

Sexual Orientation and Gender Identity

7th Grade Sexual Health Education

Learning Objectives

- Understand the concept of identity
- Define sexual orientation and gender identity
- Recognize that everyone has a sexual orientation and gender identity
- Identify ways of respecting a person's identity



Terminology

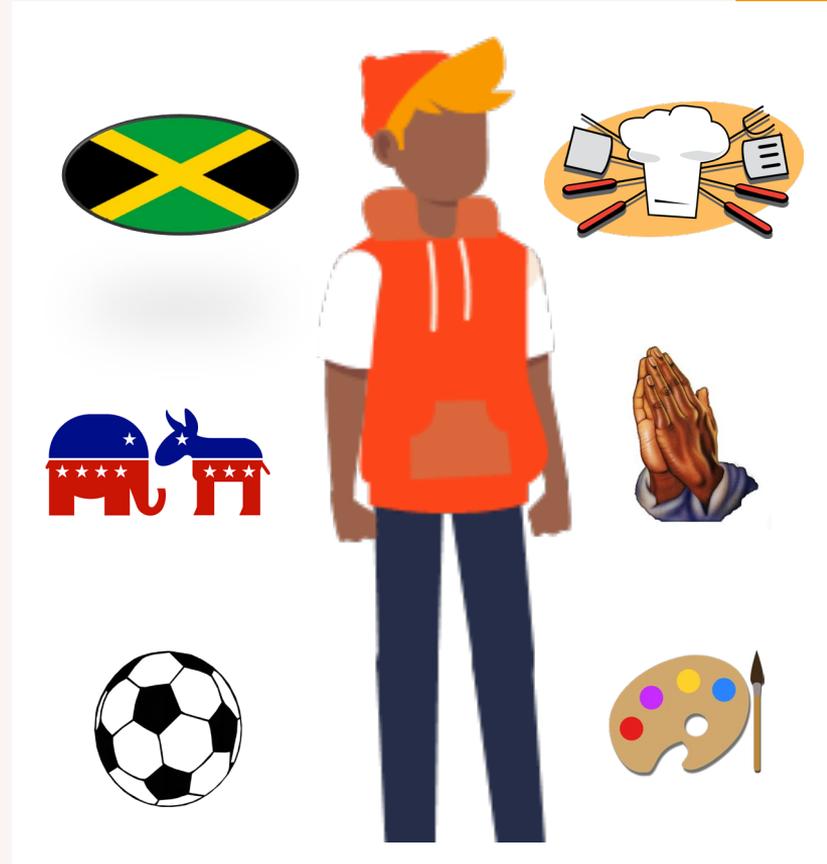
Language changes over time, and words mean different things to different people. New terms and ways of interpreting words and their meanings emerge frequently. This is the beauty of language, identity, and labeling oneself - it changes as we change.

The terms listed in this presentation are to give you an approximate meaning of what you may hear in the LGBTQ+ community. Every person gets to determine what terminology/descriptors fit them. When encountering a new term, it is best to ask the person what that word means to them and how that information should inform your interactions with them. Your genuine interest in learning about and understanding someone else's lived experience is what it is all about.

Identity

A person's identity refers to their sense of who they are.

Identities are complex and include many different parts. A person's identity may include gender, race, ethnicity, nationality, sexual orientation, religion, political affiliation, interests, hobbies, and more.

