



Rainbow Laces 2022 – Secondary School lesson pack

Today, there are more LGBTQ+ athletes than ever before competing openly as their true selves. 2022 saw the first openly gay player to come out in professional UK men's football in over 30 years. The Lionesses became Euros Champions with 7 openly LGBTQ+ players on the squad. Over 40 openly LGBTQ+ athletes competed at this year's Commonwealth Games. But for every success story, there are countless more untold stories of LGBTQ+ people who are forced to abandon their love of sports and fitness. Because in PE lessons, the gym and in the stands, people bully, belittle and exclude LGBTQ+ people, making them feel out of place. Sport is for all, and everyone should be welcome.

We've designed these lesson plans for you to use in Rainbow Laces week and beyond, because LGBTQ+ inclusion has no off season. Choose the activities to best suit the needs of your class and to fit the amount of time you have available. We have also developed lesson plans on this theme for students with SEND/ASN/ALN – these can be found on our website. Each lesson has a template PowerPoint that you can adapt and use to support your whole class teaching. Other suggested resources are noted in each lesson plan.

Who are Stonewall?

This resource is produced by Stonewall, a UK-based charity that stands for the freedom, equity and potential of all lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people. At Stonewall, we imagine a world where LGBTQ+ people everywhere can live our lives to the full. Founded in London in 1989, we now work in each nation of the UK and have established partnerships across the globe. Over the last three decades, we have created transformative change in the lives of LGBTQ+ people in the UK, helping win equal rights around marriage, having children and inclusive education.

Our campaigns drive positive change for our communities, and our sustained change and empowerment programmes ensure that LGBTQ+ people can thrive throughout our lives. We make sure that the world hears and learns from our communities, and our work is grounded in evidence and expertise.

Stonewall is proud to provide information, support and guidance on LGBTQ+ inclusion; working towards a world where we're all free to be. This does not constitute legal advice, and is not intended to be a substitute for legal counsel on any subject matter. To find out more about our work, visit us at www.stonewall.org.uk.

Key Stage 3 – England and Wales

S1 to S3 – Scotland

If you have up to 30 minutes, complete activities 1 and 2.

If you have up to 45 minutes, complete activities 2 and 3.

If you have up to 60 minutes, complete activities 1 to 4.

Learning objective

To be able to explain the importance of challenging prejudice.

Activity	Duration	Details	Resources
1. Respect	5 min	Students discuss in pairs: What is respect and why is it important? Feed back as a group.	PowerPoint: <ul style="list-style-type: none"> Rainbow laces 2022 PowerPoint (Key Stage 3 and S1 to S3) Paper resources: <ul style="list-style-type: none"> Stonewall Sports People Fact Files - Secondary
2. Sports people	20 min	<p>Show students different LGBTQ+ sportspeople on the board.</p> <p>Ask: What have these people got in common? Think. Pair. Share.</p> <p>Discuss that they are all sports people and that sports people are often given a lot of respect for being good at a sport.</p> <p>Ask: What else might these people have in common? Think. Pair. Share.</p> <p>Use the PowerPoint to share more information about each person. Share also that they are all LGBTQ+.</p> <p>Ask: What challenges can people face as a consequence of being LGBTQ+? Think. Pair. Share.</p>	

		<p>Discuss that LGBTQ+ people face prejudice because of being LGBTQ+. Share examples of homophobia, biphobia and transphobia.</p> <p>Ask: How might homophobia, biphobia and transphobia make someone feel? Think. Pair. Share.</p> <p>Ask: How might the feeling of being respected be different to the experience of facing prejudice? Think. Pair. Share.</p> <p>As a group, discuss that being LGBTQ+ is just part of who all these people are, that there is nothing wrong with being LGBTQ+ and that we should respect everyone. Reflect back on the conversations from Activity 1 about what respect is and why it is important.</p> <p>Talk about the Rainbow Laces Campaign, which is a Stonewall campaign to make sport everyone's game and to challenge homophobia, biphobia and transphobia in sport.</p> <p>Ask: Why might the Rainbow Laces Campaign be needed?</p>	
3. Posters	25 min	<p>Students work in pairs to make posters to show why people should challenge homophobia, biphobia and transphobia in sport and in the wider community.</p> <p>They could include information on:</p> <ul style="list-style-type: none"> • the importance of respect • LGBTQ+ role models (using the fact files or their wider knowledge) 	

