

Understanding Our Bodies

Kindergarten Health Scientists

Welcome, Scientists!

Learning about bodies is one way to be a scientist. Our bodies are really neat and every part is important.



Body Parts We Know



ARM

LEG

EAR

KNEE

FOOT

SHOULDER

HAND

ELBOW

HEAD

BELLY

BACK

What do we use each of these for?

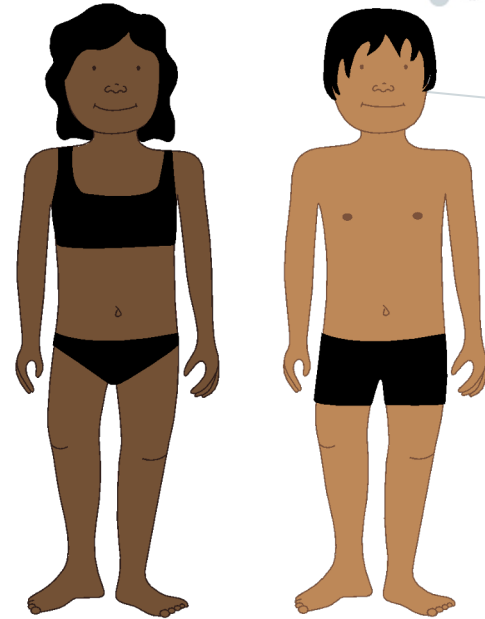
What's a part of your body you really love?



I love my ___ because it helps me _____.

Middle Parts

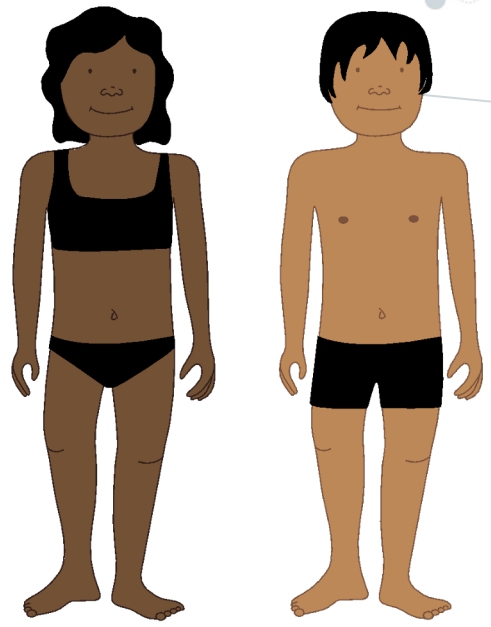
Parts where your swimsuit covers up can be called “**middle parts.**” Different people have different middle parts.



Your Body

Some people call middle parts your private parts, but any part of your body can be private. Private means you only show people you trust and help you stay healthy, like your parents or your doctor.

Only you get to decide who touches and looks at your body.



Middle Parts

Every family thinks about
their middle parts in
different ways.



Middle Parts



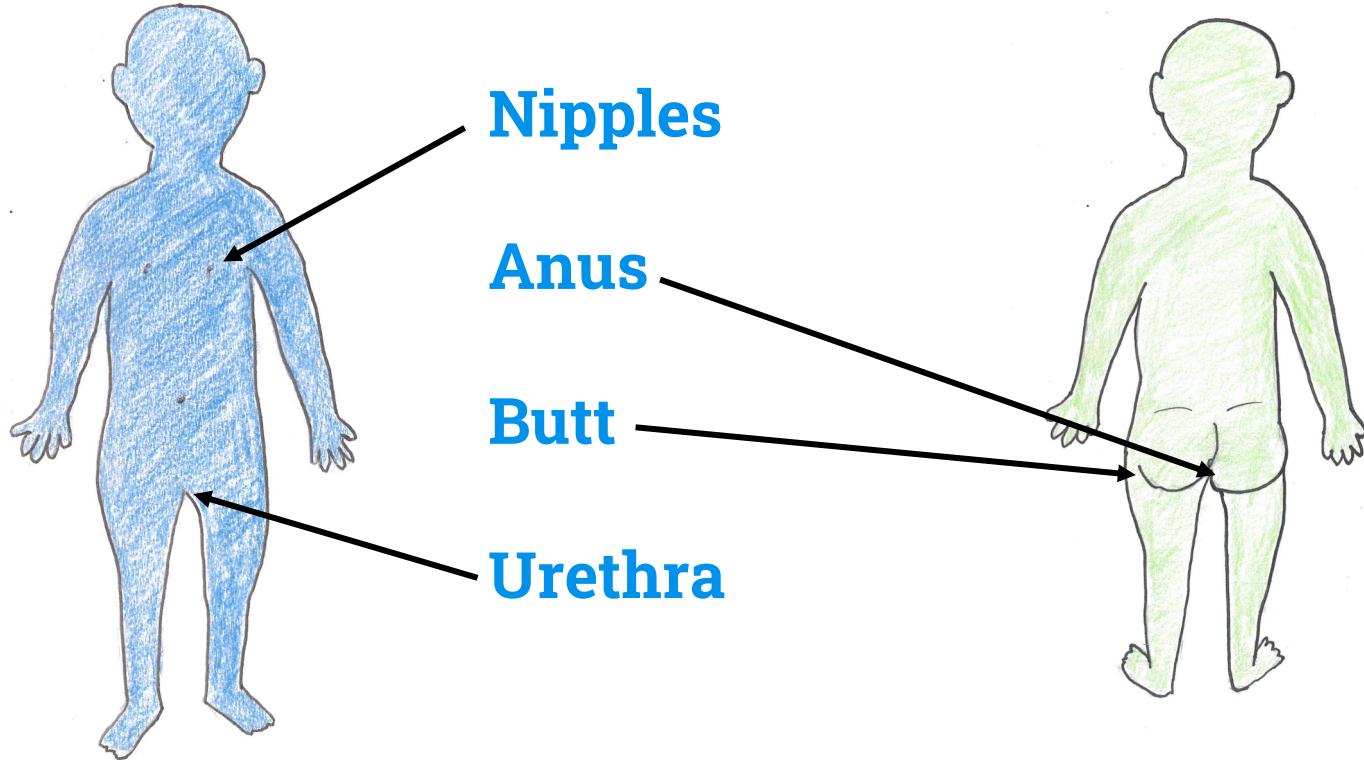
Sometimes we feel silly or nervous talking about our middle parts. That is ok. Today we are being scientists to know about our bodies.

Every person's body is different.

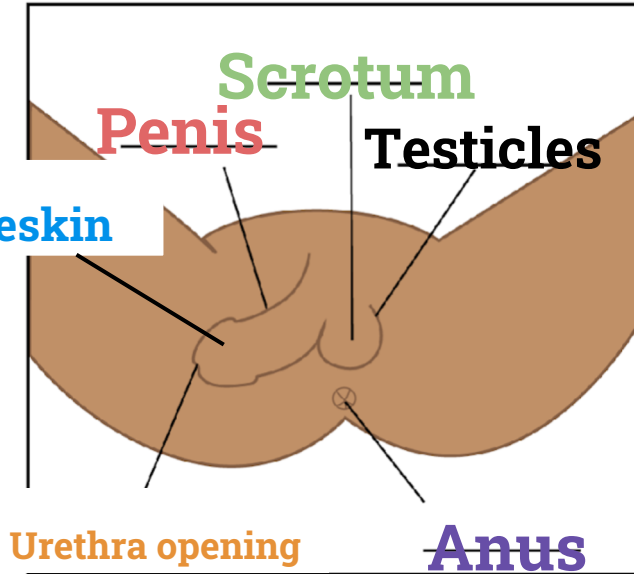
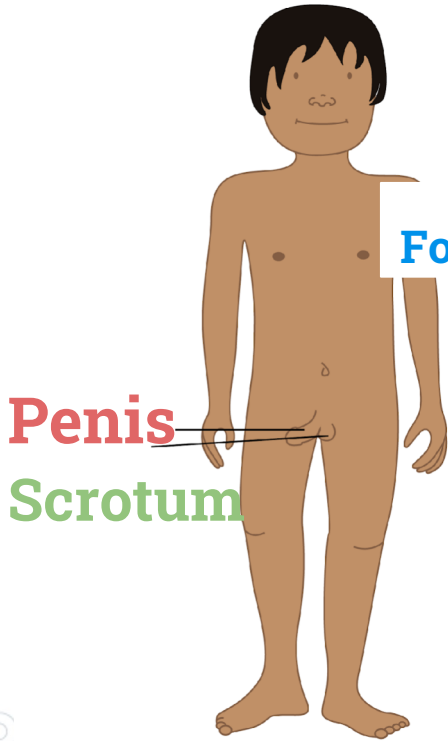
Some bodies are kinda like yours.
Other bodies are not like yours at all.



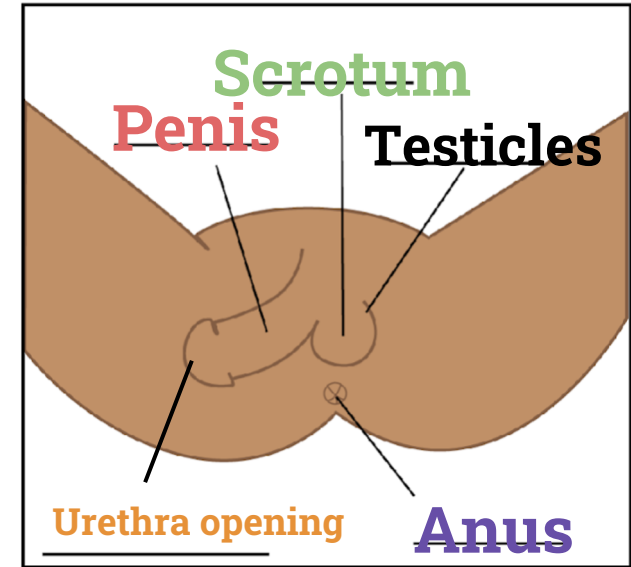
MOST BODIES have these the Middle Parts



Some BODIES have these the Middle Parts



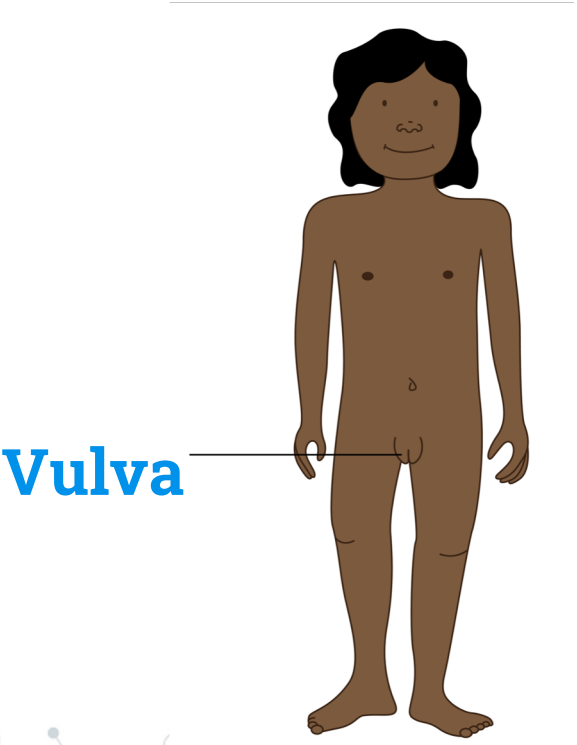
Some penises are not
circumcised



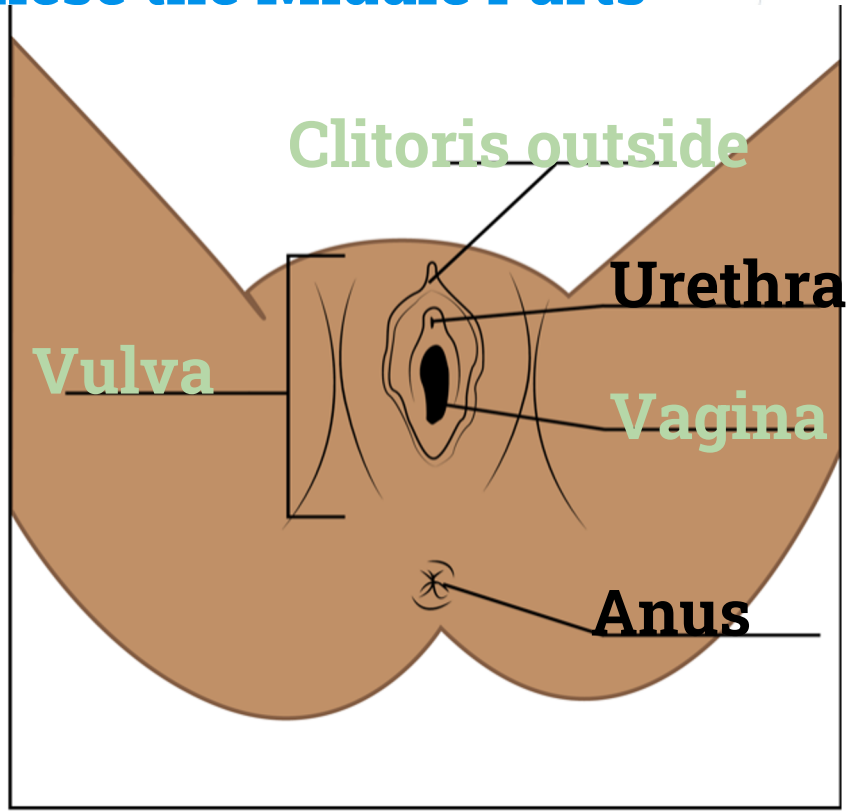
Some penises are
circumcised.

A lot of times people with these parts are boys, but any gender and kid can have any type of body.

Some BODIES have these the Middle Parts



Vulva



Clitoris outside

Urethra opening

Vulva

Vagina opening

Anus


A lot of times people with these parts are girls, but any gender and kid can have any type of body.

