As fans, we all want the same thing: winning teams and athletes that perform well. All clubs and sports have an ethos and values, and showing your support for a team or sport shouldn’t go against this. We can all cheer our side on and create an exciting atmosphere without being abusive.

1. Visibly show your support for LGBT people to make it clear sport should be everyone’s game. Wear Rainbow Laces or a Rainbow Laces pin badge, display online ribbons, and retweet positive messages supporting LGBT people in sport.

2. Slurs cause damage even if there’s no visible ‘target’. LGBT people don’t need to hear the words to be hurt by them. They perpetuate stereotypes, build barriers to understanding and stop the sporting arena being a welcoming place.

3. Let the club or governing body know that you value inclusivity and diversity. Write to your club and encourage them to think about diversity in the club and the steps they can take to promote inclusivity. Ask them about plans to get involved in Rainbow Laces, celebrate different identities, and get sponsors and supporters involved in club activities.

4. If your team has an LGBT Supporters’ group, reach out to them. Ask them how you can show your support as an ally or join up!

5. Learn how to report abuse. There could be different ways to report it – online, in person, by phone. The key thing is to use them as soon as you can after the incident.