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# Gender and Sexual Identities

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## **Goals**

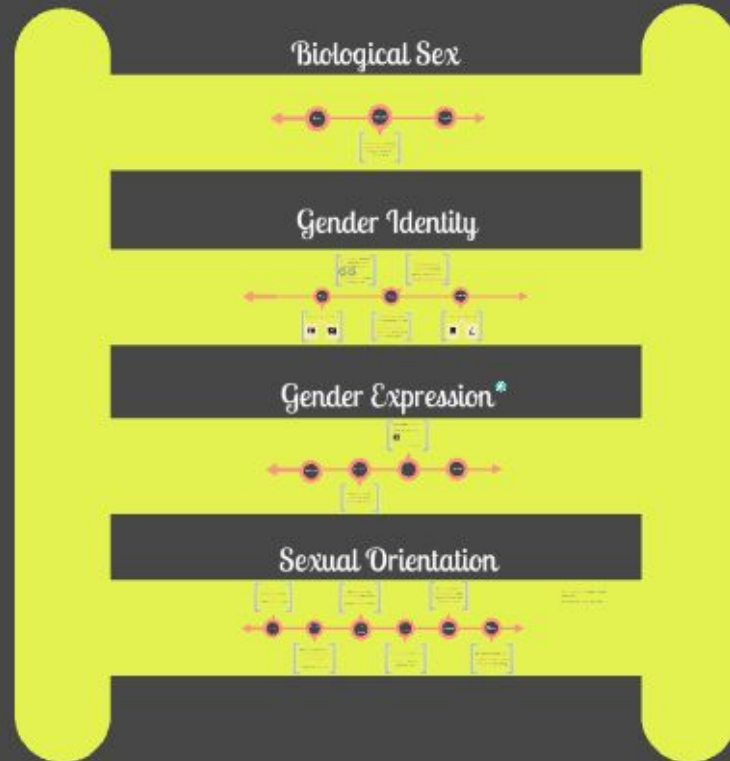
- Understand the diversity of sexual and gender identities and the importance of being inclusive of all gender and sexual identities
- Understand that sex, gender expression, and sexual orientation are different and each fall on a spectrum of identities
- Analyze cultural impacts on attitudes about gender, orientation, and expression

## **Objectives**

At the end of this session, students will be able to:

- Define sex, gender, gender expression and sexual orientation
- Define what LGBTQ+ means
- Articulate their values held about sexual orientation and gender identity
- Advocate for safe environment for all people to feel safe

# The Identity Spectrums



# Biological Sex



1

# Your body parts, hormones, and DNA

# Intersex

2

Being born with a mixture  
of typical male and female  
body parts, hormones,  
and/or DNA

<https://youtu.be/cAUDKEI4QKI>

A screenshot of a YouTube video player. The video title is "what it's like to be intersex" in blue handwritten-style text. The channel name "BuzzFeed presents" is in the top left. The video progress bar shows 0:06 / 3:25. The video is watchable by learn.conejousd.net. The video title "What It's Like To Be Intersex" is displayed below the player.

BuzzFeed  
presents

what it's like  
to be intersex

0:06 / 3:25

Watchable by learn.conejousd.net.

What It's Like To Be Intersex

# Gender Identity

Trans includes transgender men, transgender women, and non-binary identities



Every person wants to be called by their gender pronouns

Non-binary gender identities aka third-gender identities have existed throughout history

Man

Trans

Woman

Different ways to be a Man



In umbrella term for people whose assigned sex at birth does not match their gender identity

Some trans people choose to change through social transition and/or medical transition

Different ways to be a Woman





1

How you feel  
internally and  
socially

# Man

## Different ways to be a Man

assigned **male** at birth  
& identifies as a **man**



Kendrick Lamar, hip hop artist

**cisgender man**

"cis" = on the same side



assigned **female** at birth  
& identifies as a **man**



Jake Zyrus, singer

**transgender man**

"trans" = across



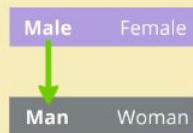
assigned **male** at birth  
& identifies as a **man**



