Appendix One

Key Findings

500 young people
42 sector & community stakeholders
85 survey respondents
13 co-design participants

85 young people age 12-25 or their parents/carers participated in the LGBTIQA+ Youth Physical Activity Survey between March and July 2026

Of the young people who responded to the survey:

82.5%
experience mental health challange

71%
are neurodivergent

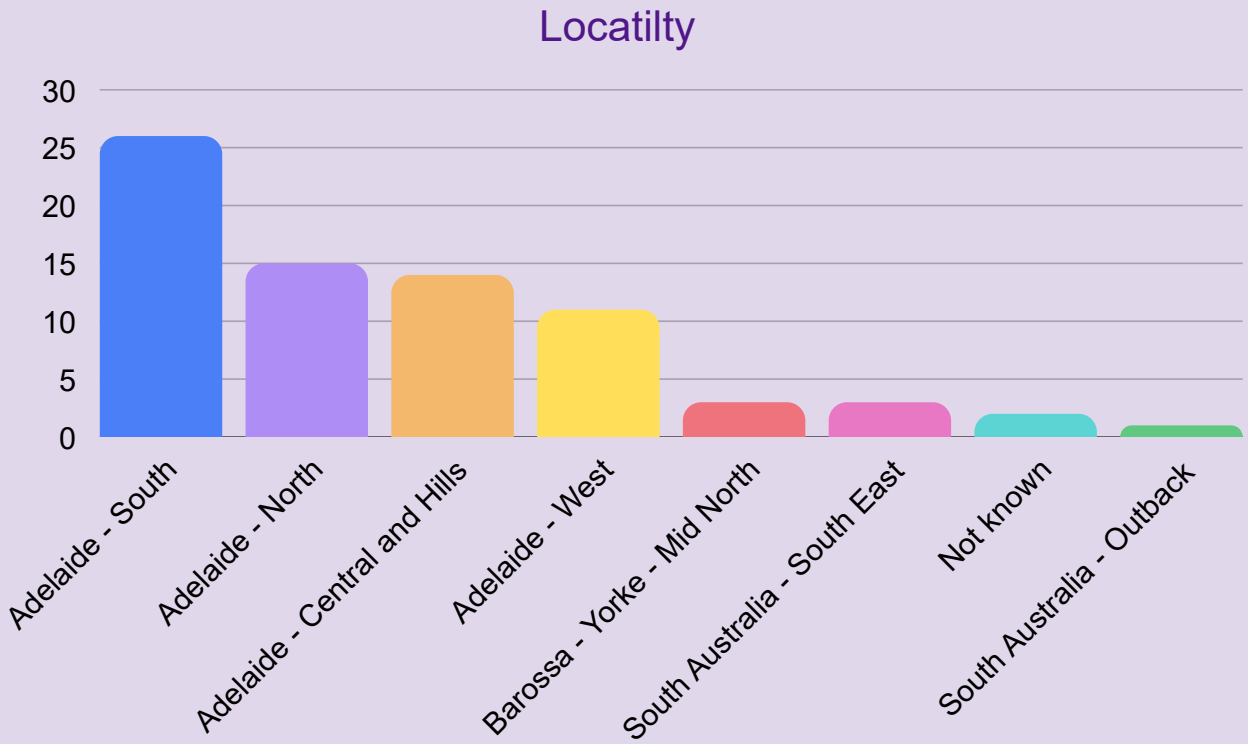
70%
idenfity as transgender or non-binary