Your Family



Different families have different rules and ways of thinking about middle parts. Every family is unique and that is awesome!

Team Body



All of our body parts work together like a team to keep you healthy and help you do stuff. All of your parts are important.

Growing Up

Your body will change as you get older. Every kid's body changes in different ways. A lot of times your body and parts get bigger and help you do more things.



Time to Use Our Art Skills to Draw Our Favorite Body Parts!



[Teacher Link to Activity](#)

Kindergarten Health - Unit 5

— Lesson 3: Understanding Our —
Bodies - The Basics

Today we are going to talk about bodies.

- ★ Parts we have that are the same
- ★ Parts we have that are different - including parts that are usually covered when we are in public

It's important that everyone with a body know how their body works and how to take care of it so we can all be healthy!



Body Parts We Know



ARM

HAND

LEG

ELBOW

EAR

HEAD

KNEE

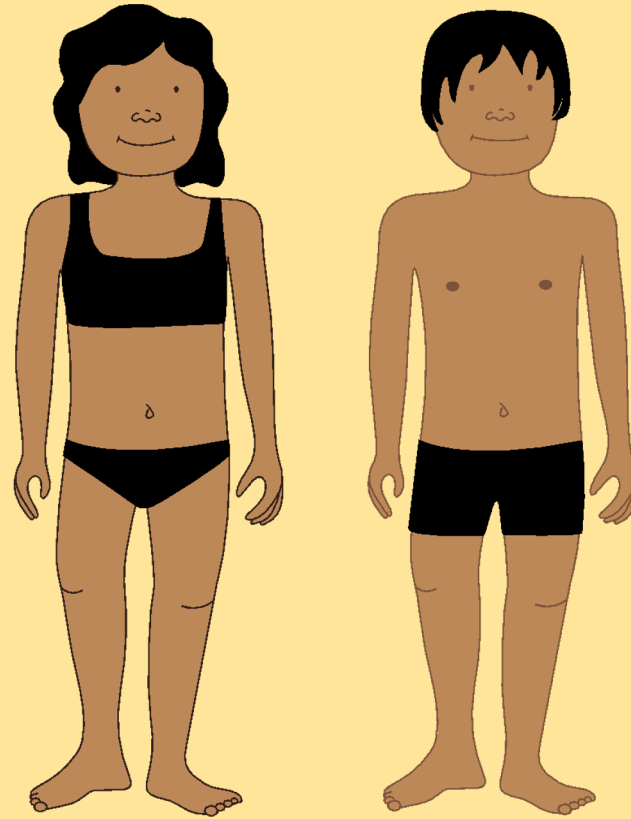
BELLY

FOOT

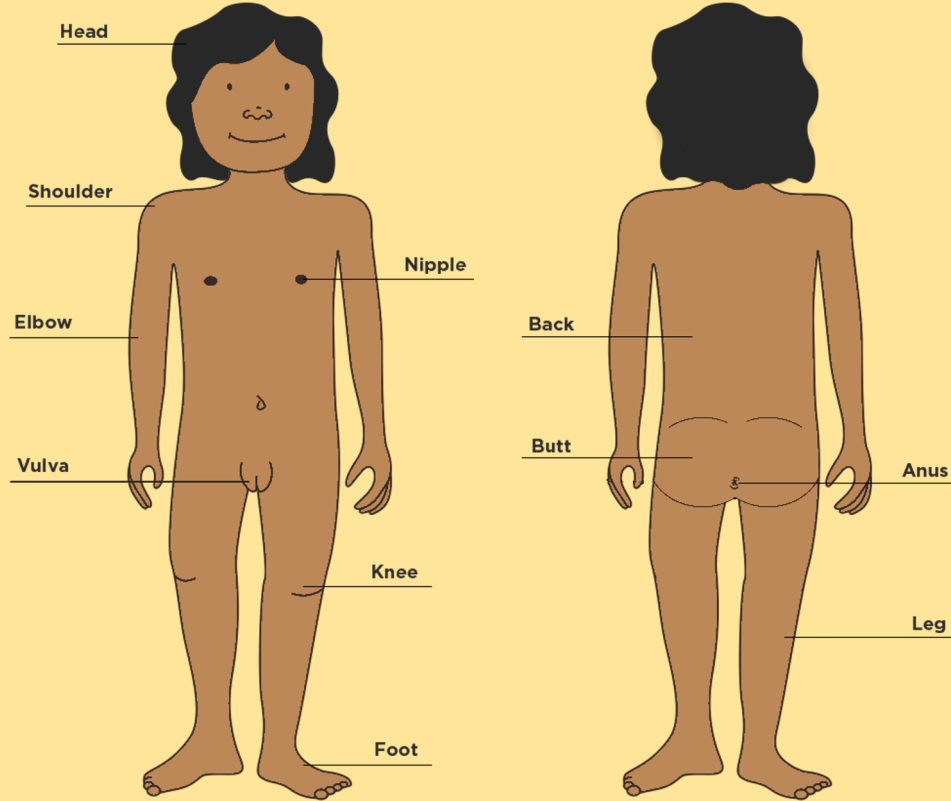
BACK

SHOULDER

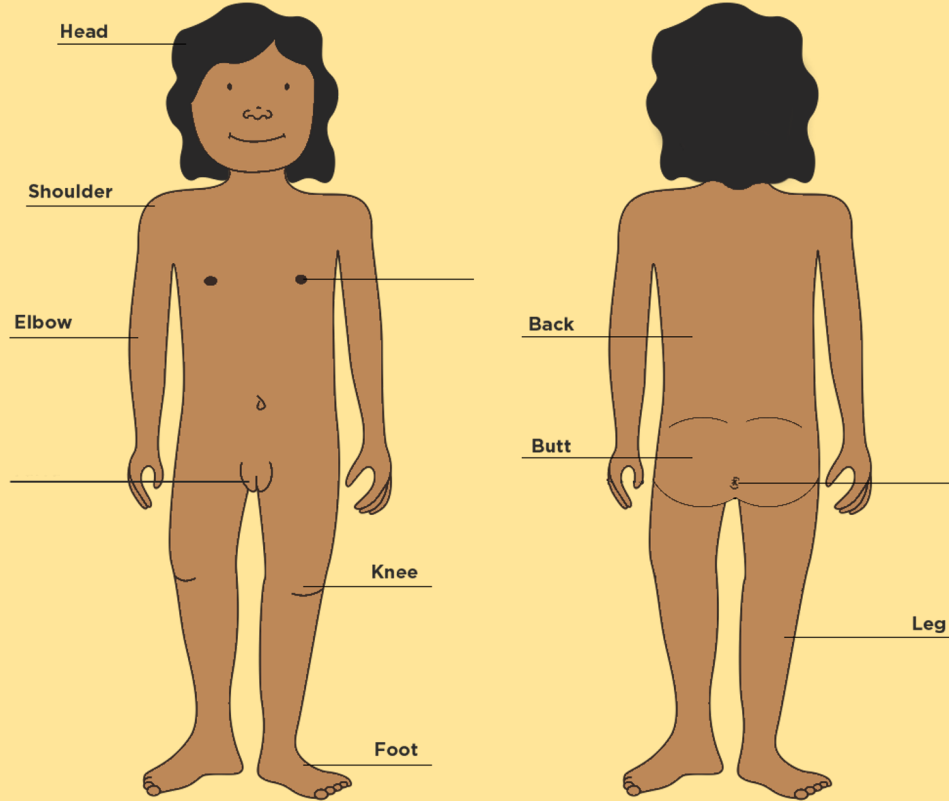
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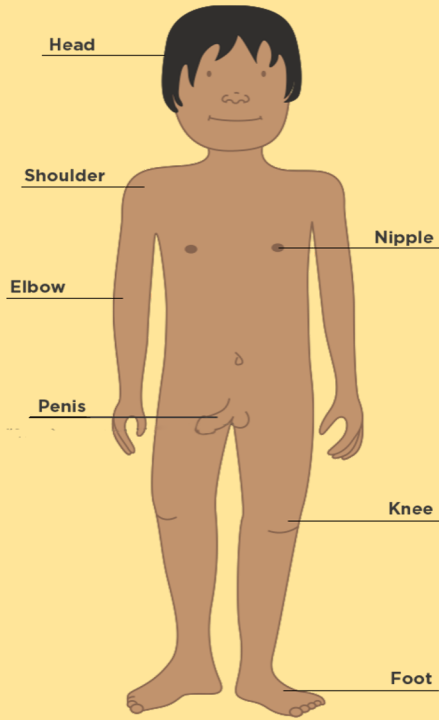
Person With a Vulva



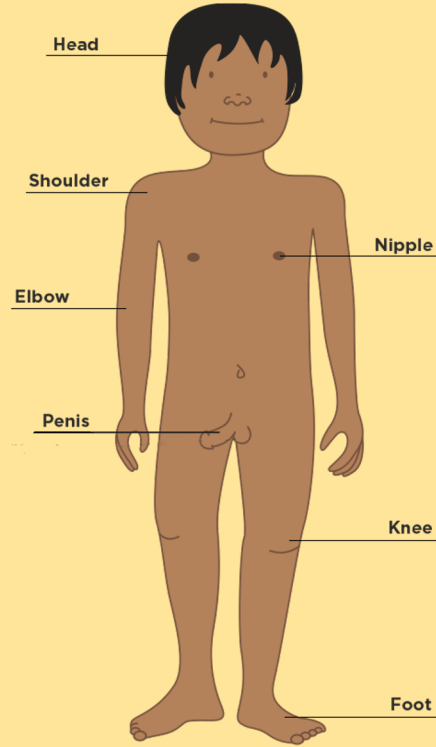
Person With a Vulva



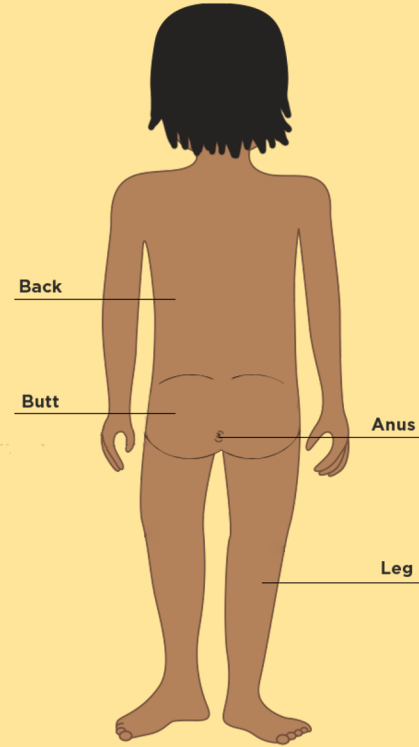
Person With a Penis



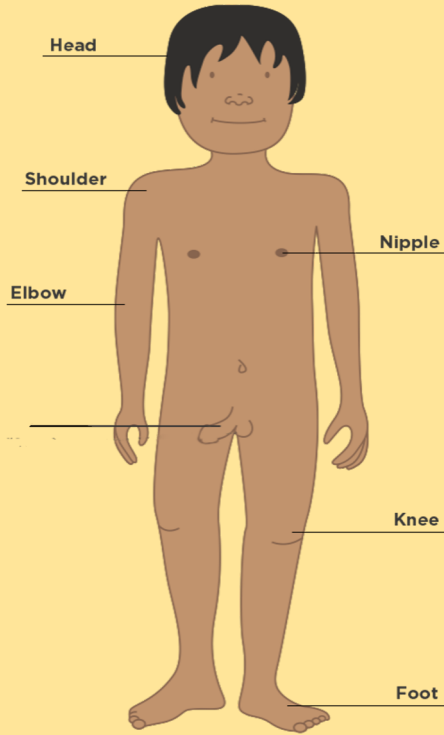
uncircumcised



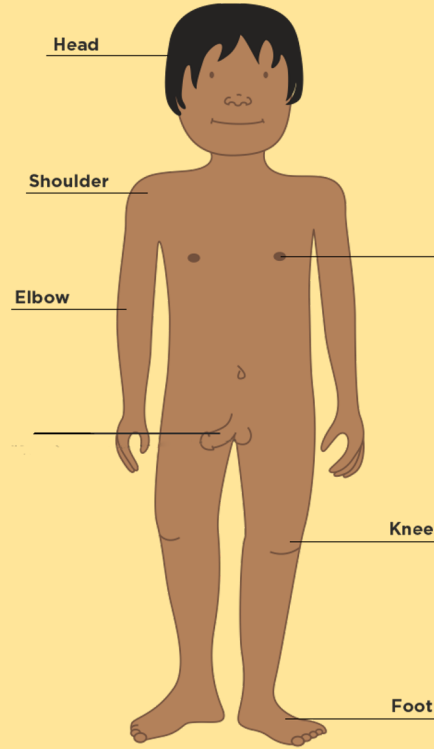
circumcised



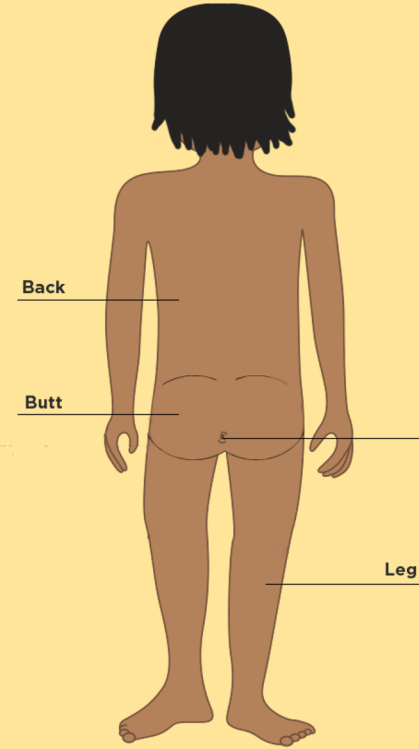
Person With a Penis



uncircumcised



circumcised



Have you heard other names for private parts?

