



2.1 Introduction to Gender and Sexuality

Suggested Grade Level: 6-12

Time: 30-60 Minutes

Subject Area: Gender, Sexuality, Trans

Overview:

The group will watch/listen to a short video from Hank Green of Vlogbrothers on gender and sexuality (3:48). Afterwards a sheet of terminology and the genderbread person will be handed out. A group leader will then explain the genderbread person to the group. Following the explanation the group will have time to read the terms and ask questions of one another and reflect on themselves and the information they've been presented.

Goals:

- Understand basic gender and sexuality terms
- Utilize each other as resources for exploring unfamiliar spaces

Materials:

- Printed terminology list
- A way of watching/listening to the video

Procedure:

Step One:

Play the video in some way or another such that all people can hear/see it. Here is the link to the video: <https://tinyurl.com/HankGreenG-S>

Step Two:

Hand out the genderbread figure or display it to the group. A group leader or the adviser will explain the basics of it.

Step Three:

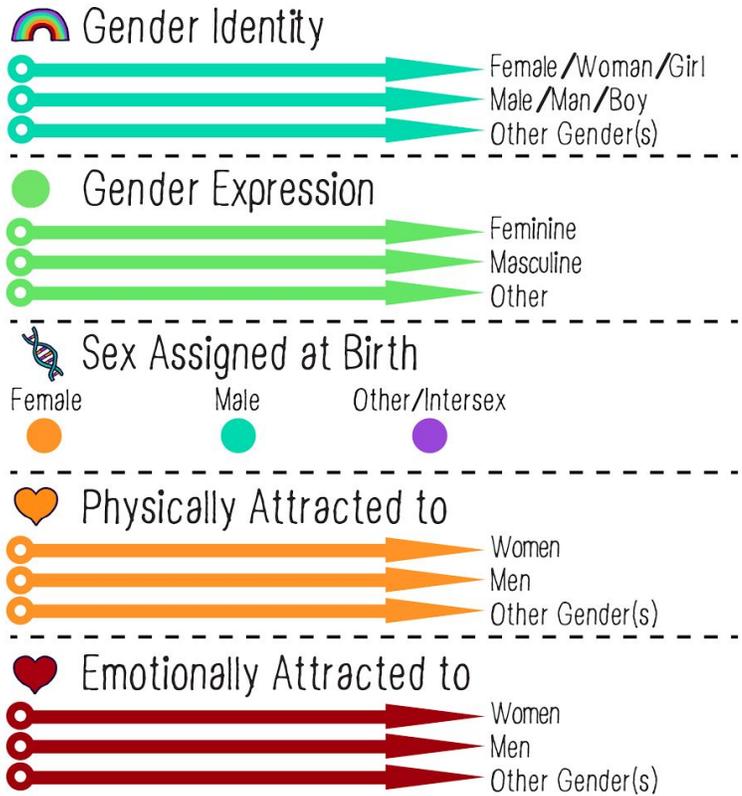
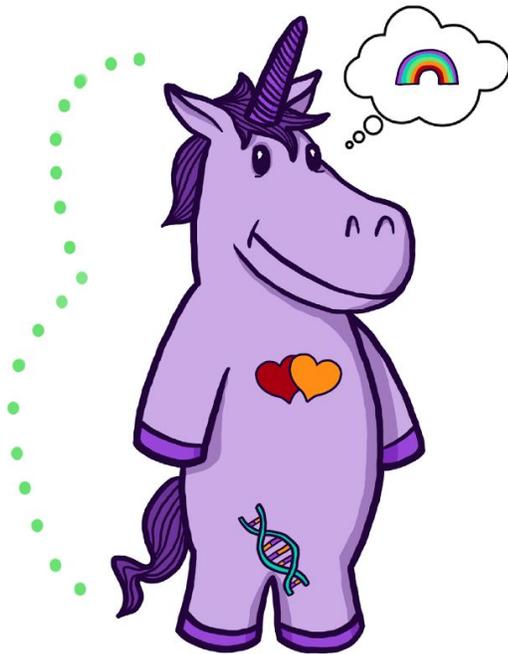
Hand out or in some way display the terminology list.

Step Four:

As a group discuss new information presented and ask questions about unfamiliar terminology.

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Terminology List

- General Terms
 - **LGBTQ** | An acronym for “lesbian, gay, bisexual, transgender and queer” or at times “lesbian, gay, bisexual, transgender and questioning”*
 - **Sexual orientation** | An inherent or immutable enduring emotional, romantic or sexual attraction to other people.*
 - **Romantic orientation** | A term used to separate out physical from romantic attraction.
 - **Sex assigned at birth** | The sex a person is assigned at birth usually male or female. Separate from gender identity.
 - **Gender identity** | One’s innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.*
 - **Ally** | A person who is not LGBTQ but shows support for LGBTQ people and promotes equality in a variety of ways.*
 - **Queer** | A term people often use to express fluid identities and orientations. Often used interchangeably with "LGBTQ."*
 - **Gender Binary System** | A social system that requires everyone to be raised as a boy or girl (dependent on what sex you are assigned at birth), which in turn forms the basis for how you are educated, what jobs you can do (or are expected to do), how you are expected to behave, what you are expected to wear, what your gender and gender presentation should be, and who you should be attracted to/love/marry, etc^x
- Gender Terms
 - **Cisgender** | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.*
 - **Transgender** | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.*
 - **Intersex** | refers to a series of medical conditions in which a child's genetic sex (chromosomes) and phenotypic sex (genital appearance) do not match, or are somehow different from the "standard" male or female.^x
 - **Gender expression** | External appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.*
 - **Gender dysphoria** | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. Not all trans, non-binary, gender nonconforming people experience dysphoria.*
 - **Androgynous** | Identifying and/or presenting as neither distinguishably masculine nor feminine.*

- **Gender-fluid** | According to the Oxford English Dictionary, a person who does not identify with a single fixed gender; of or relating to a person having or expressing a fluid or unfixed gender identity.*
- **Gender non-conforming** | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.*
- **Genderqueer** | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.*
- **Sexuality Terms**
 - **Asexual** | The lack of a sexual attraction or desire for other people.*
 - **Bisexual** | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.*
 - **Gay** | A person who is emotionally, romantically or sexually attracted to members of the same gender.*
 - **Lesbian** | A woman who is emotionally, romantically or sexually attracted to other women.*
 - **Pansexual** | Similar to bisexual though is explicitly attracted to people of all or most gender identities.
 - **Straight/Heterosexual** | Men who are attracted to women or women who are attracted to men.

*Copied or modified slightly from the Human Right's Campaign at <http://www.hrc.org/resources/glossary-of-terms>

^Copied or modified slightly from the GSA Network at <https://gsanetwork.org/>