fit my gender	0.0	3.9	0.0	1.9	0.0	1.8	1.8
Don't know	14.3	6.8	6.7	8.4	2.9	8.1	8.3
Other	23.8	9.7	3.3	7.0	11.8	7.0	7.2
N	21	103	30	215	34	799	1202
Question: "Why did you stop doing sports?" Multiple choice, figures in valid percent. Database: Previously active in sports (but not in the last 12 months)							



## Forms

All respondents who stopped doing sports as a result of negative experiences related to their sexual orientation and/or gender identity (5%) were asked about the forms, frequencies and perpetrators of those experiences.

Our findings were similar to experiences of respondents who are currently active in sports (cf. table 14): verbal insults (96%) are the most common forms of negative incidents, followed by structural discrimination (84%) and verbal threats (57%) (figure 11). Negative experiences of a physical nature often happened to this subgroup: 51% report about physically 'crossing the line' (i.e. pushing, shoving, inappropriate touching) and 20% about severe physical violence (i.e. kicking, punching, being deliberately injured).

## Perpetrators

To get information about perpetrators of negative incidents of respondents who were previously active, those respondents were asked for every negative incident that occurred "Who said or did this?". Respondents had the option in response to this question by choosing one or more (groups of) perpetrators. The percentages in table 18 represent respondents who named the corresponding perpetrator at least once in any of the occurring se-

ven forms combined. Fellow team members (75%) are the most frequently mentioned perpetrators behind the negative incidents. About half of the previously active respondents indicate that other sport participants (52%), opponent team members (50%) or spectators (48%) have been responsible for at least one of the negative incidents related to their sexual orientation or gender identity. More than a third refer to coaches (35%), whereas other officials (19%) and "other" (8%) are less frequently mentioned as perpetrators.

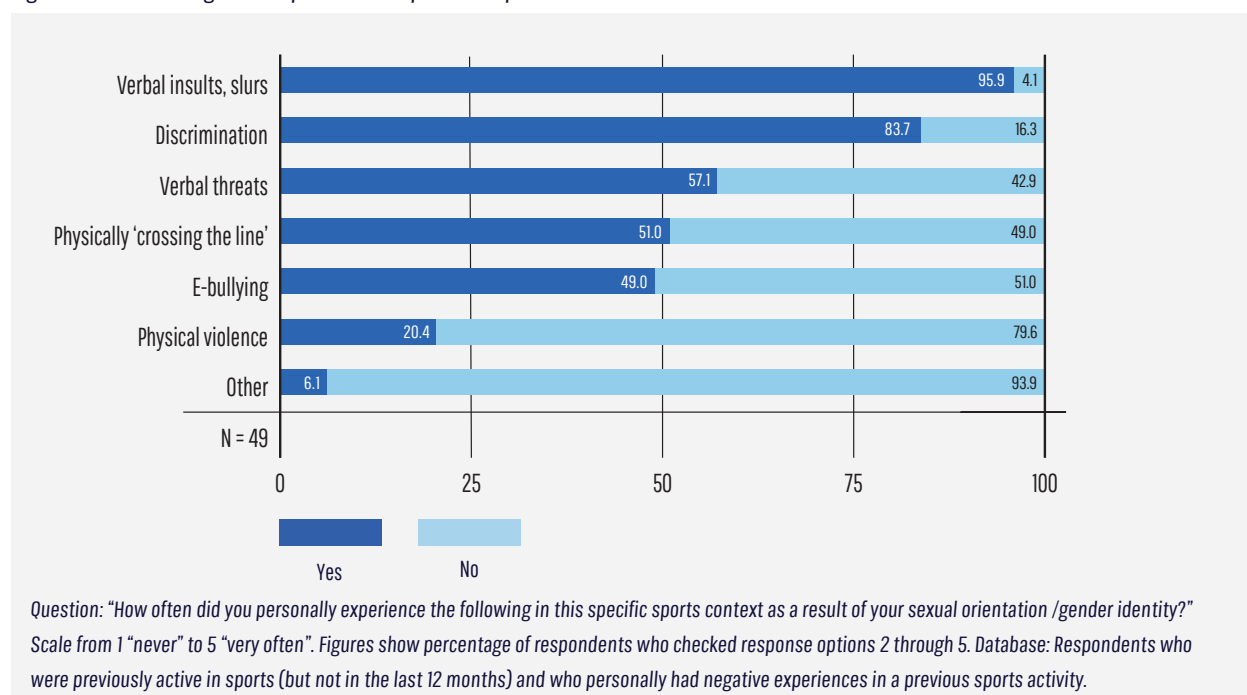
Table 18: Perpetrators / offenders (all forms in previous sports activities)

	EU Total
Team members	75.0
Other sport participants	52.1
Opponent team members	50.0
Spectators	47.9
Coaches	35.4
Other officials	18.8
Other	8.3
N	49

Question: "Who said or did this?" Multiple choices, figures in percent.