Some families may use other words besides vulva, penis, and anus.

Why is it important to know the correct names for these body parts?



Your body is exactly right for you!

It's your body and you have a right to know what the different parts are called.

Notes to Teachers

- X This lesson can be split into 2-3 parts depending on your learners. See the space slide for a suggested lesson split with links to student activities.
- X Make sure to use the wording written on the slides, as it was very intentional and is gender inclusive for all identities. The slides are text heavy to help teachers with language. This lesson was written by trans people.
- X This lesson is designed for kindergarten through 3rd grade classes and is developmentally appropriate.
- X The last slide has a link with a list of amazing books for you to learn more and share with your students.
- X If any of this is new to you, please stay curious and learn more about these topics.



Our Names, Genders, and Pronouns

Kx2 Learning





Hello!

My name is _____ and
my pronouns are _____.

We are going to learn about three important words:

NAMES

GENDERS

PRONOUNS

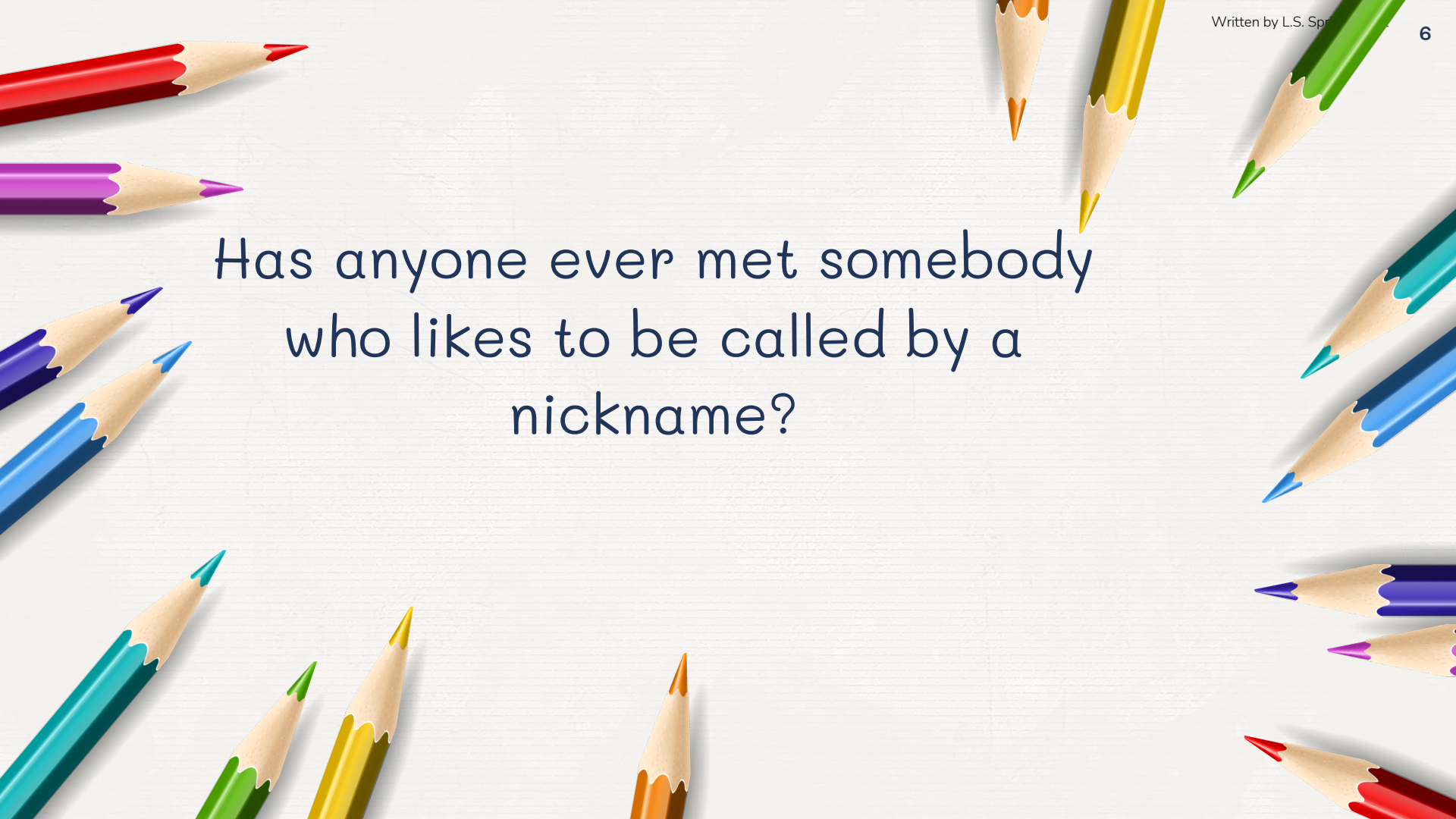
Some kids have heard these words and other kids have not. That's okay, we will learn about them together!



Our Names

Let's do
something silly.
Will you cup your
hand and whisper
your name out
loud into it. I will
show you how I
would do that.



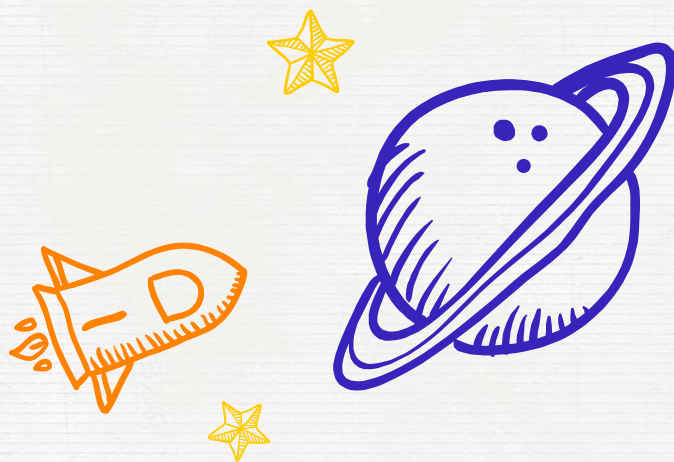


Has anyone ever met somebody
who likes to be called by a
nickname?



- X Sometimes nicknames are really important and people like them more than the name adults gave them!
- X Sometimes kids change their name to match who they are, like their gender, culture, or just what they like better.
- X When someone tells us a name they want to be called, we should use that name for them! That helps them feel safe and respected by us.





Gender!

Gender is awesome because it's like outer space.



Gender!



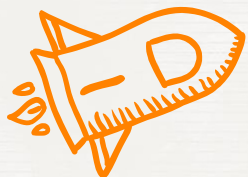
Gender is like outer space because there are as many ways to be different genders as there are stars in the sky! Each person is different and that is cool!



Gender!



Only you can know what your gender is. Even if other people don't understand, you are the only person who knows you the best.



There are many genders!

Some people
are boys

Some people
are girls

Some people are
nonbinary, which means
they are not a boy or a girl.
They are just a person.

Some people are
still figuring out
their gender!

Gender!



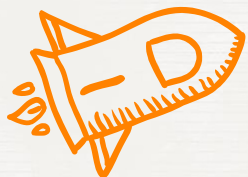
★ Any gender can
look or act any way
they want.



Gender!



You cannot tell someone's gender by just looking at them. You can ask them, but not everyone wants to share their gender.



Let's watch this neat video about gender!



When Kids Are Born, People Call You A Gender

Cisgender people: People whose gender is the same as what doctors and adults said they were when they were born, based on body parts and shapes. Cis people can be girls or boys.

But sometimes that isn't true! Because we can't ask babies what their gender is since they can't talk :D

Transgender people: People whose gender is different than who doctors and adults thought they were at birth. Trans people can be girls, boys, nonbinary people, or any other gender!



Gender!

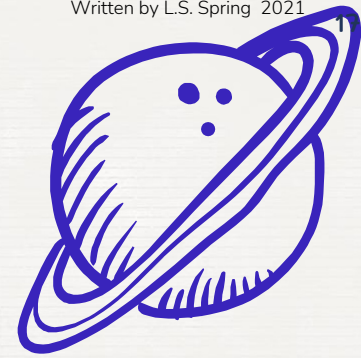


Any gender can have any
body.

It's not respectful to ask people
about their bodies unless they
want to share with you.



Expressing Yourself



Everybody and every person can show and express who they are to the world in different ways, like their haircut, clothes, and makeup. Every person expresses themselves differently.



Expressing Yourself



How do you like to express yourself?

What do you like to wear?



What do you like to do with your hair?





Spacer Slide for Suggested Lesson Split

Activities in between Lesson Sets (click to link to student page)

★ Kindergarten [“My Cool Name”](#)

★ 1st/2nd [“I Love Me”](#)



Our Names, Genders, and Pronouns Part 2

Kx2 Learning





Hello!

My name is _____ and
my pronouns are _____.

We starting learning about **NAMES** and **GENDER**

Today we will
start to learn
about

PRONOUNS



Pronouns



Pronouns are words that we use instead of saying someone's name.

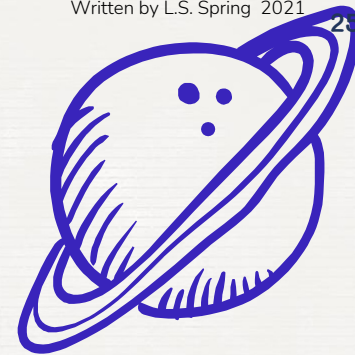
For example, instead of saying _____ is my teacher, you could say _____ is/are my teacher.



Let's Watch this Video!



Pronouns



You can use:



she/her like “She likes cats.”

he/him like “He is really good at cooking.”

they/them “They are outside on the playground.”

ze/zir= “Where are ze?”

Or make up your own



Pronouns

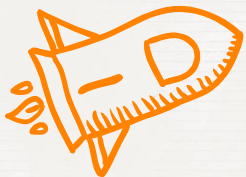


A lot of boys use he/him pronouns and a lot of girls use she/her pronouns.



A lot of nonbinary people use they/them pronouns.

But...anyone can use any pronouns!



Pronouns



Guess what?! You can use more than one set of pronouns! So you can like to be called she/her and they/them or any other combination. Only you get to decide your own pronouns.



she/her

he/him

they/them

ze/zir

Ones you make up!



Pronouns



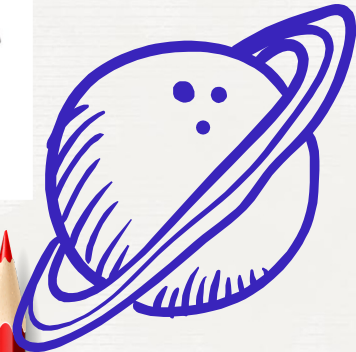
The only way to know someone's pronouns is to ask them.



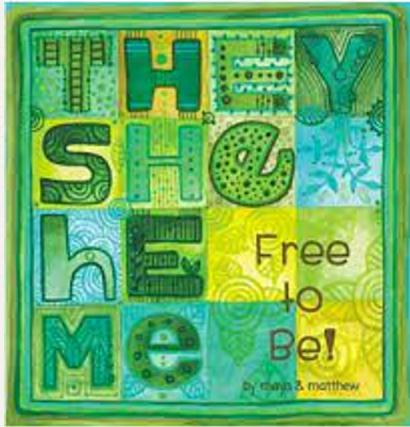
For example, say “Hi my name is Moonie and my pronouns are he/him. What are your name and pronouns?”



If you don't know someone's pronoun, you can use they/them pronouns since that can be ANY gender.



Let's listen to this read aloud all about pronouns



Respect

Our class cares about respect. Using people's names and pronouns shows them that we care about them.

Sometimes we forget about pronouns and names.



We can say “oops I forgot!” and try again with the correct pronouns or name!





Let's Practice Our Pronouns

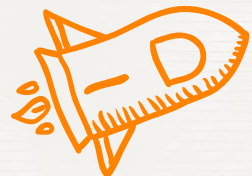
My name is _____ and my
pronouns are _____.