Kendrick Lamar, hip hop artist

**cisgender man**

"cis" = on the same side



assigned **female** at birth  
& identifies as a **man**



Jake Zyrus, singer

3

**transgender man**

"trans" = across

Male Female

Man Woman



# Woman

## Different ways to be a Woman

assigned **female** at birth  
& identifies as a **woman**



Constance Wu, actress

**cisgender woman**

"cis" = on the same side



assigned **male** at birth  
& identifies as a **woman**



Jazmyn J. Jennings, actress

3

**transgender woman**

"trans" = across



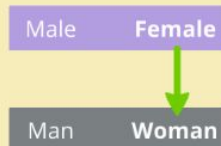
assigned **female** at birth  
& identifies as a **woman**



Constance Wu, actress

**cisgender woman**

"cis" = on the same side



assigned **male** at birth  
& identifies as a **woman**

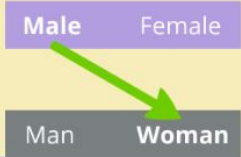


3

Jazz Jennings, LGBTQ activist

# transgender woman

"trans" = across



# Trans

- An umbrella term for people whose assigned sex at birth does not match their gender identity
- Some trans people choose to change through social transition and/or medical transition

4





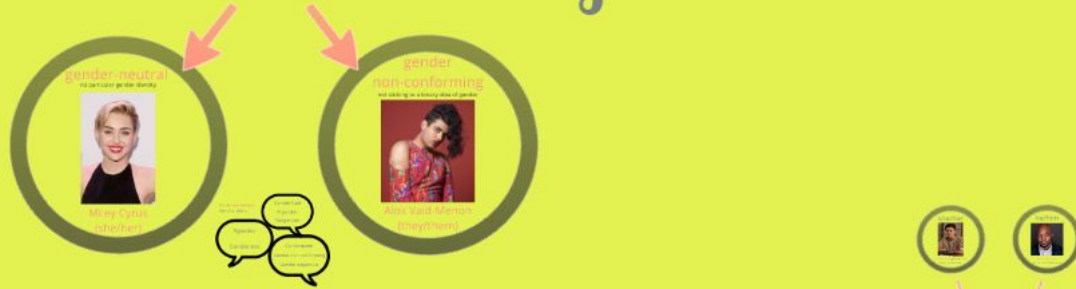


Laverne Cox, Actress



Thomas Beatie

Trans includes transgender men, transgender women, and non-binary identities



Every person wants to be called by their gender pronouns

gender-neutral  
no particular gender identity



Miley Cyrus  
(she/her)

Other  
ident

gender  
non-conforming

not sticking to a binary idea of gender



Alok Vaid-Menon  
(they/them)

Other **non-binary**  
identity labels...

Genderfluid  
Bigender  
Pangender

Agender  
Genderless

Genderqueer  
Gender non-conforming  
Gender expansive



she/her



Ruby Rose, genderfluid  
Actor and Model

he/him



Brian Michael,  
Actor and Advocate



Some trans people use  
gender-neutral pronouns  
like "they/them"!

# Unsure?



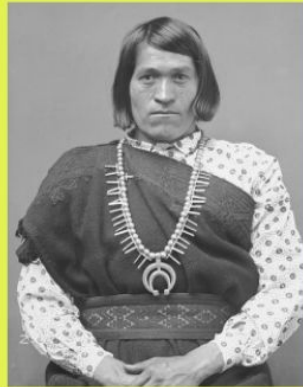
## Ask

## respectfully!



Non-binary gender  
identities aka third-  
gender identities **have**  
**existed throughout history**