Database: Respondents who were previously active in sports (but not in the last 12 months) and who personally had negative experiences in a previous sports activity.

Figure 11: Forms of negative experiences in previous sports activities





### 6.3 INACTIVE SINCE PHYSICAL EDUCATION

The last subgroup consists of those who have never participated in any sport other than physical education at school (16%).

#### Reasons for never participating in sports apart from physical education

Providing the same eleven response options as before (and again allowing for multiple selections), most of the respondents either indicate that they dislike competitive activities (39%), do not have enough time to participate in sporting activities (34%) or a lack of friends to participate in sporting activities with (33%) as a reason for not participating in sports (table 19).<sup>15</sup>

Reasons for inactivity since physical education that are related to sexual orientation and gender identity are less frequently mentioned. 19% indicate as a reason for not having participated in sport aside from physical education that they felt uncomfortable due to their sexual orientation or gender identity. 12% report negative personal experiences on grounds of sexual orientation and/or gender identity in physical education. One out of ten respondents has never participated in sport

because they anticipated a lack of acceptance because of their sexual orientation or gender identity.

Notable differences with regard to sexual orientation can be found between gay men and lesbian/gay women: Gay men (25%) more frequently avoid participating in sports because they feel uncomfortable due to their sexual orientation than lesbian/gay women (16%), they experienced more negative incidents in physical education (16%) than lesbian/gay women (7%) and they anticipated more frequently (15%) not to be accepted because of their sexual orientation than lesbian/gay women (8%).

Again, the share of respondents who have never participated in sport because of feeling uncomfortable with their gender identity and/or sexual orientation is highest among trans people (62%) - which is clearly more than the share of cisgender women (5%), cisgender men (22%) or non-identifying people (30%). 23% of non-identifying people stay away from sport because they have had negative personal experiences in physical education – more than cisgender women (4%), cisgender men (16%) and trans people (10%). 20% of trans people never took up sport because they anticipated not being accepted.

Table 19: Reasons for not participating in sport aside from physical education

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
I did not like competitive activities	/	25.9	22.2	32.5	57.1	39.9	38.9
I did not have the time	/	37.0	50.0	17.5	21.4	34.9	34.2
I did not have friends to do sports with	/	25.9	38.9	17.5	42.9	34.1	33.4
I felt uncomfortable due to my sexual orientation / gender identity	/	29.6	11.1	17.5	42.9	18.3	18.9
There were no suitable sports infrastructures close to where I live(d)	/	7.4	16.7	12.5	7.1	16.9	16.4
It was too expensive	/	11.1	11.1	20.0	7.1	15.2	15.3
I have personally had negative experiences in physical education due to my sexual orientation / gender identity	/	11.1	16.7	5.0	28.6	11.6	11.6
I anticipated not to be accepted because of my sexual orientation / gender identity	/	18.5	16.7	12.5	35.7	9.0	10.0
A disability or illness prevented me from doing sport	/	3.7	5.6	0.0	14.3	10.5	9.6
Don't know	/	18.5	11.1	15.0	0.0	16.8	16.5
Other	/	22.2	16.7	15.0	14.3	8.9	9.9
N	7	27	18	40	14	744	850

Question: "Why have you never participated in sports apart from physical education?" Multiple choice, figures in valid percent. Database: Inactive since physical education.

<sup>15</sup> In order to avoid incorrect conclusions and misinterpretations, this report only display percentages and mean values which emerge from a column wise database of at least 10 cases, i.e. in this case data from Austria is not presented.

## Forms

Respondents who have never participated in sport as a result of their negative personal experiences in physical education (n=99) were asked about the forms of those experiences. With regard to figure 12, it should be kept in mind that the results do not reflect the quantity and types of negative incidents in physical education as a whole, as not all participants were asked about their experiences in physical education. Neither do they reflect the quantity or types of negative incidents experienced in physical education by those who never participated in sport for other reasons.