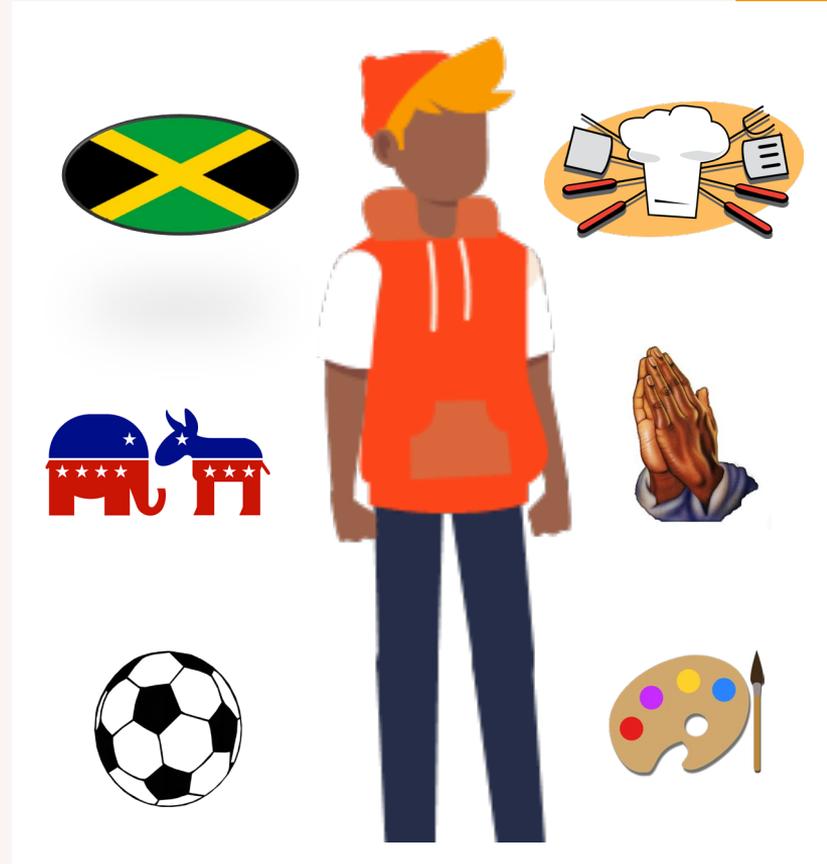


Identity

Everyone has an identity.

It is important for a person to feel proud of the many different components of their identity.

We are all different and we are all special!



Identity

Sexual Orientation and Gender Identity are two types of identity that every person has.

Sexual Orientation: describes the gender(s) a person is emotionally, romantically, or sexually attracted to





As you watch this video, listen for the variety of sexual orientation identities that people may have



Sexual Orientation

What are **some** terms or words people use to describe sexual orientation?