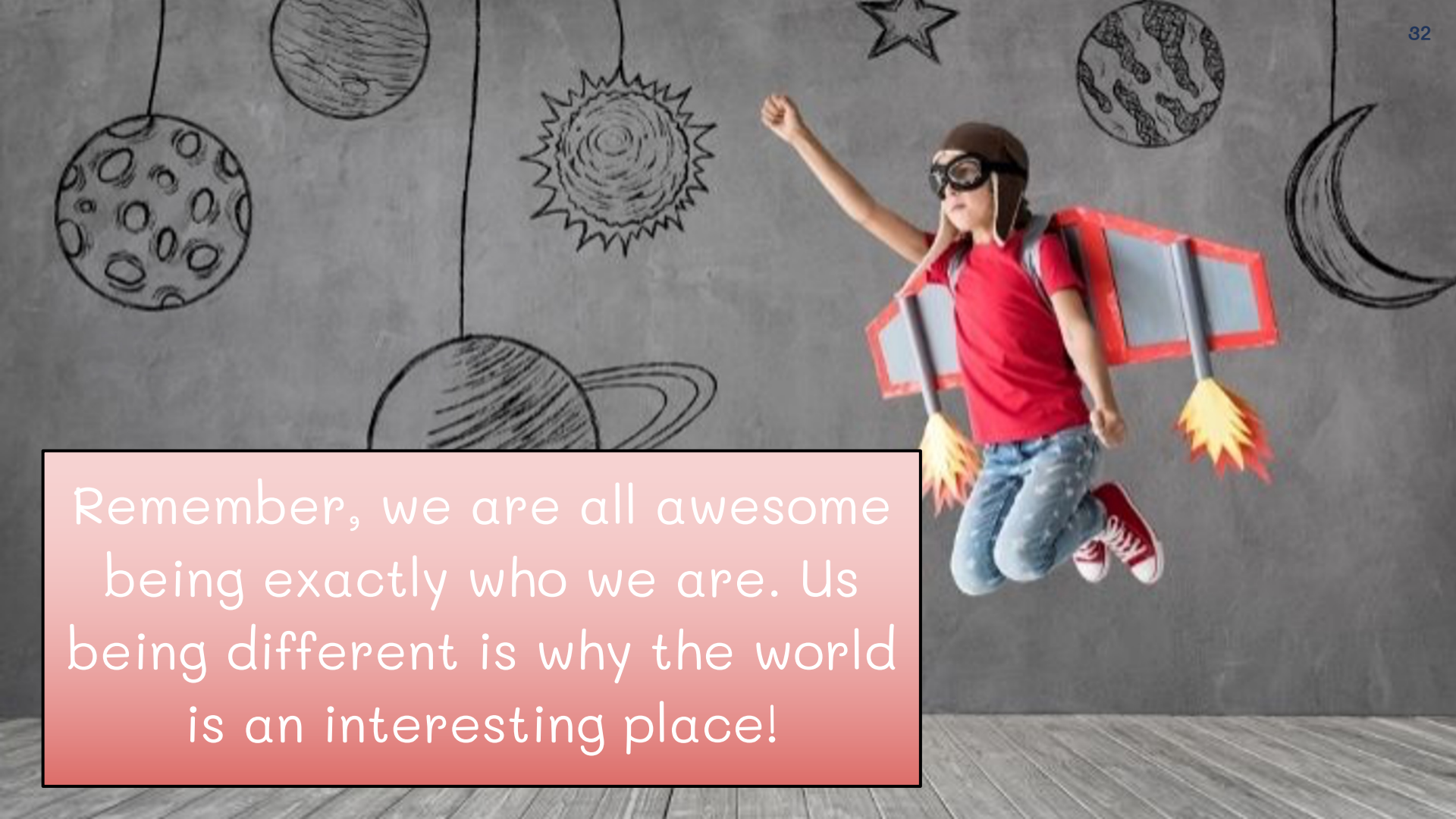
★ are your name and pronouns? ★

she/her he/him they/them

ze/zir still figuring it out

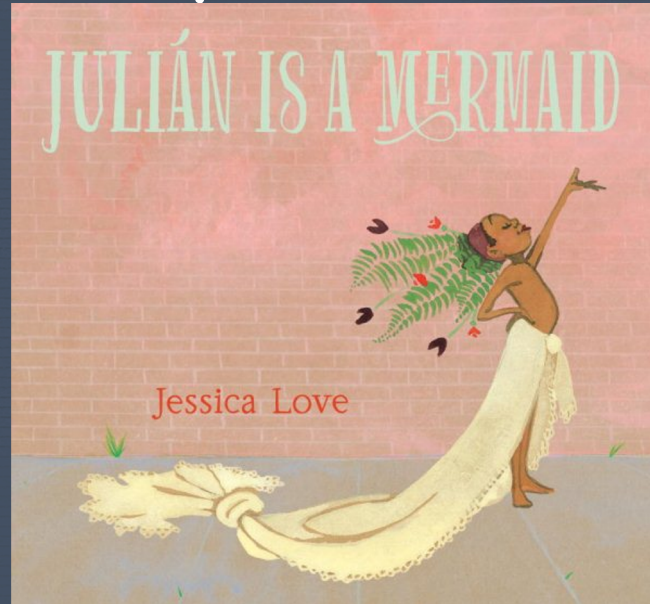
*note to teacher: it is
okay if kids pass and
you might have to
guide students. Kinders
can do this! :D





Remember, we are all awesome
being exactly who we are. Us
being different is why the world
is an interesting place!

Book Resources for Teachers About Gender Diversity!



Click on the book :D

PPS Health Grade 1 Unit 5

— Lesson 4: Gender Roles —

Learning Targets



- I can explain what gender is.
- I can share two or more ideas of what to say to a friend who feels like they can't do or try something because of their gender.

True or False?

- ★ Girls are better at baking than boys.
- ★ Boys are better at sports than girls.
- ★ Boys can not wear pink, only girls can.
- ★ Only men can be firefighters.
- ★ It is OK for women to show their feelings and cry, but not for men.

Watch with a focus: What does this video show us about who can be a firefighter? Surgeon? Pilot?



I think _____ because
_____.

What Is Gender?

Gender is something adults came up with to sort people into groups. Many people think there are only two genders, **girls** and **boys**, but this is not true. There are many ways to be a boy, a girl, both or neither.

Gender identity is about how you feel about yourself inside.

Sometimes people say that certain activities are only for girls or boys, like painting fingernails is only for girls and playing football is only for boys. That is not right. You can do many things as long as you are being safe.



Watch with a focus: What can you say to a friend who feels like they can't do or try something because of their gender?



I could say _____.

I could also say _____.


What could you say?

Your friend Dong wants to join ballet class but he's worried that other kids will tease him.

I can say _____.

I could also say _____.





Understanding Our Bodies

2nd Grade Health Scientists

Welcome, Scientists!

Learning about bodies is one way to be a scientist. Our bodies are really neat and every part is important.



Body Parts We Know



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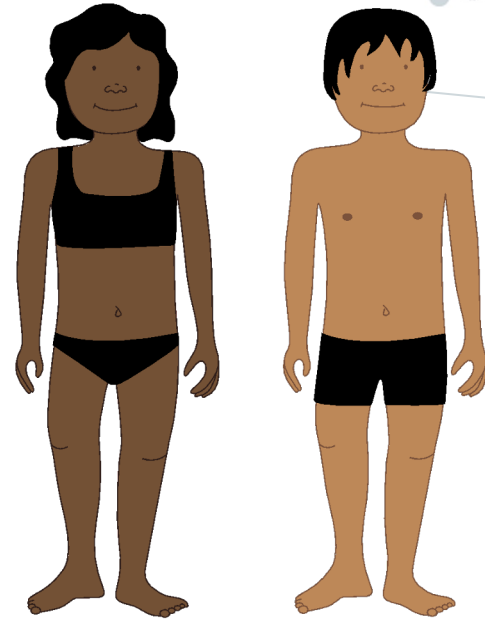
BACK

What do we use each of these for?

Middle Parts

Parts where your swimsuit covers up can be called “**middle parts.**” Different people have different middle parts.

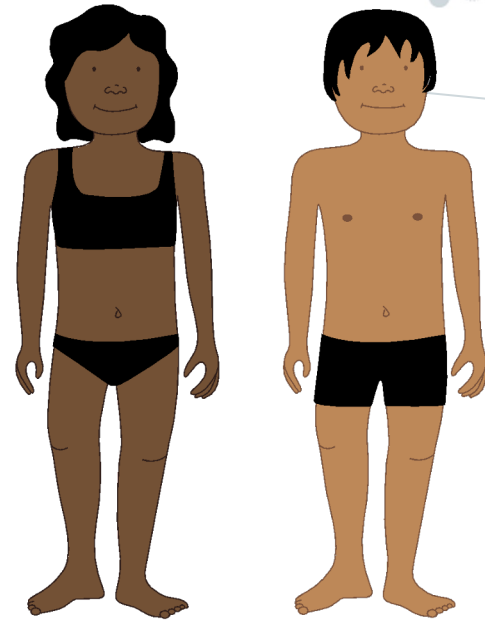
Some people call them private parts, but any part of your body can be private. Private means you only show people you trust and help you stay healthy, like your parents or your doctor.



Your Body

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Only you get to decide who touches and looks at your body.

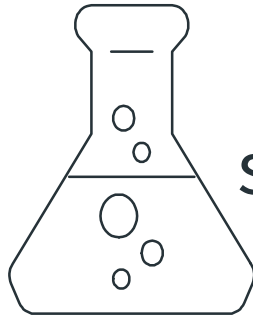


Middle Parts

Every family thinks about
their middle parts in
different ways.



Middle Parts



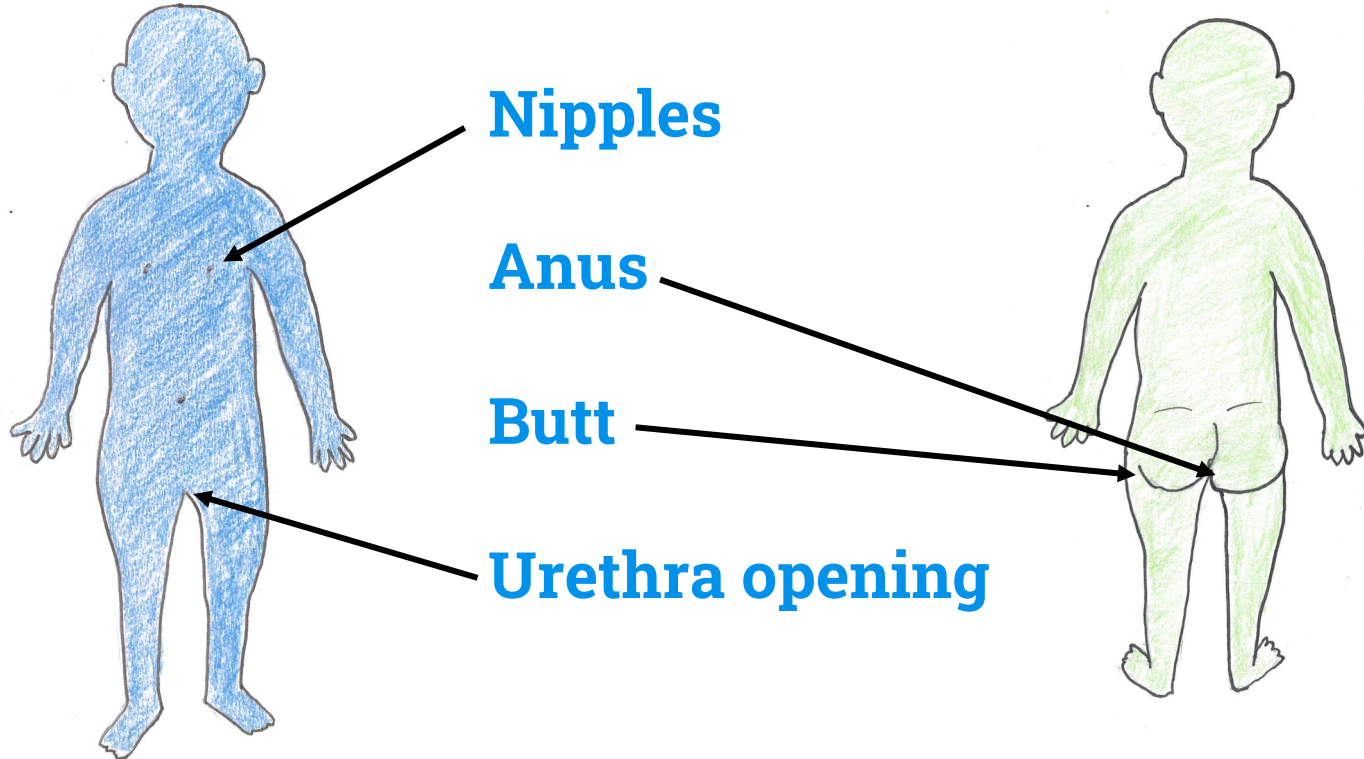
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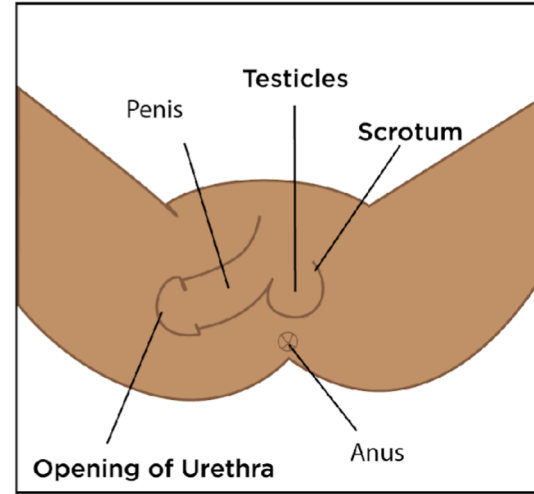
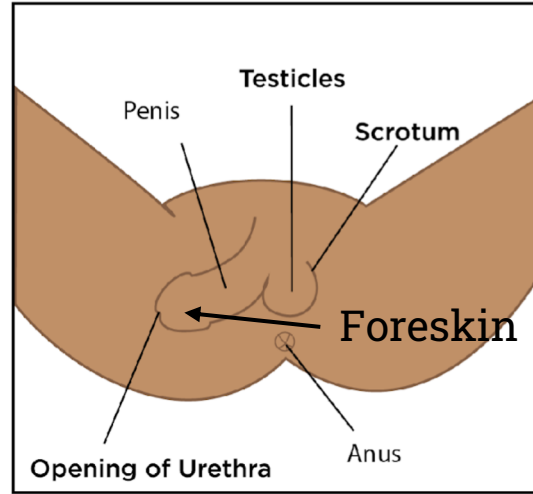
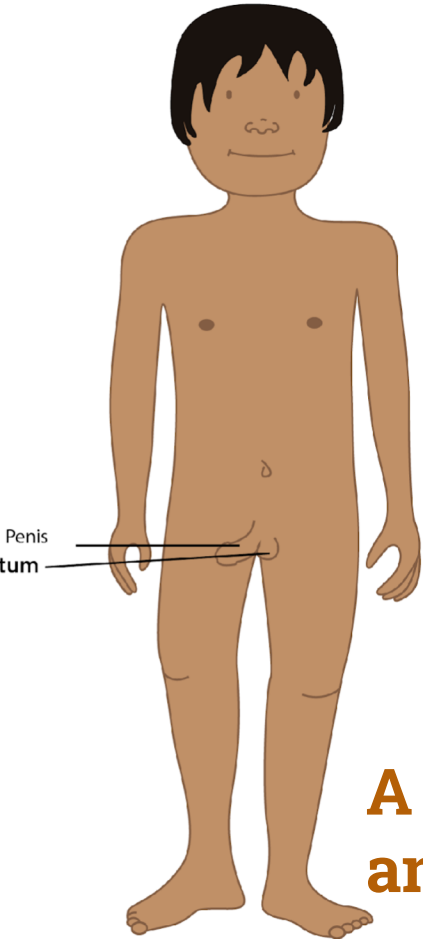