The most common forms of negative personal experience among this subgroup are verbal insults (92%) and structural discrimination (87%), with those two forms jointly being reported by around nine out of ten respondents. Negative experiences of a physical nature seem to happen much more frequently against this background: 76% of this subgroup have experienced incidents where perpetrators physically ‘crossing the line’ and half of the subgroup (52%) have experienced incidents where perpetrators inflicted physical violence. Verbal threats (75%) and e-bullying (57%) are also relatively common.

## Perpetrators

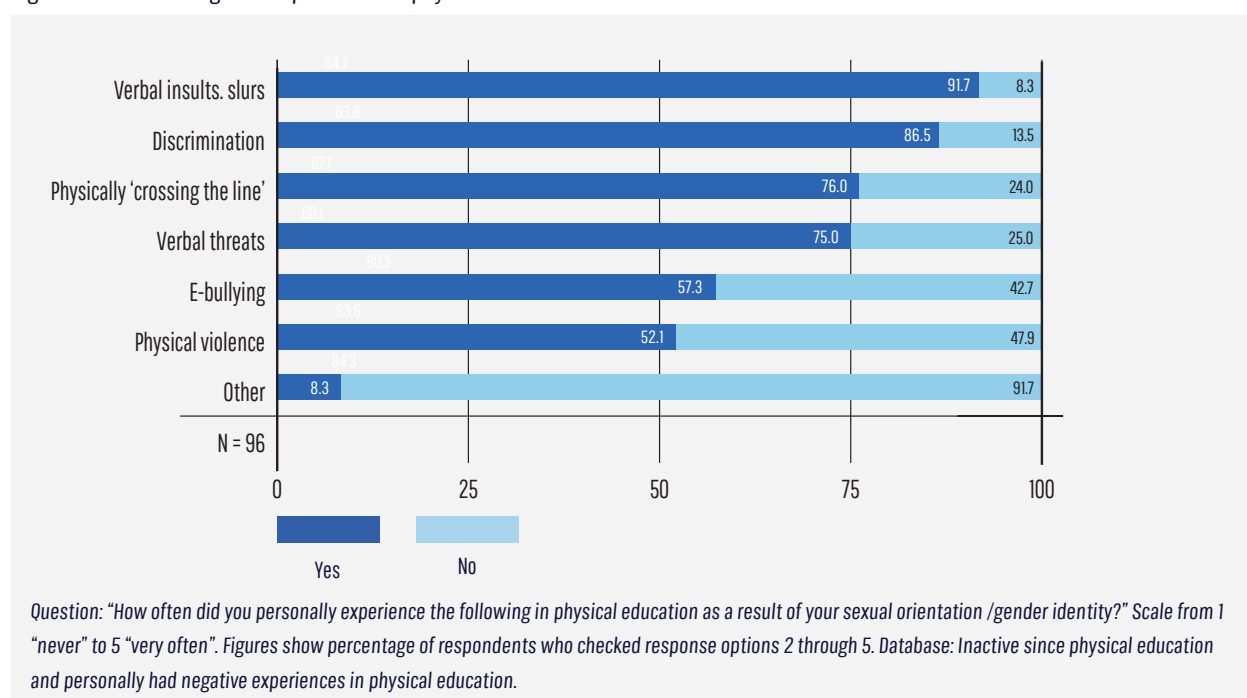
Table 20 displays the share of respondents from this subgroup who had at least one negative experience out of the above list. The negative experiences were primarily made with classmates (92%), teachers (47%), or other people (21%) in the context of physical education.

Table 20: Perpetrators / offenders (all forms in physical education)

	EU Total
Classmates	91.6
Teacher	47.4
Other	21.1
N	96

Question: “Who said or did this?” Multiple choices, figures in percent.  
Database: Respondents who were previously active in sports (but not in the last 12 months) and who personally had negative experiences in a previous sports activity.

Figure 12: Forms of negative experiences in physical education



## 7. REACTIONS TO NEGATIVE EXPERIENCES

This chapter concerns reactions of respondents to the negative experiences that they have experienced in sports and their awareness and usage of help points, organisations and/or individuals concerned with matters of discrimination. Since not every respondent has had negative experiences related to their sexual orientation and/or gender identity in sport, this section focuses on those who reported a specific negative incident, irrespective of the time of occurrence.