Lesbian

Pansexual

Bisexual

Asexual

Gay

Queer

Questioning

Heterosexual

Demisexual

Aromantic



Identity

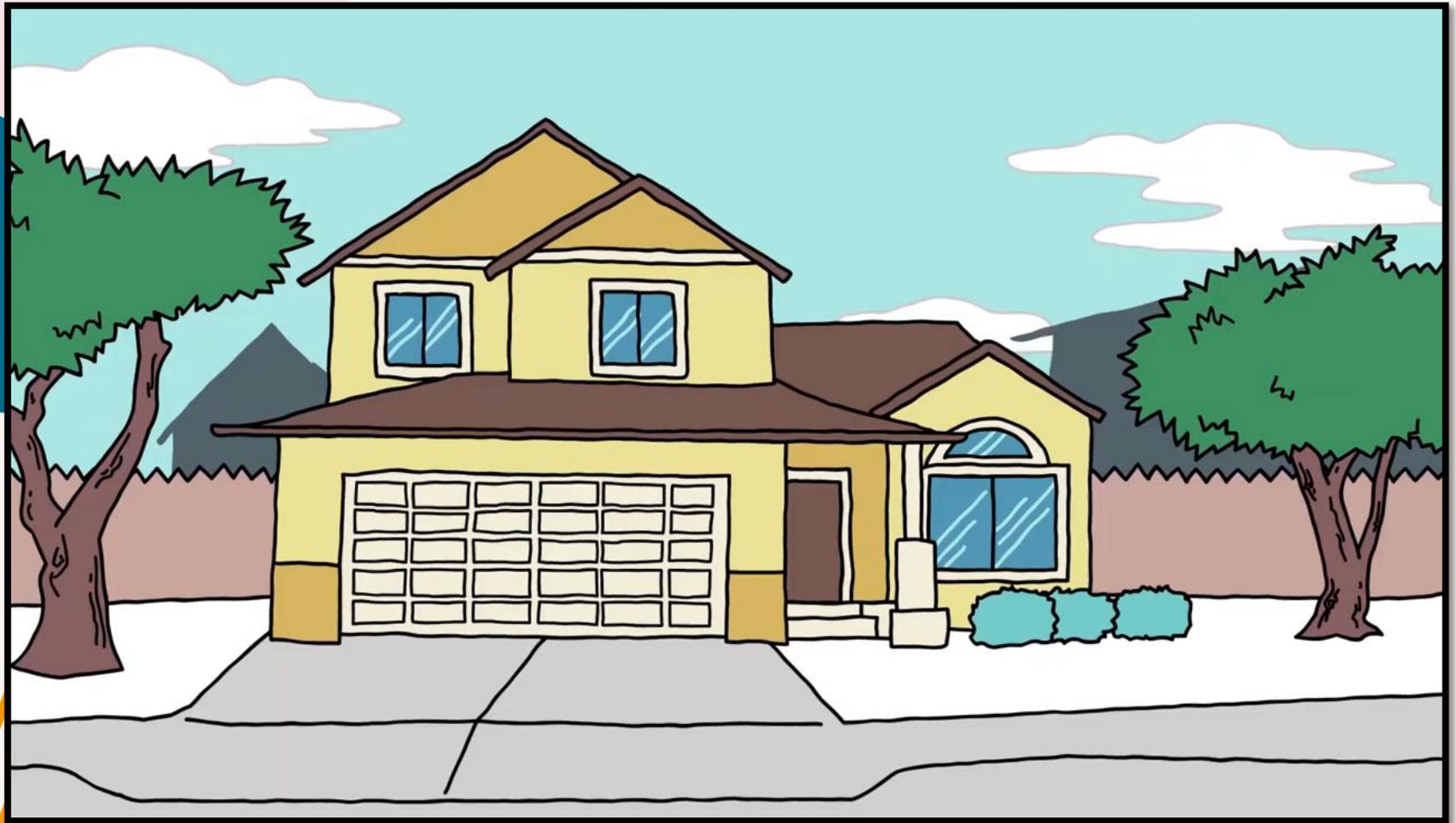


Sexual Orientation and Gender Identity are two types of identity that every person has.

Gender Identity: refers to a person's self identification as male, female, both, something in between, or neither. It is the inner experience of gender and who a person feels themselves to be. This may or may not match their sex assigned at birth (which is typically based on reproductive anatomy)



As you watch this video, listen for the variety of gender identities that people may have



Gender Identity

What are **some** terms or words people use to describe gender identity?

Female

Non-binary

Agender

Male

Genderqueer

Intersex

Cisgender

Transgender

Bigender

Two-Spirit

Genderfluid



Gender Expression

This describes how individuals communicate their gender to others.

People express and interpret gender through hairstyles, clothing, physical expression and mannerisms, physical changes to their body, or by choosing a name that reflects their own idea of gender identity.



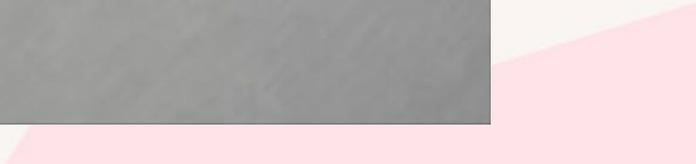
Pronouns

Pronouns are ways we refer to people when we don't use their names - she/her, he/him, they/them, and more.

People use the pronouns that work best for them based on their gender identity and what they would like people to call them.

Getting someone's pronouns right is respectful and shows the person you care. If you get someone's pronouns wrong, offer a really short apology and then use the correct one!





Pronouns



Pronouns

Let's practice!

CJ is a non-binary teen in Seattle.

- CJ likes going to Garfield. I heard that they are super proud to be a Bulldog!
- I called CJ, but they didn't answer their phone.
- CJ told me that the soda in the fridge is theirs.
- CJ loves themselves. I really admire them for having this attitude!



Worksheet

**Pronoun
Practice**

**True or
False**

Pronoun Practice

Can anyone volunteer to read the pronoun practice from their worksheet?



True or False?

People can choose their sexual orientation.

FALSE

Sexual orientation has to do with who we're attracted to, physically and romantically. We don't choose our feelings just like we don't choose who we find attractive. What we CAN choose is whether to act on those feelings, as well as what we call ourselves based on those feelings (our identity).



True or False?

People can choose their gender identity.

FALSE

Just like sexual orientation, a person doesn't choose to feel male, female or a combination of both. What we CAN choose is what we call ourselves, even if it doesn't match our sex assigned at birth.



True or False?

People can choose their gender expression.

TRUE

A person can choose to let people know their gender in whatever way feels comfortable or right to them. There are lots of ways to express ourselves, and that includes how we express our gender.



True or False?

You can usually tell a person's sexual orientation just by looking at them.

FALSE

Some people may stereotype another person based on their gender expression - based on what they see, they will think they know that person's sexual orientation. Sexual orientation has to do with who a person is attracted to; gender expression is separate from that.



Remember

Everyone has a sexual orientation and gender identity – it is part of who they are.

Be Proud!



EXIT TICKET

1. What is the difference between sexual orientation and gender identity
2. How can you show respect to a person that has a sexual orientation or gender identity that is different from yours? Write at least 2 ways.





Credits:

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