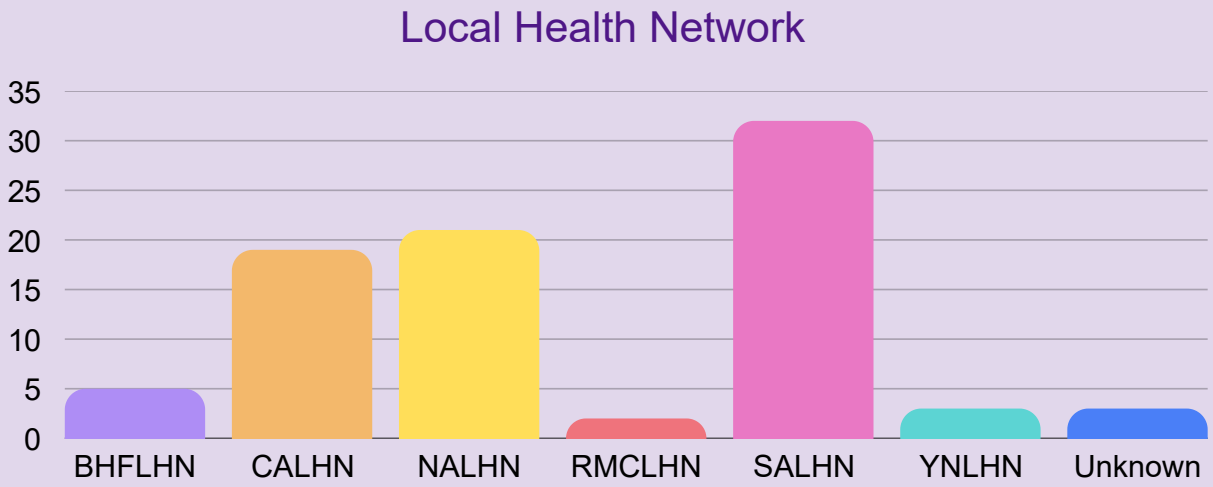
39%
are living with disability

7%
are intersex

4.5%
identified as Abororiginal or Torres Strait Islander

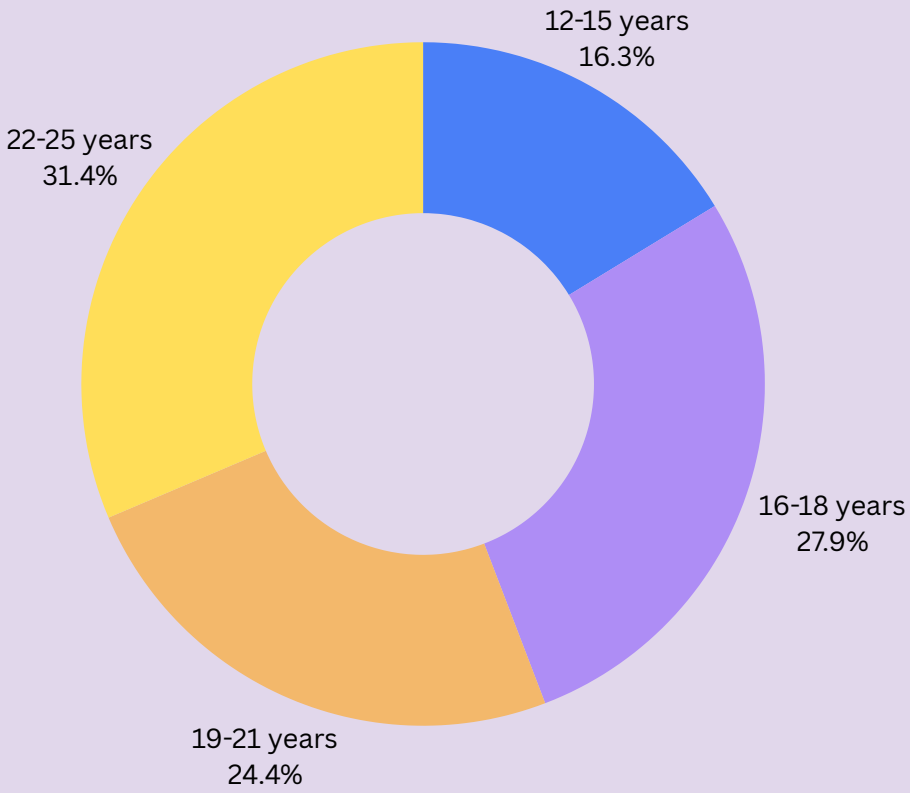