Two-Spirit people  
in some Native  
American cultures





Muxe in Mexico  
Bakla in Philippines  
Fa'afafine in Samoa  
Hijra in India

# Mahu people in Hawaiian culture



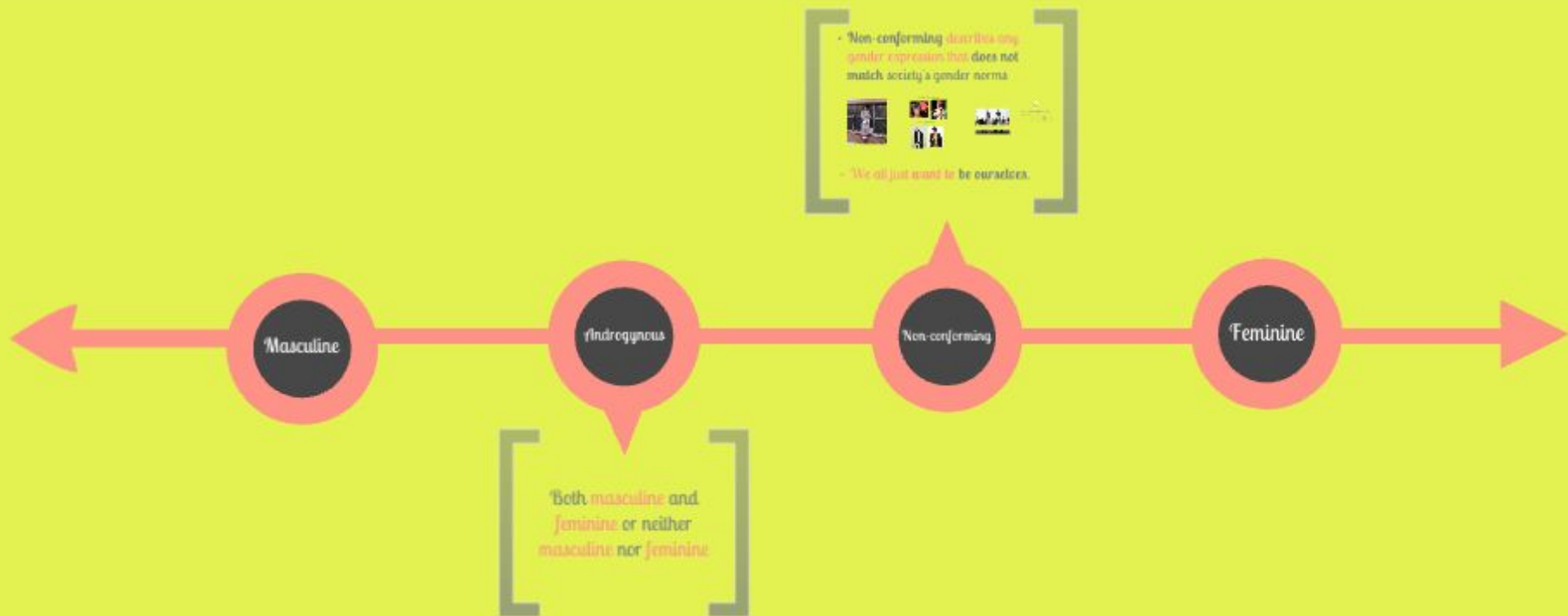
<https://youtu.be/2pCThN5y46Q>



Watchable by learn.conejousd.net.

The Meaning of Mahu

# Gender Expression<sup>6</sup>





How you  
communicate your  
gender to the  
outside world



*Masculine*



*Feminine*



*Androgynous*

Both *masculine* and  
*feminine* or neither  
*masculine* nor *feminine*

- **Non-conforming** describes any gender expression that does not match society's gender norms



Drag Queens



What might happen when someone's gender expression differs from society's gender norms?

- **We all just want to** be ourselves.

Non-conforming



**Jaden Smith**  
*actor & rapper*

# Drag Queens



# Drag Kings







**Non-conforming gender expression  
can look a lot of different ways!**







**What might happen** when someone **looks, dresses, or acts** in a way that is ***different*** than what **society expects?**

<https://youtu.be/WuZwyuqxNCk>



An excerpt from:

**STRAIGHTLACED**

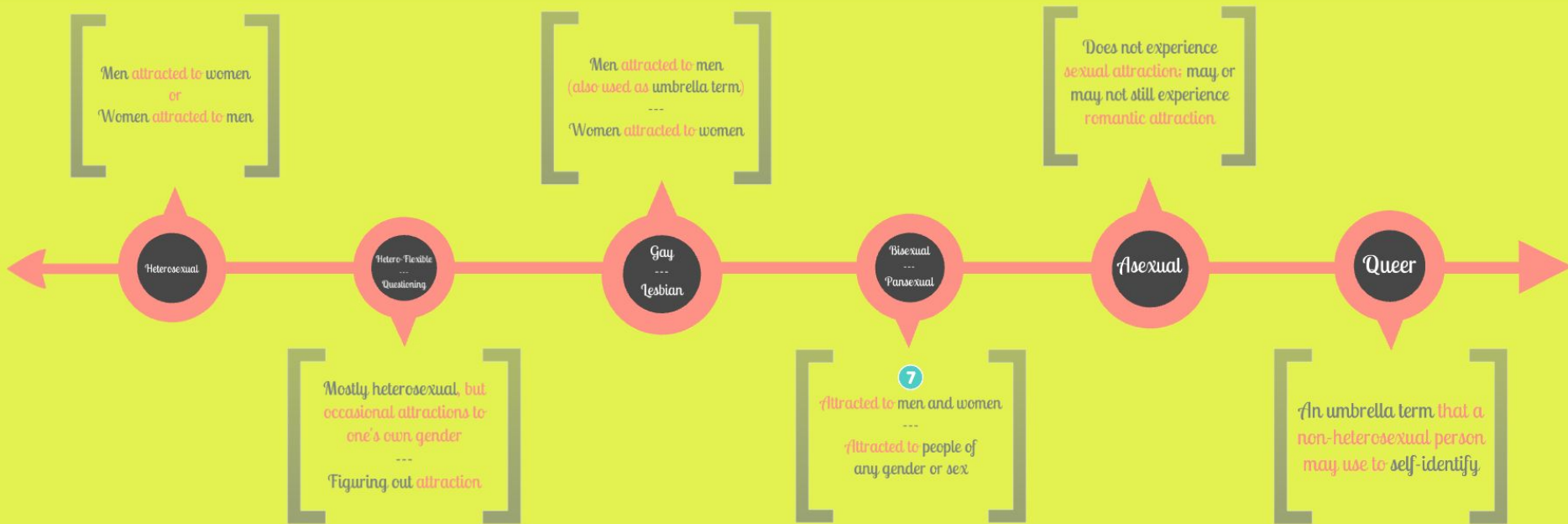
HOW GENDER'S GOT US ALL TIED UP

Watchable by learn.conejousd.net.

Gend o meter

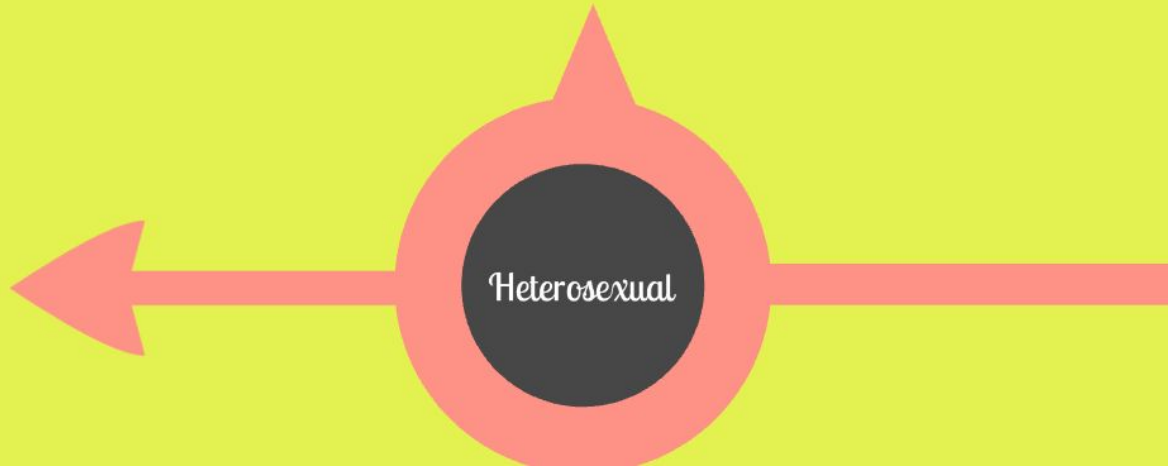
A screenshot of a YouTube video player. The video content shows a hand-drawn diagram on lined paper. The word "STRAIGHTLACED" is written in purple, with blue lines drawn through it. Below it, the text "HOW GENDER'S GOT US ALL TIED UP" is written in blue. In the top right corner of the video frame, a small table is visible with the following text: "SEX", "IDENTITY", "NO DEL ALI", "390271", "MARR", "ALTYACK", "A-", "A", "A". The video player interface shows a play button, a progress bar at 0:13 / 3:09, and various control icons. Below the player, the text "Watchable by learn.conejousd.net." and "Gend o meter" are displayed.