MOST BODIES have these the Middle Parts



Some BODIES have these the Middle Parts

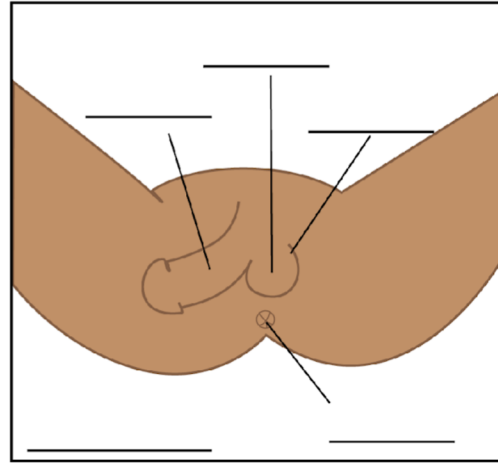
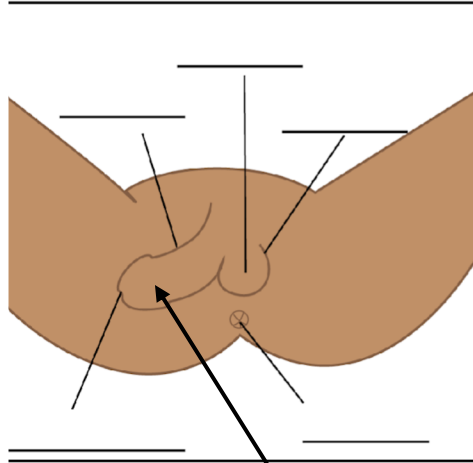
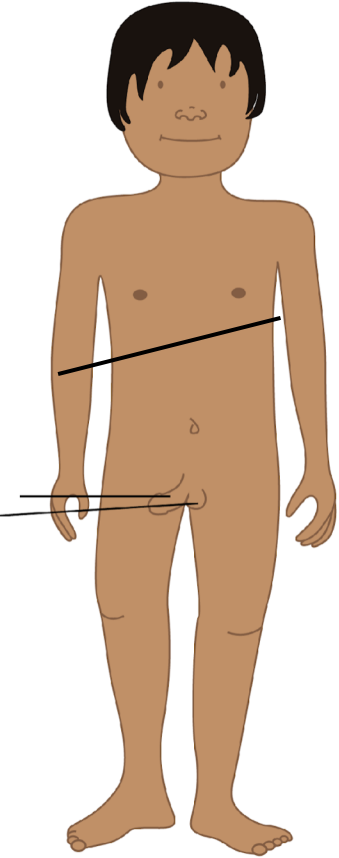
Some penises are not circumcised which means they still have foreskin



Some penises are circumcised.

A lot of times people with these parts are boys, but any gender and kid can have any type of body.

Let's match the words to the parts! People with penises usually have...



Nipples

Penis

Scrotum

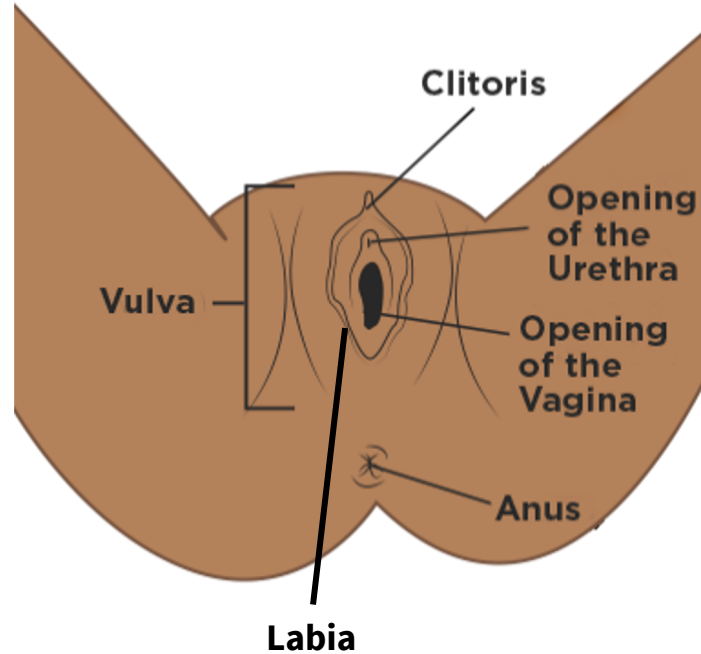
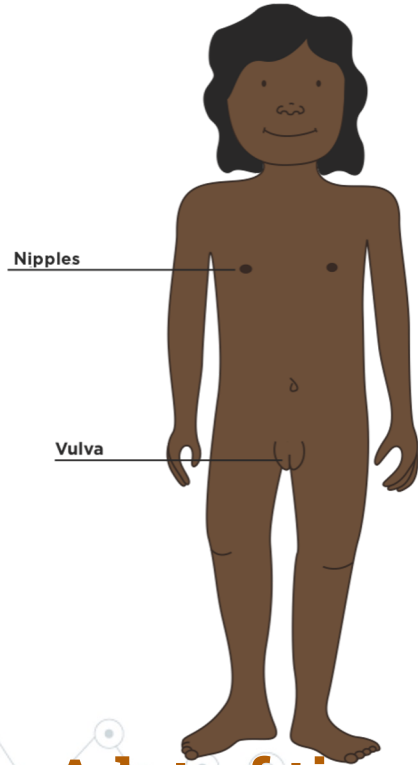
Testicles

Urethra opening

Anus

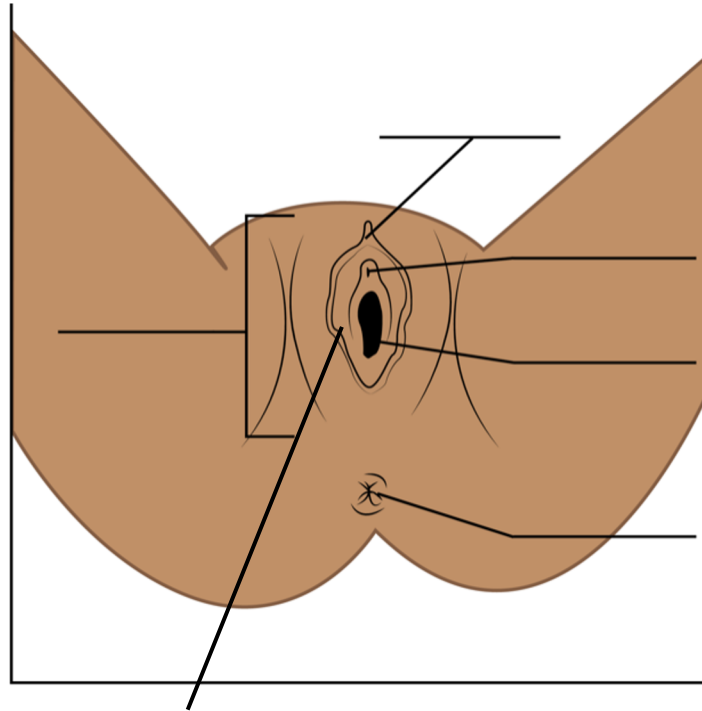
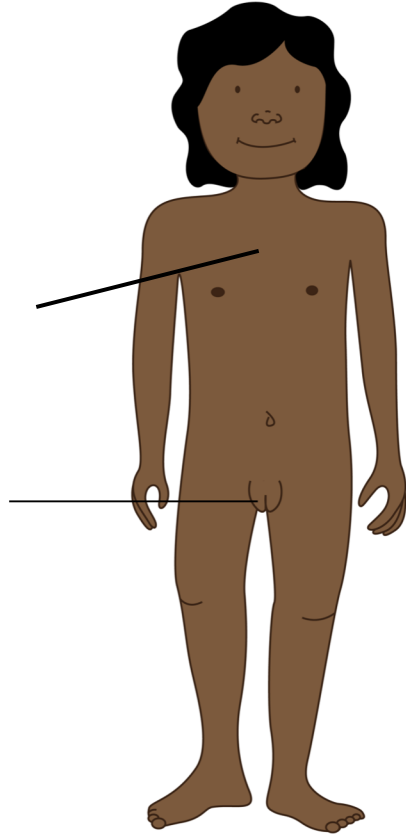
Foreskin

Some BODIES have these the Middle Parts



A lot of times people with these parts are girls, but any gender and kid can have any type of body.

Let's match the words to the parts! People with vulvas usually have...



Nipples

Vulva

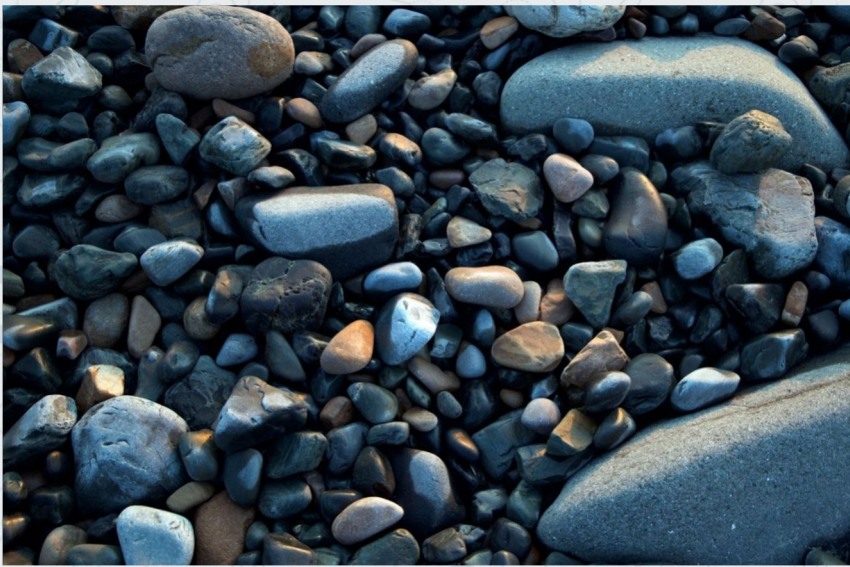
Clitoris outside

Labia

Vagina opening

Urethra opening

Anus



All penises are different shapes and sizes and all vulvas are different shapes and sizes. All bodies are different!



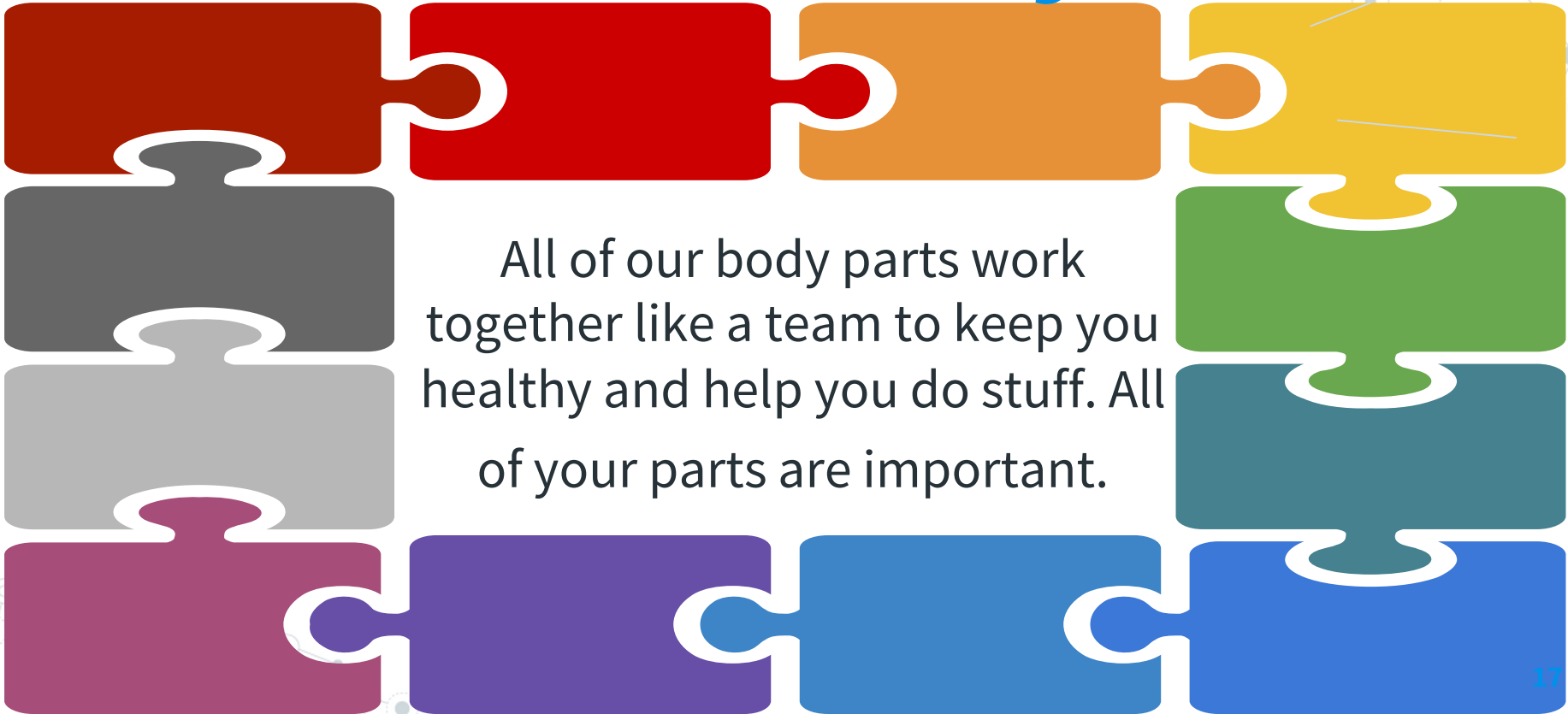
You are the only person who gets to decide who touches your body and how. Most of the time all of our middle parts are covered with our clothes. Your body is yours and you are the boss of it.