Key Findings



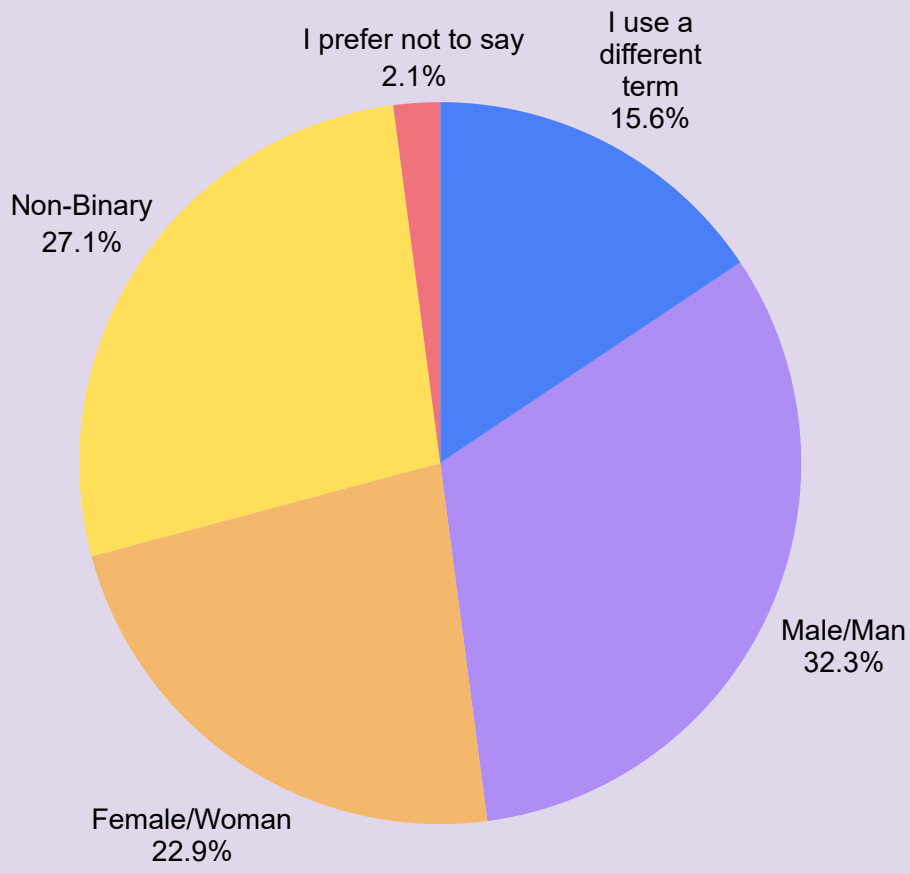


Key Findings

Age groups



Gender identity



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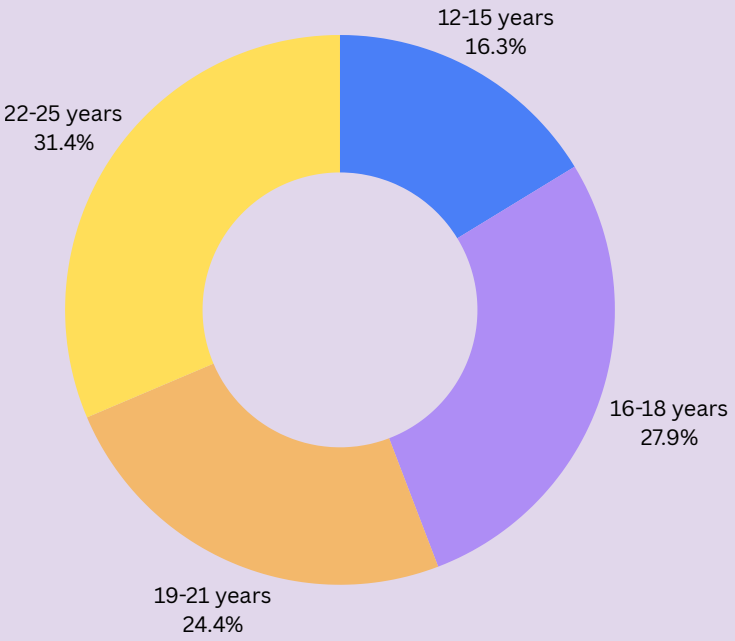