Since reactions to diverse forms of harassment and discrimination can be different from case to case, respondents were asked to think about one particular negative incident in a sports context that they remember and to complete the subsequent questions with regard to that experience. Respondents to this question identify the following forms of negative incident, in order of popularity: verbal insults (69%), structural discrimination (14%), e-bullying (3%), physically 'crossing the line' (3%), verbal threats (2%), physical violence (1%) and other forms (10%). The types of reactions listed are not exclusive reactions, however, most of the respondents name one reaction only (table 21).

Most of the respondents indicate they did not react in the incidents in focus. Almost one third (32%) left the situation and 5% changed their chosen sporting environment. One out of four (25%) respondents confronted the perpetrator directly, whereas 8% officially reported the incident, i.e. telling the coach or other officials about it. Some respondents indicate that this incident motivated them to perform better (14%) and others changed their behaviour as a result of the incident (5%).

Officially reporting incidents is slightly more common among gay men (13%) than lesbian/gay women (5%), bisexual people (6%) or people with other sexual orientations (9%). Regarding gender identity, the same is true for trans people (12%) in comparison to cisgender women (6%) and non-identifying people (8%).

Table 21: Reactions to discrimination

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
I did not react	61.3	56.2	74.2	27.6	54.5	55.2	53.6
I left the situation	30.7	23.9	22.7	43.1	22.7	36.0	31.7
I confronted the individual(s)	30.7	29.1	15.2	29.3	18.2	21.9	24.8
It motivated me to perform better	10.7	8.8	16.7	17.1	22.7	15.7	14.0
I officially reported it (telling it to the coach, to officials, etc)	4.0	7.6	3.0	8.1	9.1	10.4	8.2
I changed my behavior	1.3	3.2	1.5	6.5	4.5	7.7	5.2
I changed the sporting environment	1.3	4.4	3.0	4.1	9.1	6.4	5.0
Other	6.7	7.2	3.0	5.7	4.5	8.0	6.9
N	75	257	67	123	44	379	945

Question: "What was (were) your reaction(s) in this particular case?" Multiple choice, figures in percent. Database: Respondents who reported discrimination experiences.

There are various reasons why only a small proportion of 8% officially reported their incidents and a majority of 92% did not report it (table 22). Almost half of those who refrain from reporting (46%) doubted that an effective intervention would occur, 36% did not report it because they perceived the incident to be a minor problem, 29% feared that reporting would make the situation worse or and 13% were concerned about the reactions of staff members.

Choosing not to report an incident because it was perceived to be a minor problem is less frequently indicated by respondents with another sexual orientation (26%) compared to gay men (39%), lesbian/gay women (40%) and bisexual people (36%). The same is true for trans people (26%) in comparison to cisgender people (38%). Trans people are also more frequently concerned about staff members' reactions (21%).

In order to find out how aware people are of whom to turn to in cases of an incident of harassment, respondents were asked (a) if they know of any organisations or individuals that they can get in touch with if they experience such an incident in sport (table 23) and (b) if they have ever contacted any of those organisations or individuals in cases of experiencing such an incident (table 24).

Table 22: Reasons for not reporting

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
I doubted that effective intervention would occur	38.6	38.0	36.1	54.2	55.0	50.0	45.5
I perceived the harassment to be a minor problem	42.9	40.2	52.5	28.0	32.5	31.6	36.0
I feared making the situation worse	21.4	21.4	23.0	20.6	25.0	39.2	28.6
I was concerned about the staff members' reactions	5.7	9.6	9.8	7.5	12.5	20.2	13.3
Other reason(s)	15.7	18.3	8.2	16.8	20.0	11.7	14.7
N	70	234	62	107	40	336	849

Question: "Why did you not report it?" Multiple choice, figures in percent. Database: Respondents who reported discrimination experiences and did not report it.

Table 23: Awareness of organisations or individuals to contact

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Non-governmental organisation (outside the sport system)	38.9	31.6	52.4	31.1	27.3	35.5	34.9
Local sport organisation	9.7	20.1	14.3	10.7	29.5	18.7	17.5
Regional / national sport association	12.5	11.5	1.6	14.8	34.1	13.7	13.3
Governmental organisation (outside sport system)	9.7	11.1	4.8	11.5	22.7	11.7	11.4
Other	4.2	3.7	6.3	7.4	9.1	5.9	5.5
None of the above mentioned	40.3	47.1	28.6	37.7	27.3	34.4	38.0
N	72	244	63	122	44	358	903

Question: "Please tell us if you (a) know of any organisations or individuals that you can get in touch with if you experience discrimination or harassment in sport and (b) have ever contacted any of those organisations or individuals." Multiple choice, figures in percent. Database: Respondents who reported discrimination experiences.

