

# CELEBRATE PRIDE MONTH



## WHAT IS PRIDE MONTH?

Pride Month celebrates LGBTQ+ culture, achievements and activism through a series of organized activities, including film festivals, art exhibits, marches, concerts and other programs. Through these efforts, the LGBTQ+ community and its allies also aim to increase awareness of ongoing issues of inequality as well as commemorate the lives lost to hate crimes and HIV/AIDS. Pride Month commemorates the Stonewall Uprising, which lasted 6 days in Manhattan in June 1969 as police clashed with LGBTQ+ protesters. Pride Month is celebrated by millions of LGBTQ+ people and allies around the globe.

## IDEAS FOR CELEBRATING PRIDE MONTH WITH YOUR CLUB, ATHLETES OR AS PART OF YOUR EVENT

June is LGBTQ+ Pride Month! Join USA Triathlon in celebrating the LGBTQ+ community with your club, athletes, or event! The month-long celebration is really a call for greater unity, visibility, and equality for the LGBTQ+ community. The following are ideas for ways to celebrate Pride Month with your Multisport Club, within your coaching business or as part of your multisport event.

### 1. Learn About Pride Month

Check out the following LGBTQ+ focused organizations to learn about Pride Month:



GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change.

Learn more at [www.glaad.org](http://www.glaad.org)



GLSEN was founded by a group of teachers in 1990, we knew that educators play key roles in creating affirming learning environments for LGBTQ youth. GLSEN's national network is more than 1.5 million strong, with students, families, educators, and education advocates working to create safe schools. Learn more at

[www.glsen.org](http://www.glsen.org)



Equality Federation is an advocacy accelerator rooted in social justice, building power in our network of state-based lesbian, gay, bisexual, transgender, and queer (LGBTQ+) advocacy organizations. Learn More at [www.equalityfederation.org](http://www.equalityfederation.org)



The National LGBTQ Task Force advances full freedom, justice and equality for LGBTQ people. They are working to build a future where everyone can be free to be their entire selves in every aspect of their lives. Learn more at [www.thetaskforce.org](http://www.thetaskforce.org)



The Library of Congress is the largest library in the world, with millions of books, recordings, photographs, newspapers, maps, and manuscripts in its collections. The Library is the main research arm of the U.S. Congress and the home of the U.S. Copyright Office. Learn more at [www.loc.gov/lgbt-pride-month/](http://www.loc.gov/lgbt-pride-month/)



The Anti-Defamation League (ADL) is the leading anti-hate organization in the world. Founded in 1913, its mission is “to stop the defamation of the Jewish people and to secure justice and fair treatment to all.” Today, ADL continues to fight all forms of antisemitism and bias, using innovation and partnerships to drive impact. ADL works to protect democracy and ensure a just and inclusive society for all. Learn more at [www.adl.org](http://www.adl.org)



The ACLU has 54 local offices across the U.S. working with attorneys and activists in their communities to shape better policies and spread awareness about their states' priority civil rights issues. Learn more at [www.loc.gov/lgbt-pride-month/](http://www.loc.gov/lgbt-pride-month/)

## 2. Host A Mini Pride Parade Or Party

A fun way to celebrate Pride Month is by hosting a mini-Pride parade or party. Whether you're celebrating with your multisport club, through a happy hour with your athletes or as an addition to your event weekend, here are some Pride-themed ideas to try:

- Serve up a rainbow-themed array of delicious finger foods and treats—display rainbow-colored decor and queue up a playlist of LGBTQ+ artists.
- Host a mini-parade throughout your neighborhood or event venue, encouraging athletes and spectators to follow a rainbow theme/Pride Month Dress Code (A Pride Month Dress Code is an all-inclusive activity that encourages all participants to wear Pride colors in solidarity with the LGBTQ+ community)

## 3. Encourage Your Athletes to #TriWithPride

During the month of June help us celebrate and support our LGBTQ+ community by showing us how you #TriWithPride for a chance to win a Together, We Thrive sweatshirt from our partner Perspective Fitwear!

To enter to win use #TriWithPride and tag [@USATriathlon](https://www.instagram.com/USATriathlon) and [@perspectivefitwear](https://www.instagram.com/perspectivefitwear).

## 4. Practice Pronoun Sharing

Sharing pronouns is among the best Pride Month activities for clubs, training groups, and race announcers that can help make communication easier for teams. For this Pride Month activity, encourage workers to share their pronouns with other teams. You can start by letting teams introduce themselves using their pronouns on the first day of Pride Month. Pronouns can be added to:

- Email Signatures
- Social Media Profiles
- Name Tags
- Event Registration Flow
- Coach/Athlete Bios
- Business Cards
- Zoom Name (For Virtual Events)
- Club Membership Applications

## 5. Create and Implement an Anti-Discrimination Statement for Your Club

The anti-Discrimination statement can develop a club/team culture where every athlete feels appreciated and welcome regardless of gender orientation, gender identity, racial and ethnic identity, disability status, etc. If your club does not have an Anti-Discrimination Statement, Pride Month is a perfect time to create one. An example of anti-discrimination statements that most people will be familiar with are Equal Employment Opportunity (EEO) Statements. The EEO Statement used by USA Triathlon is:

*USA Triathlon is an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, ethnicity, religion, sexual orientation, gender, gender identity, disability status, protected veteran status, or any other characteristic protected by law.*

Of course, a Multisport club's Anti-Discrimination Statement will be different than that of an employer. Anti-Discrimination statements do not need to be lengthy documents, they are most commonly one to two sentences. Below is an example of what a multisport club's Anti-Discrimination Statement may look like:

*{CLUB NAME} welcomes everyone to the multisport community and believes that no one should be discriminated against based on race, sex, gender identification, sexual orientation, national origin, native language, religion, age, disability, marital status, citizenship, genetic information, pregnancy, or military status.*

Drafting and posting an anti-discrimination statement is just a small piece, The most important aspect of this statement is that your club follows it and is held to it.

If you would like more information on creating an anti-discrimination, anti-harassment, or inclusion policy for your club, or additional guidance for this process, reach out to Megan Ritch, USA Triathlon's Diversity, Equity, Inclusion and Access Senior Manager, at [megan.ritch@usatriathlon.org](mailto:megan.ritch@usatriathlon.org).