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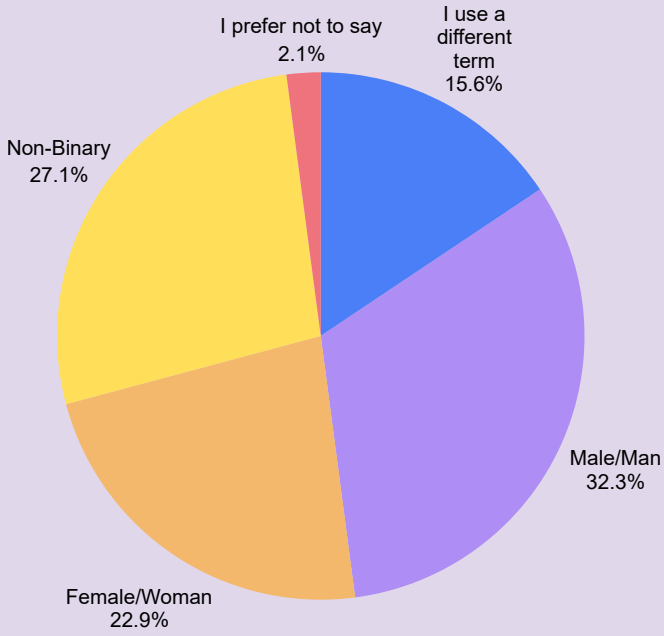
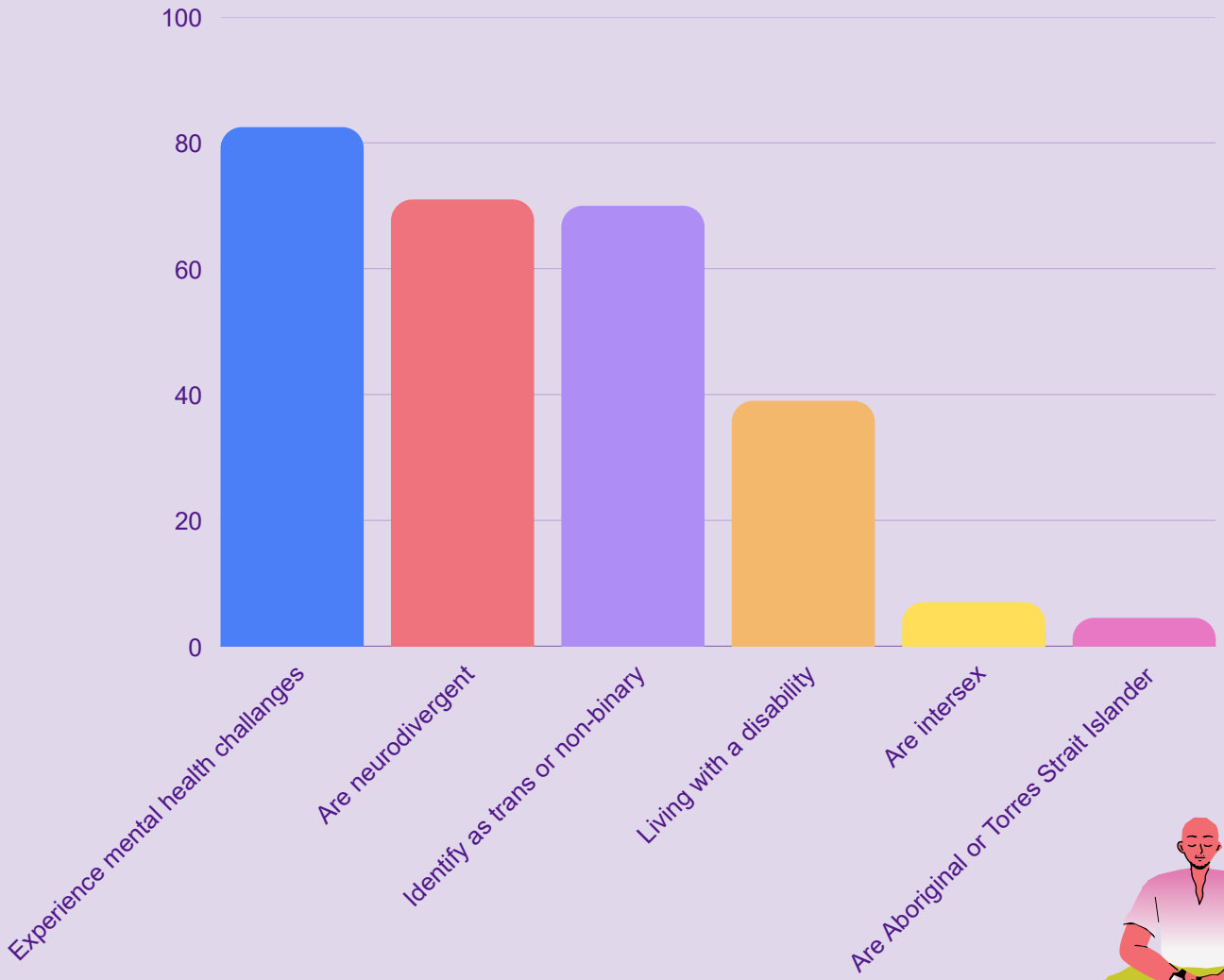


