

## FAIR GAME WRITING PROMPTS

1. Write about a memory you have of exuberant play. What did you like to play? What did it feel like in your body to play? Can you get back to a memory of unencumbered joy, a moment when you were moving freely without a care in the world?
2. Write one of your locker room stories.
3. Write about a time you were the only one.
4. Write about a time when you weren't believed or your pain wasn't taken seriously.
5. When we are teenagers, we look outside our birth family or guardians for connection and closeness with our peers. We begin to build a found family, a chosen family. At the core of being human is a need to belong, to have a space, a group of people, and an activity where we can drop into a sense of safety and having enough. As a teenager, did you have a group or team, a place, or an activity to belong to? Do some reflective writing about times you felt like you belonged and times when you didn't. For our most vulnerable youth, how can we contribute to building beautiful things to belong to?
6. What are some labels that were put onto you by other people that didn't fit? What labels do you use that set you free? When you tell people who you are, who believes you?
7. Write about a time you felt like you belonged. A time when you didn't.
8. Take these words and label each either man or woman, noticing how it feels in your body to do so: Penis, Vulva, Shoulders, Hips, Hands, Lips, Blue, Pink, Black, White, Red, Yellow, Cars, Dinosaurs, Dolls, Costumes, Forts, Drawing, Reading, Writing, Cooking, Cleaning, Leading, Speaking, Listening, Bikes, Guitar, Drums, Flute, Piano, Theater, Math, Science, English, History, Football, Basketball, Running, Tennis, Swimming, Gymnastics, Doctor, Nurse, Politician, Teacher, Parent, Therapist, Mind, Body, Spirit, Thinking, Doing, Feeling, Dreaming, Collaborating, Organizing, Tenacity, Strength, Speed, Agility, Endurance, Perseverance, Kindness, Empathy, Affection, Joy

Listen to the song "When I was a Boy" by Dar Williams.

Do some reflective writing around what you were told to do and not to do because of your gender. How did this limit you? What was lost? What aspects of who you are do you want to welcome to take up more space in you again?

9. Choose an athlete who is or was dominant in their sport like Michael Phelps, Lisa Leslie, Michael Jordan, Katie Ledecky, Wayne Gretzky, Lindsay Vonn, Usain Bolt, Mia Hamm, Roger Federer, Simone Biles, Tiger Woods, Billie Jean King, LeBron James, Serena Williams, Jonah Lomu, or Floyd Mayweather. Take several minutes to write down all the advantages that the athlete has or had, including physical, mental, emotional, psychological, and financial advantages. Who was their coach? Where did they train? What was the economic stability of the country they were raised in?

Every dominant athlete has their own set of resources. If the athlete you chose is cis, consider including that in your list of advantages. In that one aspect, they arguably have less internal identity angst when it comes to sex and gender, did not need to undergo gender affirming hormone treatment, gender affirming surgery or procedures, did not need to navigate changing policy regarding their gender, and may feel more physically safe and less bullied. Competitive advantage is complex, layered, and varied. We choose to celebrate some things and ignore other things that set great athletes apart. At this moment our society is fixating on being trans as an unfair advantage in an arena where, in some ways, unfairness is the point. And our assumptions about being trans as an advantage does not hold like we may initially think it does.

10. Write about what you love about sports.