		<p>of LGBTQ+ sports people to help them)</p> <ul style="list-style-type: none"> • that being LGBTQ+ is just part of who somebody is 	
4. Class gallery	10 min	<p>Give students the opportunity to look at each other's posters.</p> <p>As a class, ask students to share the really important points that they had picked up on from the lesson – either through discussions of through looking at each others' posters.</p>	

Key Stage 4 – England and Wales

S4 to S5 – Scotland

If you have up to 30 minutes, complete activity 1.

If you have up to 60 minutes, complete activities 1 to 3.

Learning objective

To be able to use statistics to support an argument.

Activity	Duration	Details	Resources
1. Sports people	20 min	<p>Show students different sportspeople on the board.</p> <p>Ask: What have these people got in common? Think. Pair. Share.</p> <p>Discuss that they are all sports people and that sports people are often given a lot of respect for being good at a sport.</p> <p>Ask: What else might these people have in common? Think. Pair. Share.</p> <p>Use the PowerPoint to share more information about each person. Share also that they are all LGBTQ+.</p> <p>Ask: What challenges can people face as a consequence of being LGBTQ+? Think. Pair. Share.</p> <p>Discuss that LGBTQ+ people face prejudice because of being LGBTQ+. Share examples of homophobia, biphobia and transphobia.</p>	<p>PowerPoint:</p> <ul style="list-style-type: none"> Rainbow Laces 2022 PowerPoint (KS4) <p>Paper resources:</p> <ul style="list-style-type: none"> Stonewall Statistics Sheet

		<p>Ask: What impact might homophobia, biphobia or transphobia have on a person? Think. Pair. Share.</p> <p>Use the PowerPoint to discuss some of the statistics from Stonewall's LGBT in Britain – Hate Crime report.</p> <p>Talk about the Rainbow Laces Campaign, which aims to make sport everyone's game.</p> <p>Ask: Why might the Rainbow Laces Campaign be needed?</p> <p>Ask: What might the impact of homophobia, biphobia and transphobia in sport be? Think. Pair. Share.</p>	
2. News report	20 to 30 min	<p>Students work in pairs or threes to create a news report to highlight the impact of homophobia, biphobia and transphobia in sport but also in wider society. This could be a newspaper report, a TV news report or a radio report.</p> <p>Students should use the Stonewall Stats sheet to help with their research.</p>	
3. News just in	10 to 20 min	<p>Students share their work with the rest of the class, either by delivering their TV or radio report or by giving their peers the opportunity to read their article.</p> <p>As a class, ask students to share the really important points that they had picked up on from the lesson.</p>	



Statistics from LGBT in Britain: Hate Crime Report

- 10% of LGBT people who attended a live sporting event in the last year experienced discrimination because of their sexual orientation and/or gender identity.
- 18% of black, Asian and minority ethnic LGBT people report experiencing this discrimination at a sporting event in the last year.
- 43% of LGBT people think public sporting events aren't a welcoming space for LGBT people.
- 38% of trans people avoid going to the gym or participating in sports groups because of fear of discrimination and harassment.
- 11% of LGBT people have been discriminated against while exercising at a fitness club or taking part in group sport in the last year.
- 36% of LGBT people say they aren't comfortable walking down the street while holding their partner's hand.
- 21% of LGBT people adjust the way they dress because of fear of discrimination and harassment.
- 40% of trans people adjust the way they dress compared to 16% of LGB people who aren't trans.
- 20% of black, Asian and minority ethnic LGBT people have experienced abuse online in the last month.
- 72% of LGBT young people aged 18 to 24 have witnessed online abuse in the last month.
- 47% of trans young people aged 18 to 24 and 21% of LGB young people who aren't trans, have experienced discrimination in cafes, restaurants and bars.
- 19% of LGBT disabled people have been discriminated against in shops.
- 48% of trans people do not feel comfortable using public toilets.