# Sexual Orientation



Who you are  
attracted to

Men *attracted to* women  
or  
Women *attracted to* men



Hetero-Flexible

---

Questioning

Mostly heterosexual, *but*  
occasional attractions to  
one's own gender

---

Figuring out *attraction*

Men *attracted to* men  
(also used as umbrella term)

---

Women *attracted to* women

Gay

---

Lesbian

Bisexual

---

Pansexual

7

*Attracted to* men and women

---

*Attracted to* people of  
any gender or sex



Does not experience  
*sexual attraction*; may or  
may not still experience  
*romantic attraction*

Asexual



Queer

An umbrella term that a non-heterosexual person may use to self-identify



- **What determines** a person's sexual orientation?



- Can attraction **change** over time?



Scientific research is  
still **inconclusive**, but  
suggests a complex  
**combination of  
factors!**





*Genetic...*

*Hormone exposure...*

*Environmental  
factors...*



**Fun Fact:** Same-sex  
sexual behavior occurs  
in at least **1,500** other  
animal species!



Certain things  
do **NOT** change  
our attraction...

8

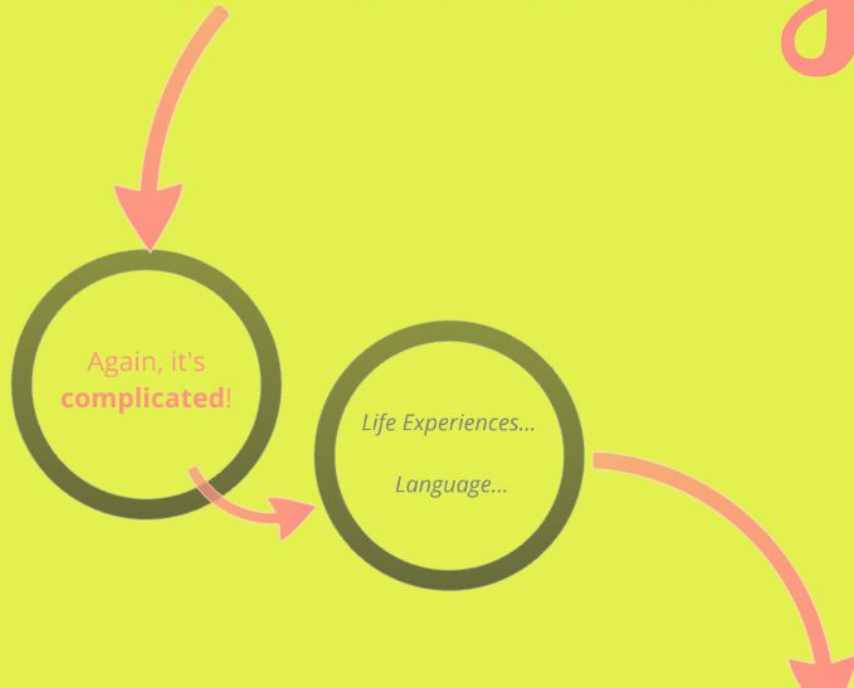
**Who** raises us  
and **how** we are  
raised



8

Research shows  
that **conversion  
therapy** does not  
work, and is  
harmful

# change of




The image features a light green background. A large, dark green circle is centered on the page. Inside this circle, the text "Again, it's complicated!" is written in a pink, sans-serif font. The word "Again," is on the top line, "it's" is on the second line, and "complicated!" is on the third line. In the bottom right corner, there are some faint, overlapping pink and orange curved shapes that appear to be part of a larger graphic or design element.