One out of three respondents (35%) indicates that they are aware of non-governmental organisations outside of organized sport (table 23) who they could get in touch with and further 11% are aware of governmental organisations outside of organized sport. In contrast, far less indicate awareness of organisations inside of organized sport, i.e. local sport organisations (18%) or umbrella sport organisations on a regional or national level (13%). In total, the relative majority of 38% either do not know or are not aware of any of the response options (classified as “none of the above mentioned”).

When it comes to contacting organisations or individuals, 82% did not contact any of the aforementioned organisations or individuals (table 24). The most frequently mentioned organisations are non-governmental organisations outside of the sport system, at 9%.

Table 24: Contact to organisations or individual

	AUT	GER	HUN	ITA	SCO	EU Other	EU Total
Non-governmental organisation (outside the sport system)	5.6	9.0	11.1	9.0	4.5	10.3	9.2
Local sport organisation	1.4	1.6	0.0	2.5	2.3	3.6	2.9
Regional / national sport association	0.0	1.2	0.0	2.5	15.9	4.5	2.8
Governmental organisation (outside sport system)	4.2	0.4	0.0	3.3	4.5	1.7	1.8
Other	2.8	2.0	1.6	4.1	4.5	3.4	3.0
None of the above mentioned	88.9	86.9	87.3	79.5	72.7	78.5	82.1
N	72	244	63	122	44	358	903

Question: “Please tell us if you (a) know of any organisations or individuals that you can get in touch with if you experience discrimination or harassment in sport, and (b) have ever contacted any of those organisations or individuals.” Multiple choice, figures in percent. Database: Respondents who reported discrimination experiences.



# GLOSSARY

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## **Bisexual**

A person emotionally, physically, and/or sexually attracted to more than one gender. This attraction does not have to be equally split between genders and there may be a preference for one gender over others.

## **Cisgender**

describes someone who identifies with the gender identity and gender expression expectations assigned to them at birth.

## **Gay**

Term used in some cultural settings to represent men who are attracted to other men in a romantic, sexual and/or emotional sense. Not all men who engage in “homosexual behaviour” identify as gay, and as such this label should be used with caution. This term is often also used to refer to the LGBTQI community as a whole, or as an individual identity label for anyone who does not identify as heterosexual.

## **Gender binary**

The false notion that there are only two genders – male/female or man/woman and that a person must be strictly gendered as either/or.

## **Gender identity**

A person’s internal sense of being male, female, transgender or something else.

## **Homophobia**

Prejudice, aversion and discrimination based on irrational fear against those who are or are perceived to be homosexual people, homosexuality, or any behavior or belief that does not conform to rigid sex role stereotypes. It is this fear that often reinforces sexism as well as heterosexism. In this report, the term “homophobia” is used as a catch-all term for homophobia, biphobia and other forms of prejudice on grounds of sexual orientation.

## **Homosexual**

A person primarily emotionally, physically, and/or sexually attracted to members of the same sex.

## **Intersex**

“Intersex people are born with physical, hormonal or genetic features that are neither wholly female nor wholly male; or a combination of female and male; or neither female nor male. Many forms of intersex exist; it is a spectrum or umbrella term, rather than a single category.”<sup>16</sup>

## **Lesbian**

Term used to describe female-identified people attracted romantically, sexually, and/or emotionally to other female-identified people. The term lesbian is derived from the name of the Greek island of Lesbos and, as such, is sometimes considered a Eurocentric category that does not necessarily represent the identities of those of African descent and other non-European ethnic groups. That being said, individual female-identified people from diverse ethnic groups, including African-Americans, often embrace the term ‘lesbian’ as an identity label.

## **Transphobia**

Prejudice, aversion and discrimination based on irrational fear against those who have a gender identity that does not correspond to the sex that was assigned at birth. In this report, the term “transphobia” is used as a catch-all term for transphobia, interphobia and other forms of prejudice and aversion on grounds of gender identity.

<sup>16</sup> ILGA Europe (2019, March 3). Intersex. Retrieved from <https://www.ilga-europe.org/what-we-do/our-advocacy-work/trans-and-intersex/intersex>

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