Your Family



Different families have different rules and ways of thinking about middle parts. Every family is unique and that is awesome!

Team Body



All of our body parts work together like a team to keep you healthy and help you do stuff. All of your parts are important.

Growing Up

Your body will change as you get older. Every kid's body changes in different ways. A lot of times your body and parts get bigger and help you do more things.

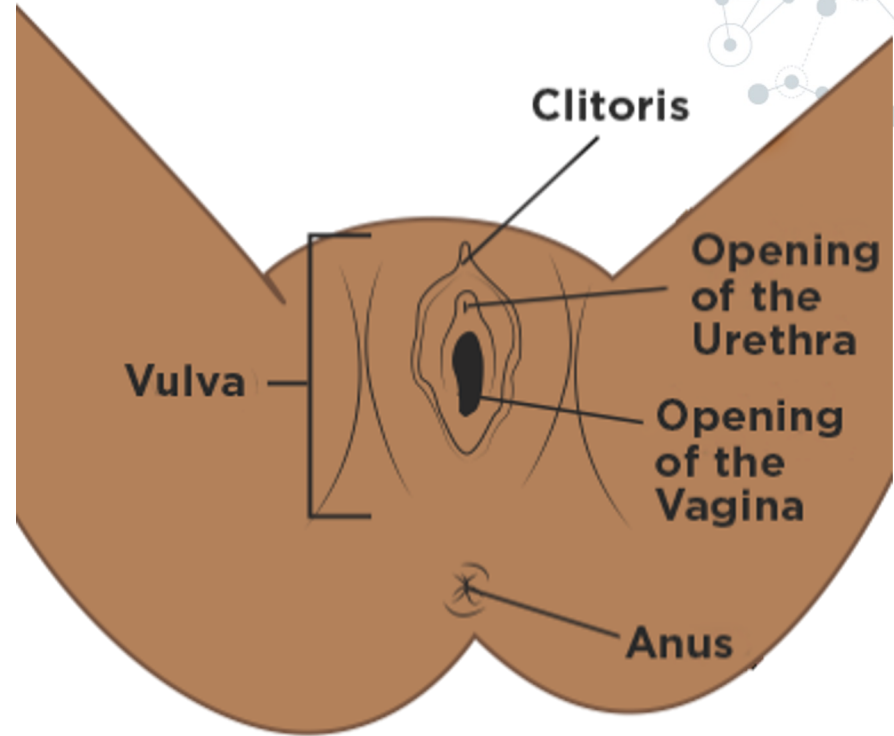
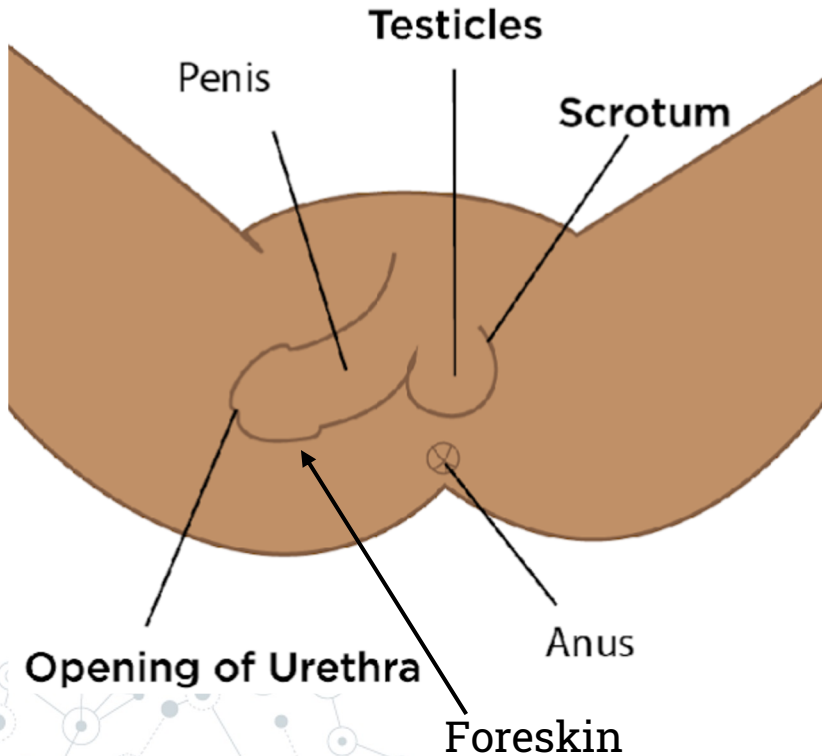


Time to practice labeling our body parts!



[Teacher Link to
Activity](#)

Labeling Together Helper Slide



Gender Identity and Gender Expression

The Infinite Gender Spectrum!
4th and 5th Grade

When you hear the word gender, what do you think of?

Share with a partner then we'll share out with the class.

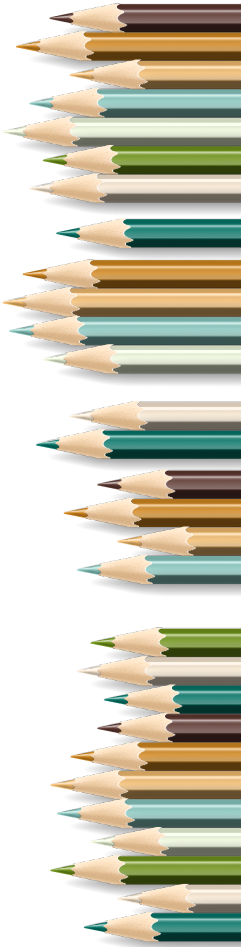
Our Learning Plan

- Colonization
- Assigned Sex, Gender, and Gender Expression
- Gender Roles and Stereotypes
- Gendered Language
- Gender is A Universe! (with definitions of many genders)
- Closing

Gender is Colonized

Different cultures use different words because language is created by people and changes over time. Language is often about **power**.

Colonization is taking over, controlling, and erasing the places, cultures, and identities of Indigenous people who were already living there. When white European people colonized different places, they brought their own ideas about gender and sexuality. When the United States was colonized by white settlers, their views around gender were forced upon the people already living here. Hundreds of years later, how we think and talk about gender are still impacted by this shift.



Gender is Colonized

Gender and sexuality diversity have existed since people have been on Earth. The different words that people use to describe themselves have changed over time. White colonizers tried to erase many cultures, including what some might now call “queer” or “trans” people, but these cultures already had words for, cultures including, and ways of thinking about gender and sexuality.

This lesson includes words that are products of colonization. Other cultures around the world, especially Black, Indigenous, and Brown cultures and people, view gender in different ways and use different words. This lesson centers on United States language of the past 20 years.



Assigned Sex, Gender, and Gender Expression



Assigned Sex is the labels like “male,” “female,” and “intersex” that doctors and adults use to sort babies into gender categories. These labels are based on the middle body parts (aka genitals) and their shapes/sizes. People who are intersex do not have the assumed “binary” internal and/or external body parts, chromosomes, or hormone levels that are usually matched up to be called male or female.

Even though some people say gender is different than assigned sex, oftentimes the words “male” is used to mean boys/men and the word “female” is used to mean girls/women. This makes things confusing because that is mashing assigned sex and gender together. Bodies don't have genders, only people do and any gender can have any body.

Assigned Sex, Gender, and Gender Expression

Assigned Sex is a spectrum. There are many sexes and many variations within the different sexes. Sex is not binary because there are more than two sexes. Also, people made up what assigned sex means and it changes over time. Calling sex “biological” erases that it is a social construct, meaning that people made it up.



intersex

male

female

Lots of different sexes, bodies, chromosomes, hormone levels, secondar sex characteristics etc.

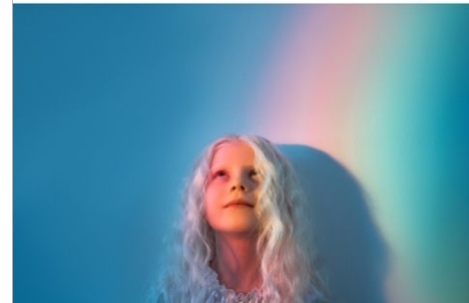
Assigned Sex, Gender Identity, and Gender Expression

Gender Identity is who you are. There are many parts of who you are. This part is about words like boy, girl, nonbinary, and more. You cannot “see” gender because any gender can look any way. Any gender can use any pronoun.

When we get to the universe slide, we will learn all about gender identity!

Assigned Sex, Gender Identity, and Gender Expression

Gender expression is how you show the world your gender and express yourself. Gender expression is a spectrum and expression does not tell us someone's gender identity. We express ourselves outwardly to the world through things like hair, how we talk, makeup, clothes, hobbies, etc. Some people use the terms masculine ("masc"), androgynous ("andro"), and feminine ("femme") to describe gender expression.

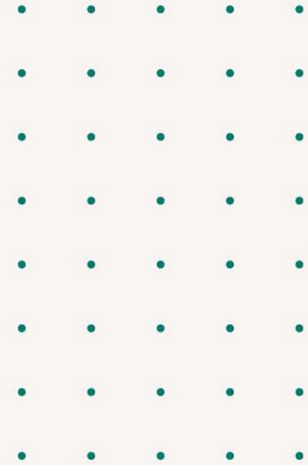




A **stereotype** is when someone thinks all people of one group act a certain way or are all mostly the same. There are a lot of stereotypes about gender. People think that boys and girls can only look and act a certain way. Sometimes people also have stereotypes about gender diverse people. But any gender can act or look any way they want and they are still valid.



Check Out This Video About A Nonbinary & Gender Nonconforming Person and Kids Talking About Gender and Gender Expression



Hairstyles

Mannerisms

Activities
you love

Hats

Nailpolish

How you
talk

Looking different
in different places
or with different
people

GENDER EXPRESSION

(is limitless & can change over
time and place)

Ties &
Bandannas

How you
move

Accessories
like necklaces
or watches

Makeup

& more!

Clothes you wear

Language Is Gendered

If you have a friend or classmate who is gender diverse, make sure to ask them which words you can call them.

When in doubt, stick to gender neutral words.

Gendered Words	Gender Neutral Examples
Girls and boys	Learners, mathematicians, people, kids, thinkers, everybody, y'all, team, folx
Ladies and gentlemen	Welcomed guests, folx
Mom and dad, brothers and sisters	Parents, family, guardians, your adults, siblings, family unit
Ella or él, any Spanish word with o or a	Elle Replace it with e or x (example: Latinx or maestre) *some places don't use "x"
Mrs., Mr., Miss	Use first name or use Mx.
Boyfriend, girlfriend	Sweetie, partner, themfriend



You do NOT have to understand everything about all genders in order to respect a person and their gender. All of us have many identities that are unique. Stay curious and learn how to affirm all genders even if you don't understand someone else's' gender.

GENDER IS A UNIVERSE! Here are just SOME genders. Click on each one to learn what it means.

Cisgender: A person whose gender is the same as the gender that was assigned to them at birth.

Transgender: a person whose gender is different than the gender that was assigned to them at birth based on assumptions about your body parts/shape. This can include nonbinary people since no one is called nonbinary at birth.

Boys

Girls

Intersex

Can use the term trans but varies for each person

Two-Spirit

Boys

Girls

Genderfluid

Agender

Cis & Trans
People Can
Be

Nonbinary & Genderqueer

What's a
binary?

Gender Nonconforming

(only some trans people have gender dysphoria)

Transgender & Cisgender: Old Way

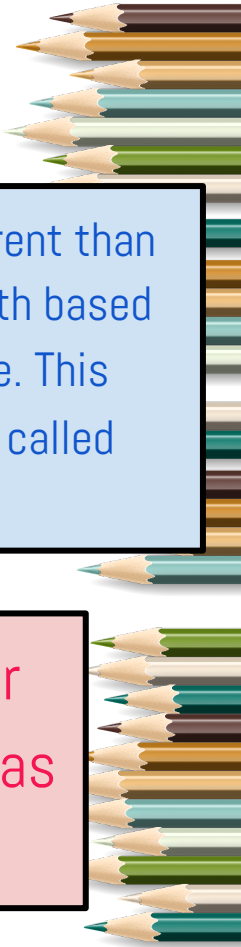
People used to think that being transgender means “your gender is who you are and your sex is what your body is and being trans means your gender is different than your body/assigned.”

However, bodies don't have genders and not all trans people choose to change their bodies.

[RETURN TO GENDER UNIVERSE SLIDE](#)

Transgender: a person whose gender is different than the gender that was assigned to them at birth based on assumptions about your body parts/shape. This can include nonbinary people since no one is called nonbinary at birth.

Cisgender: A person whose gender is the same as the gender that was assigned to them at birth.



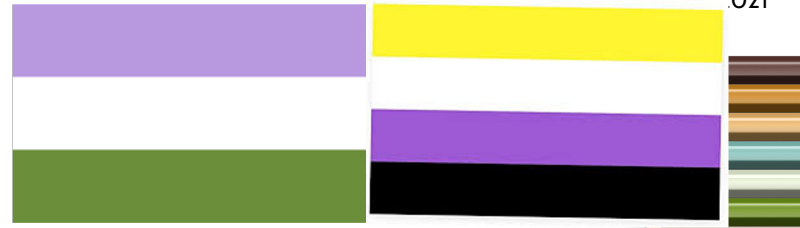
Gender Dysphoria & Misgendering

Gender dysphoria is when a person's body does not match who they are as their gender. This is a very real thing that causes a lot of anxiety, pain, and harm. Not all trans and nonbinary people have gender dysphoria. Some gender diverse people choose to change their bodies while other folks do not. If a kid is still figuring out their gender and needs time to figure out what body parts, shapes, and expressions they want, they can take "hormonal blockers" that pause puberty and give them time to figure out who they are. When you are older, you can change your body through hormones and/or surgeries with parent permission or after you are 18 years old.