Youth Identity & Experience



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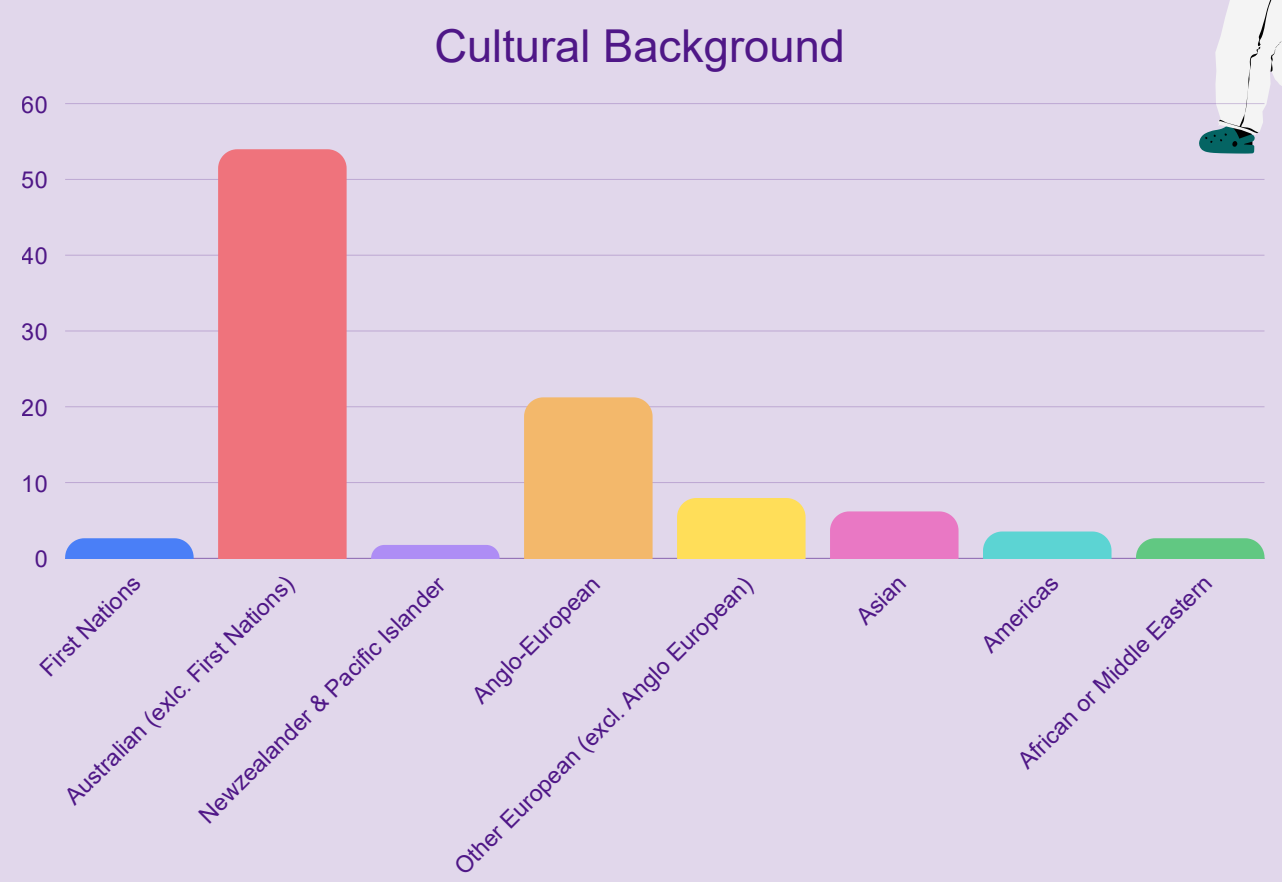

