

PRIDE FLAGS

A QUICK GUIDE TO LGBTQ+ PRIDE FLAGS

Respect all
Fear none

Welcome to the Pride in Sport LGBTQ+ Pride Flags Factsheet, a guide to various LGBTQ+ pride flags.

Pride in Sport has compiled this information from multiple sources to provide sporting organisations and individuals with a better understanding of the significance and symbolism of these flags. We encourage sporting organisations to engage with Pride in Sport for assistance with all LGBTQ+ inclusion matters, including the appropriate use of pride flags to create more inclusive and welcoming environments for all athletes and participants.

Rainbow Pride Flag

The Rainbow Pride Flag is perhaps the most well-known symbol of the LGBTQ+ community. Created by Gilbert Baker in 1978, it originally had eight stripes representing various aspects of the community but now has six, with each colour symbolising something unique. Red for life, orange for healing, yellow for sunlight, green for nature, blue for harmony/peace, and violet for spirit.



Progress Pride Flag

The Progress Pride Flag builds upon the Rainbow Flag to further represent diversity and inclusion. Designed by Daniel Quasar in 2018, it incorporates the traditional rainbow with black and brown stripes, representing people of colour, as well as the transgender flag colours and arrow to symbolize progress and forward movement.



Trans Pride Flag

The Trans Pride Flag represents the transgender community. Explanation: Created by Monica Helms in 1999, it features light blue and pink stripes, symbolising traditional colours for boys and girls, with a white stripe representing intersex, transitioning, or neutral genders.



Aromantic Pride Flag

The Aromantic Pride Flag represents individuals who do not experience romantic attraction in a traditional way. The flag's colours have evolved over time, but the most widely accepted version includes dark green for aromanticism, light green for the aromantic spectrum, white for platonic and aesthetic attraction, grey for grey-aromantic and demiromantic individuals, and black for the sexuality spectrum.



Asexual Pride Flag

The Asexual Pride Flag represents those who do not experience sexual attraction. Created in 2010, the flag includes black for asexuality, grey for grey-asexuality and demi-sexuality, white for non-asexual partners and allies, and purple for community.



Bisexual Pride Flag

The Bisexual Pride Flag symbolizes those attracted to two genders. Designed by Michael Page in 1998, it features pink for same-gender attraction, purple for attraction to two genders, and blue for attraction to different genders.



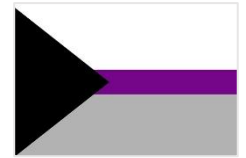
Demiromantic Pride Flag

The Demiromantic Pride Flag represents those who experience romantic attraction only after forming emotional bonds. While the flag's meaning is clear, its history is relatively unknown. It includes black for the sexuality spectrum, grey for grey-aromanticism and demiromanticism, white for platonic and aesthetic attraction, and green for the aromantic spectrum.



Demisexual Pride Flag

The Demisexual Pride Flag symbolizes individuals who feel sexual attraction only after forming deep emotional bonds. Created on the AVEN forum, it includes black for asexuality, grey for asexuality and demi-sexuality, white for sexuality, and purple for community.



Genderfluid Pride Flag

The Genderfluid Pride Flag represents those with fluid gender expressions or identities. Created by JJ Poole in 2013, it includes pink for femininity, white for lack of gender, purple for a mix of masculinity and femininity, black for all genders, and blue for masculinity.



Genderqueer Pride Flag

The Genderqueer Pride Flag is for those whose gender identity doesn't fit within the male/female binary. Created in 2011, it features lavender for androgyny, white for agender and gender-neutral identities, and dark chartreuse green for third-gender identities.



Intersex Pride Flag

The Intersex Pride Flag represents individuals born with physical sex characteristics outside the binary. Designed by Morgan Carpenter in 2013, it uses purple and yellow, seen as gender-neutral colours, with a circle symbolizing wholeness and potentialities.



Lesbian Pride Flag

The Lesbian Pride Flag represents female-identified individuals attracted to other females. The flag traditionally uses red, purple, and pink to represent traditionally feminine colours.



Non-Binary Pride Flag

The Non-binary Pride Flag is for those whose gender doesn't fit the male/female binary. Created by Kyle Rowan in 2014, it includes yellow for those outside the binary, white for many or all genders, purple for mixed or in-between genders, and black for those without a gender.



Pansexual Pride Flag

The Pansexual Pride Flag represents attraction to people regardless of gender identity. Created around 2010, it includes pink for female-identified attraction, yellow for non-binary attraction, and blue for male-identified attraction.



Philadelphia Pride Flag

The Philadelphia Pride Flag adds black and brown stripes to the traditional rainbow to represent queer people of colour. Designed in 2017, it emphasizes inclusivity and features the colours of life, healing, sunlight, nature, harmony/peace, and spirit.



Polyamorous Pride Flag

The Polyamorous Pride Flag represents the ability to love multiple people with mutual consent. The flag uses blue for openness and honesty, red for love and passion, black for solidarity, yellow for emotional attachment, and the infinity heart sign for infinite love.



Polysexual Pride Flag

The Polysexual Pride Flag is for those attracted to multiple, but not all, genders. Created by a Tumblr user in 2012, it features pink for female-identified attraction, green for non-binary attraction, and blue for male-identified attraction.



Two-Spirit Pride Flag

The Two-Spirit Pride Flag honours queer Native American individuals with unique understandings of gender roles. Rooted in Indigenous cultures, it features two feathers for masculine and feminine identities, a circle for unity, and modern rainbow colours.



Intersex Progressive Pride Flag

The Intersex Progressive Pride Flag is inclusive of intersex individuals and their unique experiences. Designed by Valentino Vecchiotti in 2021, it combines elements of the Intersex flag with the Progress Pride Flag, emphasizing inclusivity and progress.



We encourage sporting organisations to engage with Pride in Sport for comprehensive support in LGBTQ+ inclusion matters, including the appropriate use of pride flags for creating more inclusive and welcoming sporting environments.

If you would like further guidance or support, please email Pride in Sport – info@prideinsport.com.au

References:

- [University of Northern Colorado Gender & Sexuality Resource Center](#)
- [OutRight International](#)
- [Teen Vogue](#)

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