If a person doesn't have gender dysphoria then their body DOES match their gender no matter what that body is. To be trans is to be misgendered at birth, it does not require you to not "match" your body. Some trans people are okay with using the terms "male and female" to talk about their body, but some trans people call their bodies their gender no matter what body parts they do or do not have. For example, nonbinary bodies exist in many shapes and forms!

[RETURN TO GENDER UNIVERSE SLIDE](#)

Definitions of Nonbinary & Genderqueer



Written by L.S. Spring 2021

Nonbinary: A person whose gender is outside of the binary of boy and girl and whose gender is somewhere on or outside of the gender spectrum. They can be a combination of binary genders or an entirely new gender or anywhere on the spectrum of gender. Nonbinary people can have any body. Another word similar to nonbinary is **genderqueer**. Genderqueer people can be anywhere on the gender spectrum and “queer” the concept of gender binaries and expectations.

[RETURN TO GENDER UNIVERSE SLIDE](#)

Gender is about who we are and our bodies are a part of who we are, which is why some folx change their body and other folx don't! That means that bodies can be nonbinary and genderqueer if that person feels good in their body. Some people assume that nonbinary and genderqueer people have to use/only use they/them pronouns, but any gender can use any pronouns.

What's a binary?

When people think there are only two options, that is called a binary. An example of a binary is a yes or no question. People used to think that gender and assigned sex are binaries, but now more people understand that gender and assigned sex are spectrums. Gender and assigned sex are spectrums. There are as many genders and types of bodies as there are stars in the universe! Each of us are awesome.

Someone who is nonbinary is not a boy or girl. Or they are some parts of boy and a girl. Or they are androgynous. Nonbinary people can be a gender that is completely different than boys and girls. They might not even identify as a gender. Each nonbinary person is unique just like how every girl and boy are unique. Some nonbinary people use they/them pronouns, but nonbinary people can use any pronouns including she/her & he/him.

[RETURN TO GENDER UNIVERSE SLIDE](#)

Definition of Two-Spirit



Two-Spirit: an exclusively Indigenous identity that refers to a person who has both masculine and feminine spirit. Colonial language (like trans) is sometimes still used among First Nations peoples, however it is important to acknowledge that language is colonized and centers white experiences and histories. [Click here](#) to watch a video about one experience being Two-Spirit.

[RETURN TO GENDER UNIVERSE SLIDE](#)

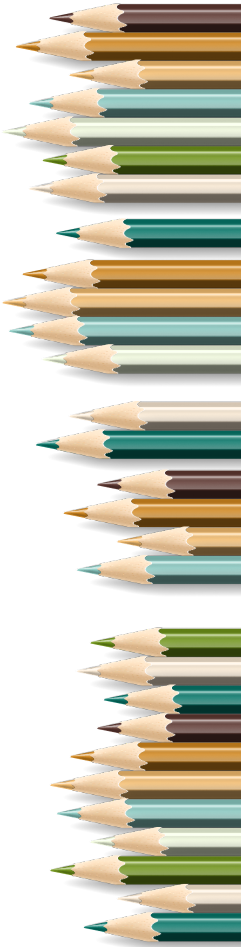


Definition of Agender

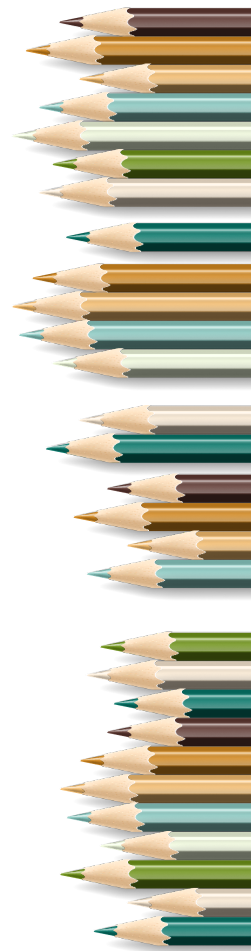


Agender: A person who does not identify with a gender or having a gender.

[RETURN TO GENDER UNIVERSE SLIDE](#)



Definition of Intersex



Intersex: A person whose body parts, chromosomes, and/or secondary sex characteristics" (like where they grow hair) do not fit into a body binary. Many intersex people had surgeries done to their bodies to fit them into a binary without their consent when they were young, so sometimes people don't even know they are intersex until they are older. [Click here to watch a video about what it's like to be intersex.](#)

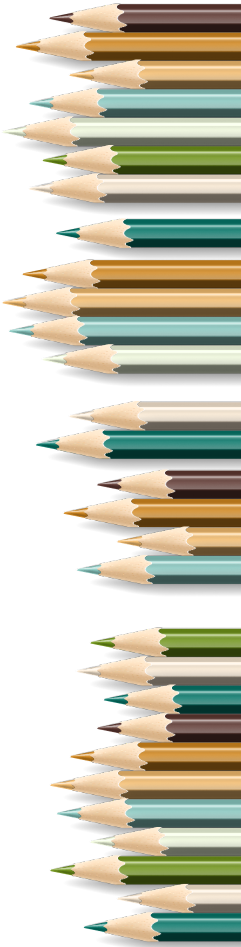
RETURN TO GENDER UNIVERSE SLIDE

Boys & Girls

The definition of **boy** and **girl** can be anything! If you know you are a boy then you are a boy. If you know you are a girl then you are a girl.

Girls and boys can be anywhere on the spectrum of masculine and feminine. That is about gender expression. Any gender can have any gender expression.

[RETURN TO GENDER UNIVERSE SLIDE](#)



Definition of Gender Nonconforming

Gender Nonconforming: Any cis or trans person of any gender who doesn't follow the social norms about what makes a boy or girl, who can be feminine and masculine, and/or how people are expected to express their gender.

Gender "norms" are based on ideas of which genders/people can be masculine, feminine, androgynous, and how to show all of these expressions.

People who are gender nonconforming are often harmed by being misgendered, whether they are cisgender or transgender.



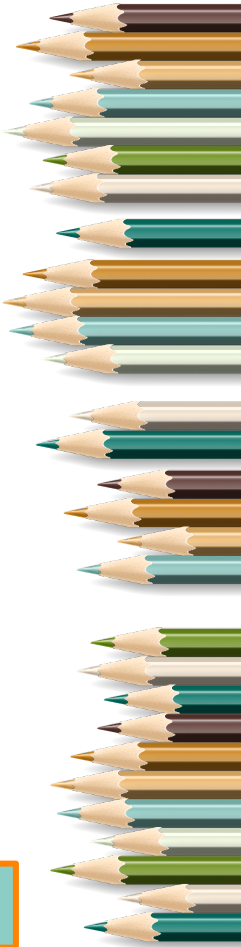
RETURN TO GENDER UNIVERS

Definition of Genderfluid



Genderfluid: A person whose gender identity and/or expression changes over time, whether short term or long term.

[RETURN TO GENDER UNIVERSE SLIDE](#)



What's a binary?

When people think there are only two options, that is called a binary. An example of a binary is a yes or no question. People used to think that gender and assigned sex are binaries, but now more people understand that gender and assigned sex are spectrums. Gender and assigned sex are spectrums. There are as many genders and types of bodies as there are stars in the universe! Each of us are awesome.

Someone who is nonbinary is not a boy or girl. Or they are some parts of boy and a girl. Or they are androgynous. Nonbinary people can be a gender that is completely different than boys and girls. They might not even identify as a gender. Each nonbinary person is unique just like how every girl and boy are unique. Some nonbinary people use they/them pronouns, but nonbinary people can use any pronouns including she/her & he/him.

[RETURN TO GENDER UNIVERSE SLIDE](#)

Resources for Educators to Learn More

[Click Here](#) For a copy of an example google form you can use to collect students' preferred names and accurate pronouns

[Click Here](#) for Inclusive, Liberation, Avoid for These Trans Areas:

Visibility, Preferred Names, Bathroom Access, Interrupting Harassment, Legal & Personal Protections, Navigating Home, and Our Own Gender Bias as Staff

[Click Here](#) for Role Plays and Pronoun Practice for Staff & Students

[Click Here](#) for an Example Student Preferred Name and Pronouns Survey

[Click Here](#) for A Resource List Including Books, Websites, and Organizations to Help Educators Learn More



Notes to Teachers

- ★ Remember that every single classroom has LGBTQIA2S+ students and families
- ★ All of this lesson is written from required Oregon health standards (see lesson plan for more info.) and is written for 3rd-5th grades. 3rd Grade Lesson, 4x5 Lesson
 - You can work with your 3x5 teaching team to collaborate on which years focus on which parts, or you can repeat since there is a lot of information!
- ★ It is important to distinguish between gender and sexuality
- ★ This lesson should be paired with this lesson about gender (by grade)
 - 3rd Grade Gender Lesson, 4x5 Gender Universe Lesson
- ★ Please stay curious, do your research before teaching, and learn more!
- ★ Link to seesaw card matching

LGBTQIA2S+

What do these letters mean?
Why does it matter?

*Pair this lesson with gender
and pronouns lessons





Learning Goals

1. I can name what each letter of LGBTQIA2S+ means
2. I can apply this knowledge to help create a welcoming environment for all students.
3. I can identify reliable sources of information to learn more.



Warm Up

Twinkle if you have ever heard
the letters LGBTQIA2S+
altogether?

Has anyone ever seen this flag?
What do you think it means?



Overview



01 Gender and Sexuality in Dominant Culture

02 LGBTQIA2S+

03 Colonization

04 Pride and Time

05 Families and Friends

What are gender and sexuality?

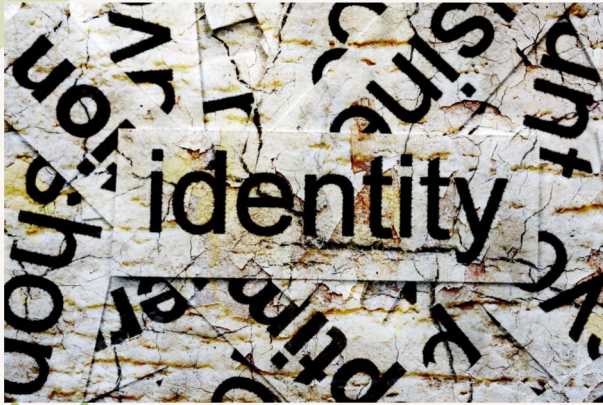
Gender one part of who you are.



Sexuality is who you like more than friends (who you are “attracted to” and have crushes on)

Dominant Culture and Oppression

Every person has a unique identity based on categories like race, ethnicity, gender, class, sexuality, religion, ability, nationality, immigration status, and more.



Identities who have more power, privilege, visibility, acceptance, and whose stories are told are called **dominant identities**.

Examples of dominant identities-----> race: white gender: boy
class: rich religion: Christian

If you are a person who has an identity with less power from a category, that is called a nondominant identity.

Examples of nondominant identities-----> race: BIPOC
gender: girl class: poor religion: Jewish

Dominant Culture and Oppression Sexuality & Gender

In most places, the society, systems, and people assume everyone is straight and cisgender.

Straight means you are a boy who only likes girls or a girl who only likes boys.
Cisgender means you are the gender that was assigned to you at birth. Being straight and cisgender (cis) are both dominant identities.

The culture, systems, and assumptions that everyone is straight is called heteronormative. The culture, systems, and assumptions that everyone is cisgender is called cisnormative.

Therefore, the culture, systems, and assumptions that everyone is straight and cis is called **cisheteronormativity**.

Cisheteronormativity

Assuming everyone is cisgender and straight can be found all over the place! Here are just some ways this shows up in the world:

- In books, movies, TV shows
- In groups of friends and what you talk about
- Within science and how scientists look at and study the world
- In how spaces are set up, like bathrooms and rec centers
- At events like dances
- In sports
- How adults talk about “boyfriends” and “girlfriends”
- Gender reveal parties

Nondominant Culture

Anyone who is not straight and cisgender is part of nondominant gender and sexuality identities. One acronym for these identities is

LGBTQIA2S+

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The culture, systems, and people that are part of these identities can be called **QUEER**. Different cultures use different words because language is created by people and changes over time.

There are many genders and sexualities that are not listed as letters but that still exist and are important to the queer community.

LGBTQIA2S+ Stands for...



Lesbian: a girl who likes girls

Gay: a boy who likes boys or sometimes a word used to mean any LGBTQIA+ person

Bisexual: A person who likes two OR MORE genders

Transgender: A person whose gender was assumed and assigned at birth by doctors and adults based on the shape of their body parts and which parts they have. This can include nonbinary and genderqueer people.

LGBTQIA2S+ Stands for...

Nonbinary and/or Genderqueer:

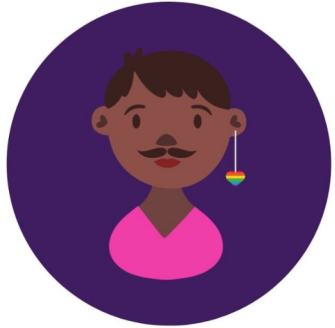
A person who is not a girl or a boy, but instead is somewhere along the spectrum of gender. Since nobody (yet!) assigns kids nonbinary at birth, nonbinary people can be called trans. Sometimes these people don't have genders or are completely different than the gender spectrum most know.



Queer: Any person who isn't cisgender and/or straight or anyone on the LGBTQIA+ spectrum

LGBTQIA2S+ Stands for...