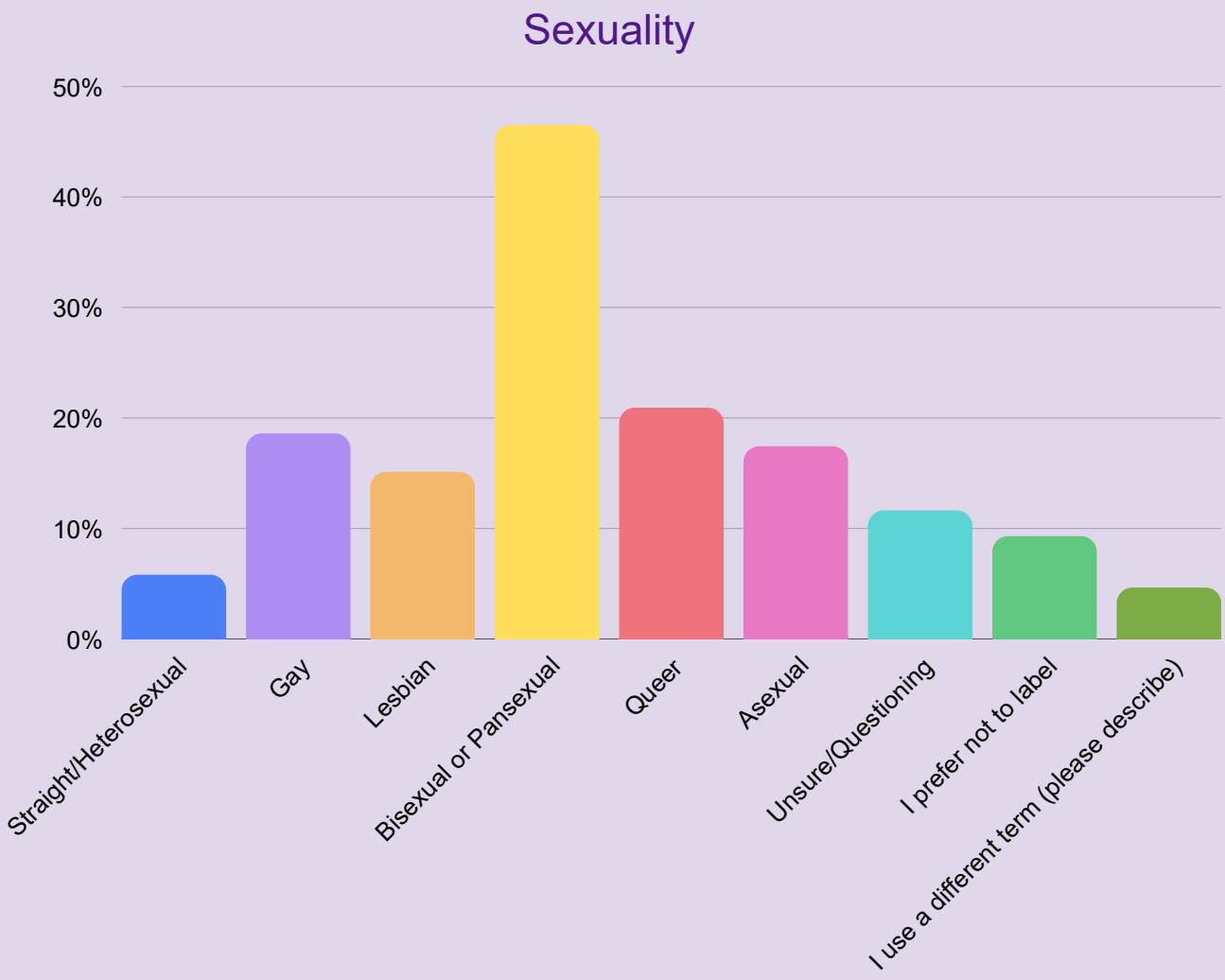

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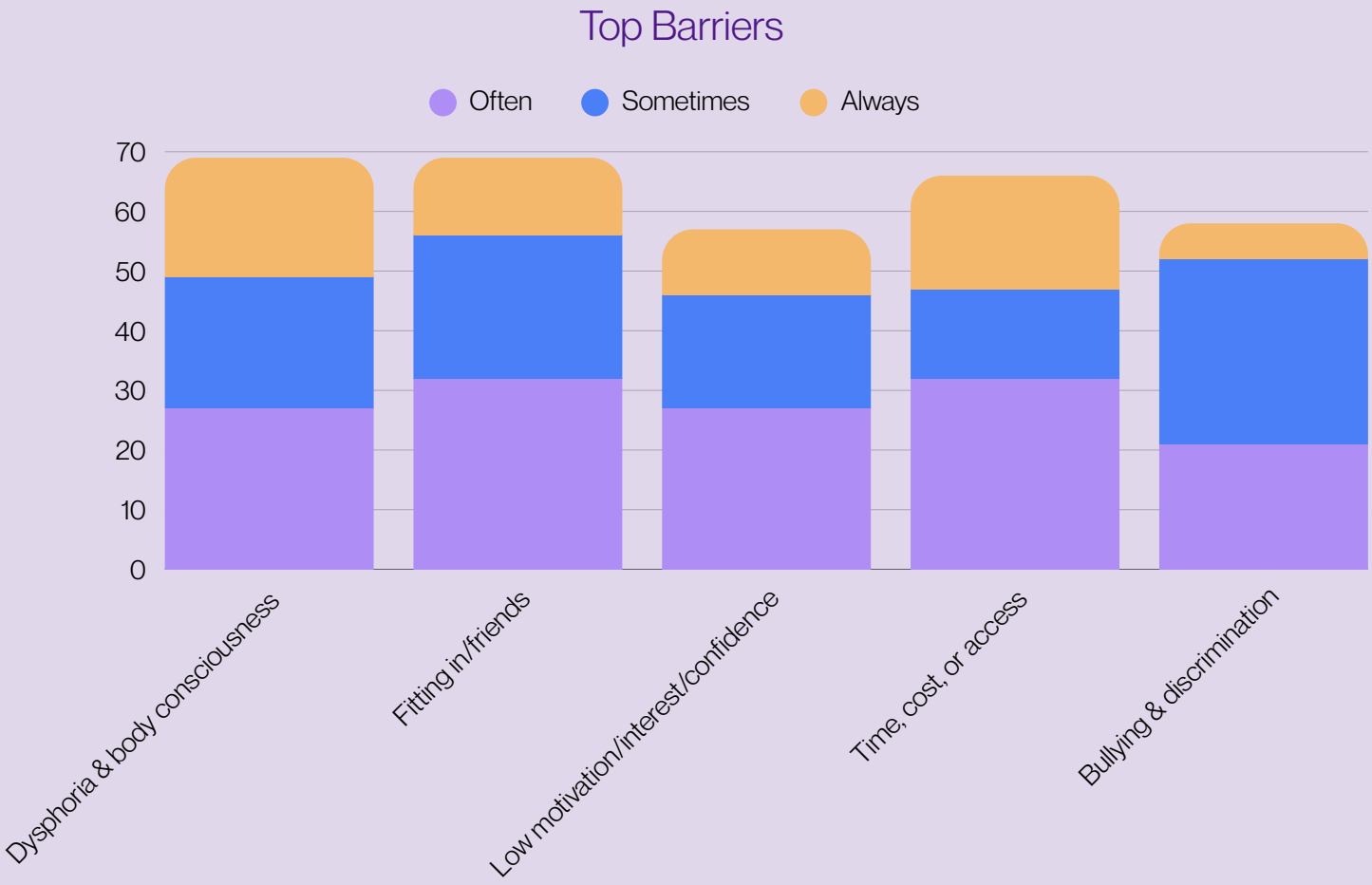