LGBTQ+ Sports Person Fact Files

Pat Manuel



Pat Manuel is a 37 year old boxer from Santa Monica, California. In 2018, he became the first trans person in the USA to become a professional boxer. At 168cm tall, Pat fights in the super featherweight class. His first professional fight was against Hugo Aguilar, however Pat was a successful boxer prior to that. Before coming out as trans, Pat had been the five-time national amateur boxing champion in the USA.

Pat lives with his girlfriend Amita and their dog Gingko.

Stacey Frances-Bayman



Stacey Frances-Bayman is a 34 year old netball player from Birmingham. She played netball for England between 2010 and 2022, and has won medals at the Commonwealth Games and the Netball World Cup. Although she spent most of her playing career representing Bath, Stacey has also played for two Australian clubs as well as other UK based teams.

Stacey met her wife, Sara Frances-Bayman, through playing netball. They got married in December 2020.

Ruby Tui



Ruby Tui is a 30 year old rugby player from New Zealand. She's played for New Zealand's Black Ferns Sevens team since 2012 and has more than 150 caps to her name. A double Olympic medallist, Ruby has won both Silver and Gold medals with the Black Ferns Sevens team. She has now moved into playing the Black Ferns' 15-a-side team. Ruby's partner, Dani, is a radio presenter.

Robyn Lambird



Robyn Lambird, aged 25, is a wheelchair racer from Australia. A former wheelchair rugby player, they now compete in the T34 wheelchair racing category. They won bronze at the 2021 Paralympics, making Robyn the first openly non-binary person to win a Paralympic medal.

Jake Daniels



Jake Daniels, aged 17, was born on the outskirts of Blackpool. He's played football for Blackpool since he was 7, and now plays for them professionally. 2022 was a big year for Jake, who made his debut appearance for the first team in the same month as coming out as gay in an interview with Sky Sports. Jake's family, club and teammates have all been very supportive of him.

Beth Mead



Beth Mead is a 27 year old football player from Whitby in Yorkshire. She started her Women's Premier League career with Sunderland and scored 23 goals in 23 games that season. Beth has played for Arsenal since 2017 and made her debut in the England senior team in 2018. As the top goal scorer during the 2022 European Championships, Beth was named player of the tournament.

Beth is gay and has spoken about the importance of LGBTQ+ visibility in sports.

Ryan Russell



Ryan Russell is a 30 year old American Football player from Texas. A defensive end, Ryan has played for Dallas Cowboys and Tampa Bay Buccaneers. Whilst playing for Tampa Bay Buccaneers, he dislocated his shoulder and was out injured for most of the season.

Ryan made international news when he came out as bi in an essay for ESPN. In his spare time, Ryan enjoys writing and spending time with his boyfriend Corey, who is a dancer.

Layshia Clarendon



Layshia Clarendon, aged 31, is a professional basketball player. Born in California in the USA, they were the first openly non-binary WNBA player.

Their WMBA career started with Indiana Fever in 2013 after having played college basketball. Layshia has since played for a number of WNBA teams, the most recent being Minnesota Lynx.

Layshia and their partner Jessica became parents for the first time in 2020.

Dutee Chand



Dutee Chand is a 26 year old sprinter from Jaipur, India. She is the Indian 100m women's champion and is the third Indian women to have ever qualified for the 100m women's Olympic event. Dutee won silver medals at 100m and 200m at the 2018 Asian Games.

One of seven children, Dutee grew up in a village and was inspired by seeing her older sister run at the state championships. When homosexuality was decriminalised in India in 2018, Dutee felt able to come out as being in a same gender relationship.

Lizzie Williams



Lizzie Williams is a wheelchair racer, who competes in the T54 category. She competes internationally for Britain.

Originally Lizzie had been training as a swimmer, with the hope of competing at the London 2012 Olympics. She has osteogenesis imperfecta, which means that her bones break easily. When Lizzie broke her back, she had to spend three and a half months in hospital. After recovering, Lizzie was encouraged to try wheelchair racing and she was soon winning races.