

TRANSGENDER & GENDER DIVERSE INCLUSION IN SPORT

COMMON TERMS

Sport Australia acknowledges that terminology can have an impact on a person's identity, wellbeing and inherent dignity. Using appropriate terminology respects individuality and enhances the visibility of transgender and gender diverse people in the community.

Sport Australia recognises that terminology in this area is evolving and contested. The following section provides general guidance on relevant terminology. An understanding of these terms can help prevent discrimination and create an inclusive environment.

Please note that when the terms man and woman or trans man and trans woman are used, the discussion is also generally applicable to boys and girls and trans children respectively.

Gender identity

Gender identity is defined in the Sex Discrimination Act 1984 (Commonwealth) as the gender related identity, appearance or mannerisms or other gender related characteristics of a person (whether by way of medical intervention or not), with or without regard to the person's designated sex at birth.

For example, a person's birth certificate may include a marker which indicates that the person's designated sex is female when that person identifies as a man. In other words, their gender identity is that of a man.

Gender diverse

Gender diverse is an umbrella term that includes all the different ways gender can be experienced and perceived. It can include people questioning their gender, those who identify as trans/transgender, genderqueer, non-binary, gender non-conforming and many more.

LGBTQ

LGBTQ (or variations of it) is an acronym for lesbian, gay, bisexual, transgender, and queer/questioning. It is used to refer collectively to these communities. The LGB refers to sexuality/sexual identity; and the T refers to gender identity. Q can refer to either gender identity or sexuality.

Non-binary

Non-binary is a term used to describe a person who does not identify exclusively as either a man or a woman.

Pronouns

Pronouns are a grammatical means of referring to a person or persons. Conventional pronouns are she/her/hers and he/him/his. Some people prefer to use gender neutral pronouns, such as they/them/their. The pronoun a person uses to describe themselves generally reflects their gender identity.

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Common terms *(continued)*

Transgender

Transgender (commonly abbreviated to trans) is a general term used to describe a person whose gender identity is different from the sex they were assigned at birth. Being transgender is about how an individual describes their own gender. It is not necessarily about their biological characteristics.

A person whose birth certificate originally described them as female, who now identifies as a man, may use the label trans, trans man or man. Similarly, a person originally described on their birth certificate as male, who now identifies as a woman, may use the label trans, trans woman or woman.

Sex

Sex can refer to a person's biological sex or sex characteristics. These may be genetic, hormonal, or anatomical. Unlike gender identity, sex is not defined in the Act.

Sporting organisations

Sporting organisations include, but are not limited to, clubs, associations, national sporting organisations, state sporting organisations, and any organisation that is involved.

Affirmation

Gender affirmation (or transition) refers to the social, medical or legal steps that a transgender person takes to affirm their gender identity.

Gender affirmation may or may not involve medical treatment, including surgeries or hormone therapy. People can affirm their gender as children, adolescents or as adults. Each person's gender affirmation journey is different.

Social affirmation is the process by which a person changes their gender expression to better match their gender identity. This may include changing their name, pronouns, and appearance.

Medical affirmation is the process by which a person changes their physical sex characteristics to align with their gender identity. This may include hormone therapy, surgery or both.

Legal affirmation is the process by which a person changes their identity documents, name, or both, to reflect their gender identity. This may include changing their gender marker on a passport or birth certificate, or changing their name on a driver's licence or bank card.

More information

Read the full *Guidelines for the inclusion of transgender and gender diverse people in sport* on the Sport Australia website.

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