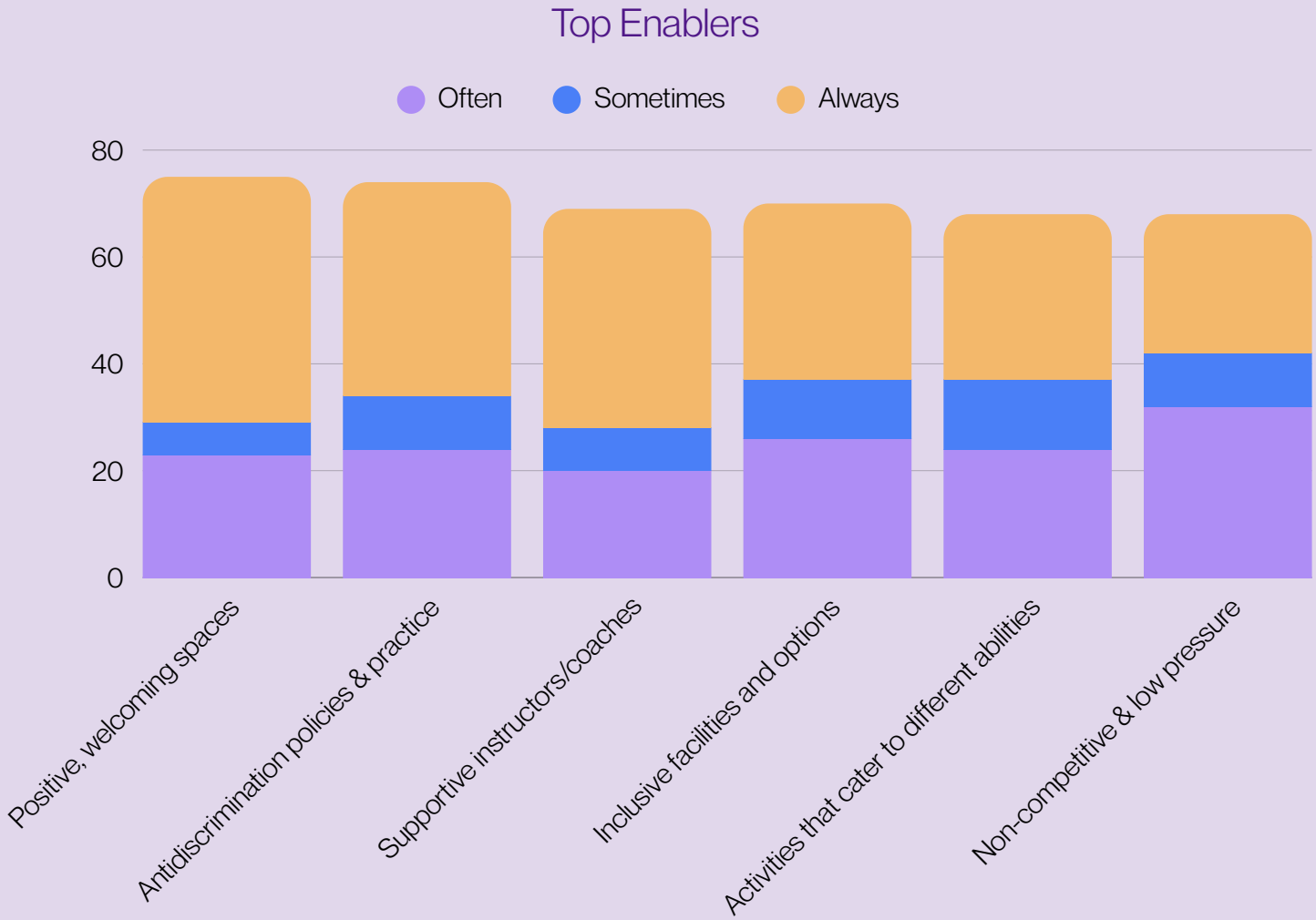

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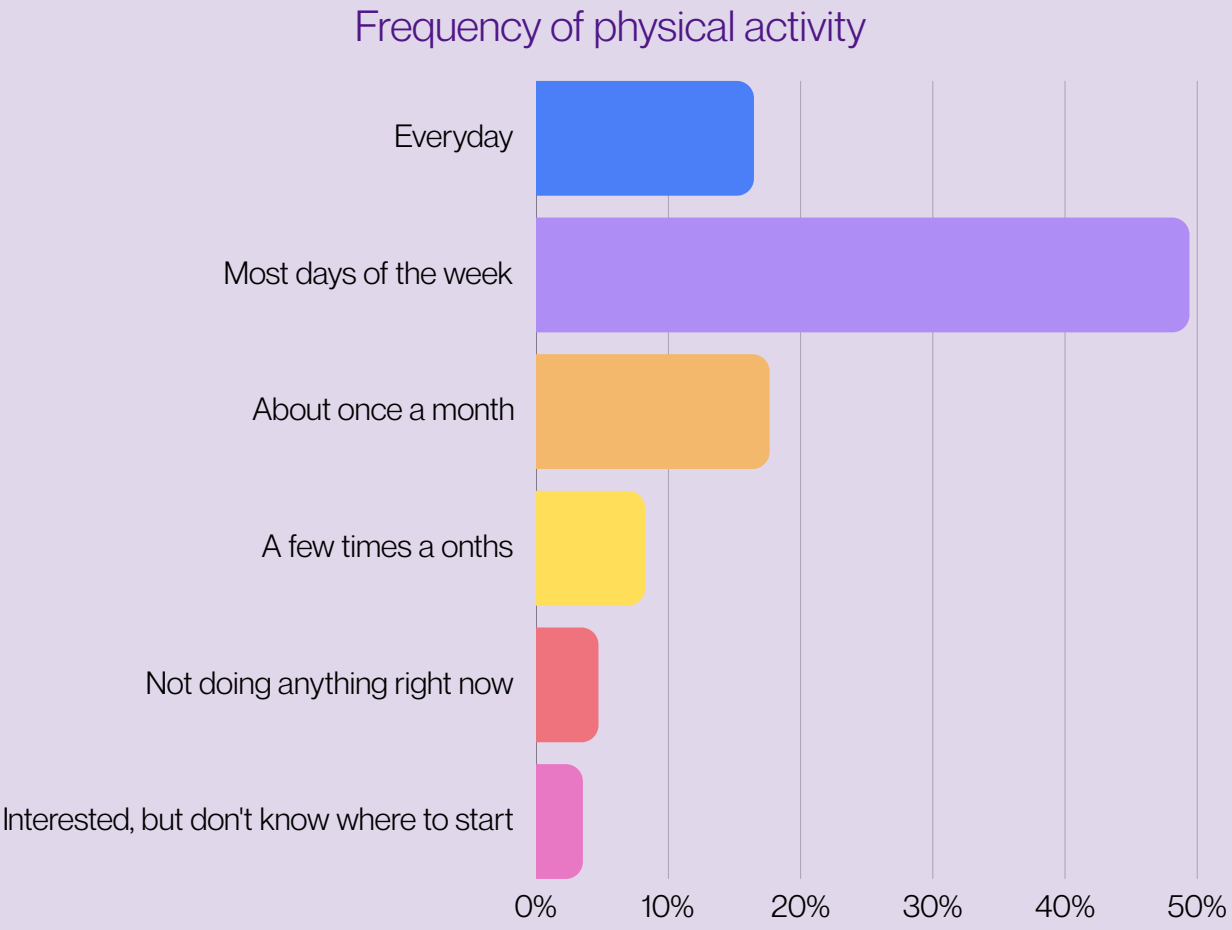

56%

Of young people of school age reported they did not participate in Physical Education at school

57%

Have dropped out, or not joined an activity due to their LGBTIQA+ identity

33% → **58%**

33% young people age 12-17 reported attending gym, fitness,or studio based clases, compared to 58.3% of young people age 18-25.

33% → **8.3%**

33% young people age 12-17 reported participating in team sport.This drops to 8.3% of young people age 18-25.