Again, it's  
**complicated!**



*Life Experiences...*

*Language...*



For many people,  
**figuring out who**  
**they are** is a **process**  
that takes time!

9

Don't **label**  
other people,  
let each person  
**self-identify.**



What we DO know:

Our *feelings of attraction* are **NOT** a choice, but our *actions ARE.*

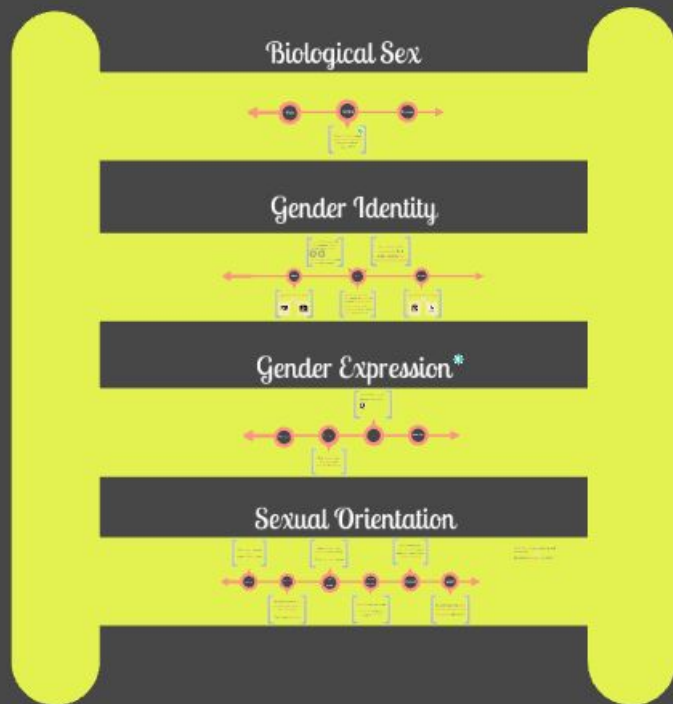


How can we **show respect**  
▶ for others, *especially* when  
we don't understand or  
**agree** with them?



- be a good **listener**
- **notice** when we're upset
- **self-calming**
- notice **defensiveness**
- see everyone as a **whole person**

# The Identity Spectrums



# Identity Spectrums Prezi Notes

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

1. What is the difference between **sex** and **gender**?

Sex: \_\_\_\_\_ Gender: \_\_\_\_\_

2. When someone is **born with a mixture** of typical male and female body parts, hormones, and/or DNA, that is called being \_\_\_\_\_.

3. What is it called when a person's sex assigned at birth...

A) **does not align** with their gender identity? \_\_\_\_\_

B) **does align** with their gender identity? \_\_\_\_\_

4. Trans people might choose to **change** the way they look, feel, and sound through...

A) \_\_\_\_\_ transition (e.g. using a new name and/or pronouns)

B) \_\_\_\_\_ transition (e.g. hormone therapy and/or gender-affirming surgeries)

5. How can you find out what **pronouns** a person uses? \_\_\_\_\_

6. \_\_\_\_\_ is how you **communicate** your gender to the outside world.



**What might happen when someone expresses themselves in a way that is different than society expects?**

\_\_\_\_\_  
\_\_\_\_\_

7. What is the difference between **bisexual** and **pansexual**?

Bisexual: \_\_\_\_\_ Pansexual: \_\_\_\_\_

8. What are three things that **cannot change** a person's sexual orientation?

\_\_\_\_\_

9. **General rule:** Don't \_\_\_\_\_ other people, let each person \_\_\_\_\_!



**How can we show respect for others, especially when we don't understand or agree with them?** List at least 2 specific ways:

\_\_\_\_\_  
\_\_\_\_\_