

Intersectionality in Sports:
Explore how your identities impact
your life, work & play



WeCOACH



CONFERENCE SPEAKERS



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Brave Space

VULNERABILITY

PERSPECTIVE TAKING

LEANING INTO FEAR

CRITICAL THINKING

EXAMINING INTENTIONS

MINDFULNESS



Juneteenth

June 19th, 1865

Named a Federal Holiday in 2023

We honor and commemorate the date - June 19th - when federal troops arrived to free 250,000 slaves still held in bondage in Galveston, Texas.

2 years after the Emancipation Proclamation was signed, and 2.5 months after the Civil War ended.

01

Values

A person's principles or standards of behavior;
one's judgement of what is important in life.



Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Confidence
Connection
Contentment
Contribution
Cooperation
Courage

Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial
stability
Forgiveness
Freedom
Friendship
Fulfillment
Fun
Generosity
Giving back
Grace
Gratitude

Growth
Hard work
Harmony
Health
Home
Honesty
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure

Love
Loyalty
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk -taking
Safety
Security
Self-discipline
Self-expression

Self-respect
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Tradition
Travel
Trust
Truth
Uniqueness
Vulnerability
Wealth
Well-being
Winning
Wisdom

By Brené Brown



DISCUSSION QUESTIONS?

1) How do your values impact how you show up with your team?

2) How are you holding space for the differing values of your players & members of your coaching staff?

An illustration of a person with dark skin, wearing a pink short-sleeved shirt and blue pants, standing on a large orange shape. The background is a vibrant mix of yellow, blue, and pink, with several large, stylized hands in purple and blue reaching out. A yellow circle with the number '02' is positioned in the upper right.

02

Intersectionality

Speaks to the multiple social forces, social identities, and ideological instruments through which power and disadvantage are expressed and legitimized (Crenshaw, 2017).



M
MAGAZINE

a way of
bringing attention



REFLECTION QUESTION

1) How do your intersecting identities impact your values?

LGBTQIA+ Stats for Thought

DEPRESSION, ANXIETY & SUBSTANCE ABUSE

2.5X

LGBTQ individuals are 2.5x more likely to experience symptoms of depression, anxiety and substance use compared to heterosexual individuals (American Psychiatric Association, 2017)

54%

EATING DISORDERS

In a 2018 research study by the Trevor Project, 54% LGBT adolescents were diagnosed with an eating disorder and an additional 21% suspected they had one at some point during their life (Trevor Project, 2018).

45%

SUICIDALITY

A national survey of over 34,000 LGBTQ youth conducted by the Trevor Project in 2022 found that 45% of LGBTQ youth seriously considered attempting suicide within the last year and 14% attempted suicide in the past year (Trevor Project, 2022).



“Queer not as being about who you’re having sex with (that can be a dimension of it); but queer as being about the self that is at odds with everything around it and has to invent and create and find a place to speak and to thrive and to live.”

—BELL HOOKS

The Race Gap



2.5X

FOOD INSECURITY

Black households are 2.5X more likely to experience food insecurity compared to White households



3-4X

MATERNAL HEALTH

Disparities began at birth, even before birth. Black women are three to four times more likely to die from pregnancy-related causes than white women.



33%

JUSTICE

Black adults make up 33% of the U.S. prison population despite accounting for only 12% of the nation's adults.



Stats by GENDER on Coaches Mental Health

Men

Women

33%

50%

FELT MENTALLY EXHAUSTED

30%

47%

FELT OVERWHELMED BY ALL YOU HAD TO DO

32%

37%

EXPERIENCED SLEEP DIFFICULTIES

13%

19%

FELT OVERWHELMING ANXIETY

“The very serious function of racism...is distraction.

It keeps you from doing your work. It keeps you explaining, over and over again, your reason for being.”

—TONI MORRISON





REFLECTION QUESTION

2) What changes can you make as a coach to create a more inclusive and affirming environment within your team and school?

**“There is no such thing as
a single-issue struggle
because we do not live
single-issue lives.”**

— AUDREY LORDE



Resources

The logo for Intercultural Development Inventory (IDI) features the letters 'IDI' in a bold, dark red, sans-serif font.

Intercultural
Development
Inventory®



THE INSTITUTE FOR DIVERSITY AND ETHICS IN SPORT

MAKING WAVES OF CHANGE



HEADSTRONG
MINDSET



Inclusion
roads



Key Takeaways

#1 Be curious & listen to your athletes

#2 Deconstruct racialized & oppressive organizations

#3 K.E.Y. Keep Educating Yourself

References

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