Intersex: A person whose body shape, genes, sex characteristics, and/or parts do not fit within the “male” and “female” binary



Asexual A person who does not experience sexual attraction to other people.

LGBTQIA2S+ Stands for...

Two Spirit (2S): an exclusively Indigenous identity that refers to a person who has both masculine and feminine spirit. Colonial language (like trans) is sometimes still used among First Nations peoples, however it is important to acknowledge that language is colonized and centers white experiences and histories.

+++ and more!

LGBTQIA2S+

Sexuality:

who you like
(click me)

Gender:

who you are
(click me)

Lesbian

Gay

Nonbinary

Transgender

Bisexual

Queer

Two Spirit

Genderfluid

Asexual

Pansexual

***Intersex**

Agender

and SO MANY more!

Genderqueer

Sexuality vs.

- Who you like in a more than friends (romantic) way
- Lesbian, gay, bisexual, asexual, queer, pansexual, and more!
- Based on physical attraction, crushes, likes,, and love
- Usually labeled based on gender
- Usually only talked about with close friends or in situations about only sexuality
- Involves other people
- Appears around age 5, continues to change and grow over time
- Dominant culture assumes everyone is straight (is a boy or girl who only likes the other binary gender) and benefits white straight cis boys

Gender

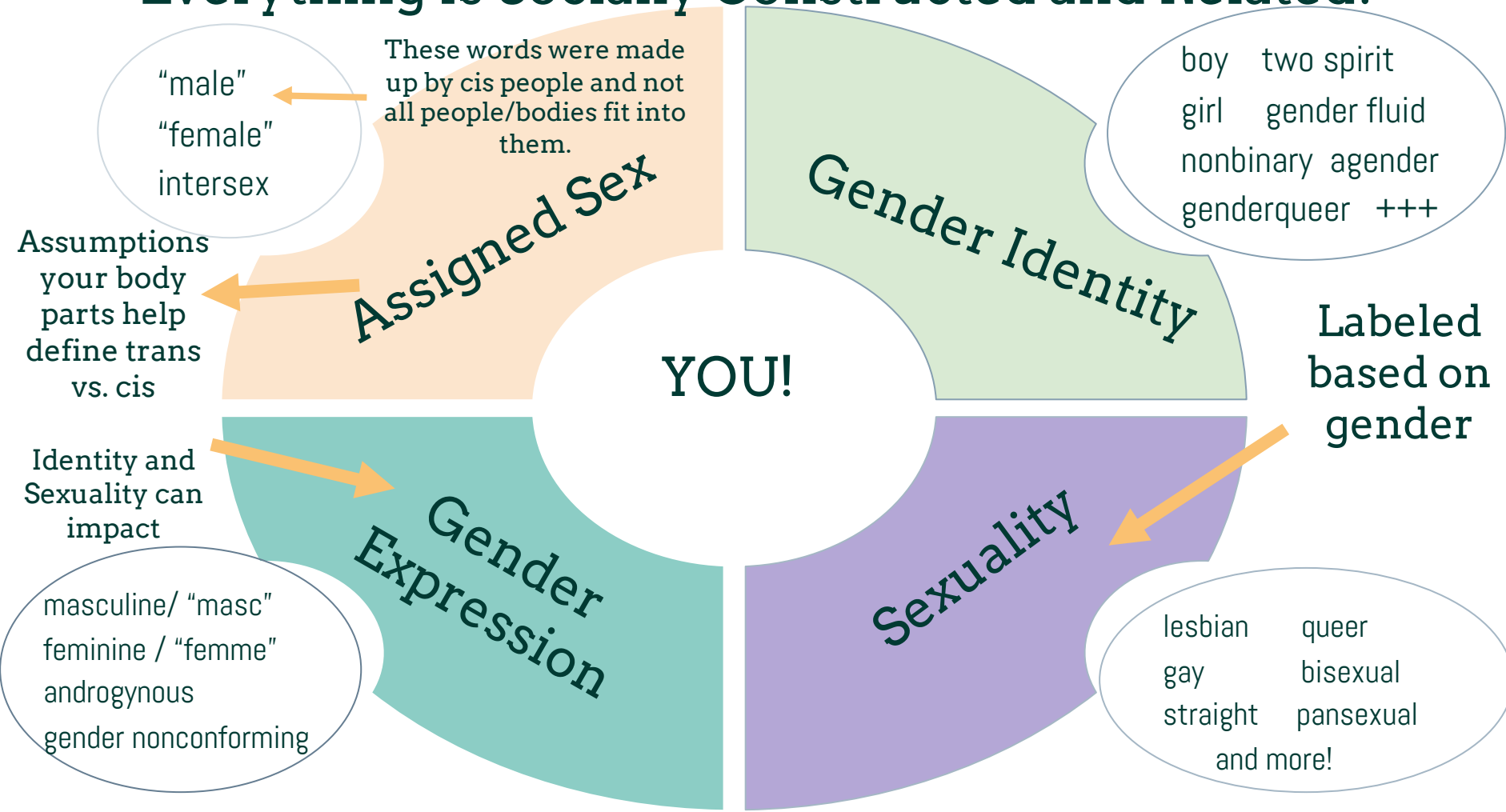
- Who you are
- Two Spirit, nonbinary, genderqueer, genderfluid, boy, girl, cisgender, transgender, agender, and more!
- Includes many different pronouns but any gender can use any pronouns
- Heavily intertwined/mixed with daily language
- You are the only expert
- Develops around age 3 (ish) and can change over time
- Includes gender expression, which are the visible parts of gender like clothes, haircuts, makeup, etc.
- Dominant culture assumes everyone is cisgender and benefits white cis boys

Sexuality AND Gender

- ★ Definitions and words vary based on culture
- ★ Inside our minds/hearts/souls
- ★ You can't tell someone's sexuality or gender by looking at them
- ★ Experience oppression for nondominant groups
- ★ Nondominant sexualities and genders have to "come out" in order to share who they are and be acknowledge by friends, family, and the world
- ★ Not everyone is exposed to all the sexuality and gender options, so they might "come out" when they are older
- ★ Are part of LGBTQIA2S+



Everything Is Socially Constructed and Related!



Queer

An umbrella term to mean any person who is not straight

Straight

A girl who only likes boys or a boy who only likes girls

Lesbian

A girl who only likes girls

Gay

A boy who only likes boys
OR sometimes a word used to mean any LGBTQIA+ person

And so many more!



Sexuality:
Who you like
more than
friends

Pansexual (pan)

A person who likes people of all genders

Asexual

A person who does not feel sexual attraction to other people

Bisexual (bi)

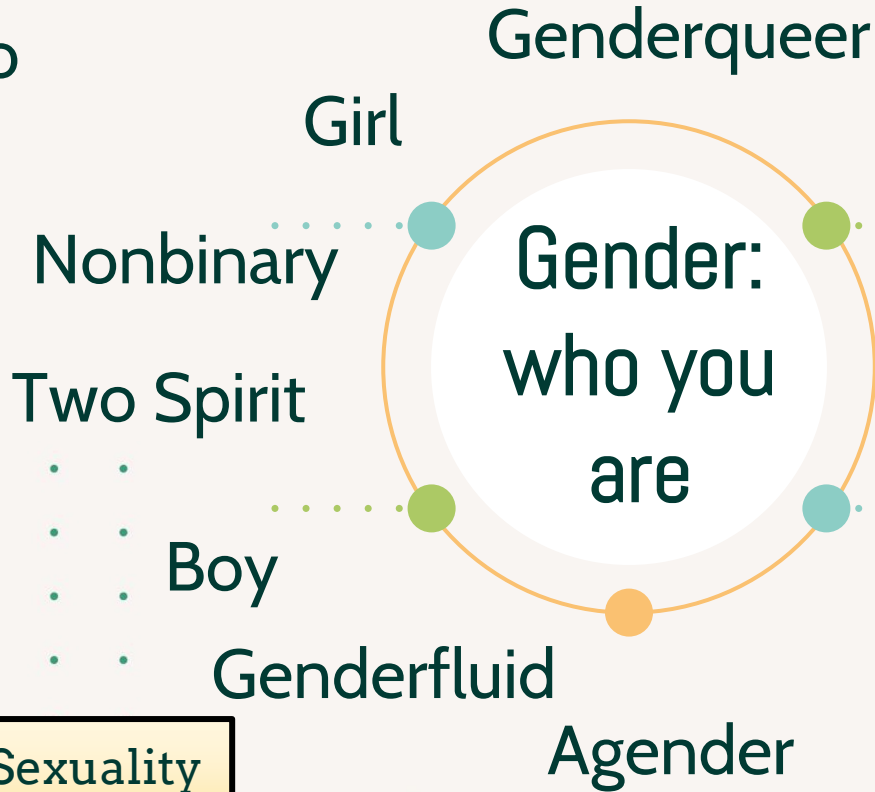
A person who likes two or more genders

Return to Sexuality vs. Gender Slide

*Intersex
(also related to bodies)

Click here for a **Gender Universe** Lesson that talks about what all of these mean

Return to Sexuality vs. Gender Slide



Transgender

a person whose gender is different than the gender that was assigned to them at birth based on assumptions about your body parts/shape. This can include nonbinary people since no one is called nonbinary at birth. Only some trans people change their bodies or gender expression.

Cisgender

A person whose gender is the same as the gender that was assigned to them at birth.

Gender non-conforming:

People who break the “rules” or stereotypes about which genders can act or dress certain ways are called gender non-conforming. Cisheteronormativity decides most gender stereotypes.

Sometimes queer and trans people are gender nonconforming and sometimes they are not. Sometimes straight and cis people are gender nonconforming and sometimes they are not.

You cannot tell if someone is LGBTQIA2S+ just by looking at them.



Hairstyles

Mannerisms

Activities
you love

Hats

Nailpolish

How you
talk

Looking different
in different places
or with different
people

GENDER EXPRESSION

(is limitless & can change over
time and place)

Ties &
Bandannas

How you
move

Accessories
like necklaces
or watches

Makeup

& more!

Clothes you wear

Queerphobia/Homophobia and Transphobia

Homophobia/queerphobia is the idea that cultures, systems, people, and beliefs that oppress anyone who isn't straight. This means that queer people have less privilege and that straight people have more power and visibility in all aspects of society. Homophobia acts and ideas can be intentional and cruel or unintentional and still harmful.

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Transphobia is the idea that cultures, systems, people, and beliefs that oppress anyone who isn't cisgender. This means that transgender people have less privilege and that cisgender people have more power and visibility in all aspects of society. Transphobic acts and ideas can be intentional and cruel or unintentional and still harmful.



Note on Homosexual, Heterosexual, and Queer

- The word **homosexual** came from a time when doctors, society, and people believed that being LGBTQIA+ meant something was wrong with you or that you were mentally ill. This is an example of homophobia. During this time, the word queer was used as an insult to say you were homosexual and not normal.
- → **Heterosexual** was a term used to delieneated “homosexuals” from “normal” people.
- → Both of these terms were originally medical terms used to oppress, stigmatize, and criminalize queer people.
- → Because of this, cis and straight people should use the LGBTIA2S+ terms and words like straight and cis rather than “homosexual” or “heterosexual.”
- → Members of the LGBTQIA+ community have taken back the word queer as their own. Some use the words homo- or hetero-sexual to reinvent and play with those meanings, too.

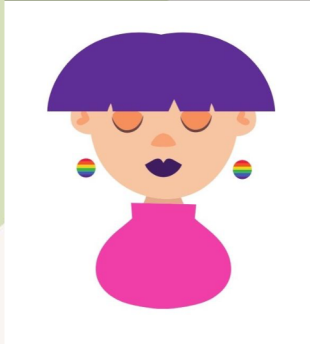
QTPOC

Black, Queer, & Proud



QTPOC: This stands for queer and/or trans people of color and refers to Black Brown, Indigenous, and other folx of color who are also LGBTQIA2S+

“In the closet” and “Coming Out”



A person who is on the LGBTQIA+ spectrum who hasn't told other friends, family, or people who they are is called being “in the closet.” This could be either because they aren't ready to, they are still figuring it out, or because it is not safe to be who they are in their community. When you tell people who you are, that is called “coming out.” Because dominant culture assumes everyone is cisgender and straight, LGBTQI+ folx have to “come out” in order to be validated and seen as their full selves.



Language Over Time and Across Cultures

Different cultures use different words because language is created by people and changes over time. Language is often about **power**.

Colonization is taking over, controlling, and erasing the places, cultures, and identities of Indigenous people who were already living there. When white European people colonized different places, they brought their own ideas about gender and sexuality.

Gender and sexuality diversity have existed since people have been on Earth. The different words that people use to describe themselves have changed over time. White colonizers tried to erase many cultures, including what some might now call “queer” or “trans” people, but these cultures already had words for, cultures including, and ways of thinking about gender and sexuality.

Each Identity Has a Pride Flag



Lesbian
Gay
Bisexual
Transgender
(Nonbinary)



Queer
Intersex
Two Spirit
+++ and more!



Flags help say
that you're an
ally or celebrate
your **pride** in
who you are

Queer Pride Started as A Riot

LGBTQIA2S+ people have experienced oppression in the United States since colonization, when white people arrive in North America. Over time, systems like the police were used to try to erase queer and trans people. In the 1960s, police would arrest queer and trans people who gathered in spaces together to try to stop them from being themselves. The police would be violent and would come back night after night.



Click the picture to watch a video about Stonewall & Pride

Queer Pride Started as A Riot



On one night in 1969 in New York City at the Stonewall in, Marsha P. Johnson (she/her) and Sylvia Rivera (she/her) took a stand. They refused to be arrested. A “riot” started, which is what people often call protests by nondominant groups. This started protests all over the country to support queer and trans people. The LGBTQIA2S+ community came together and started fighting for their rights, which they are still fighting for today. Marsha and Sylvia are queer heroes. Black and Brown trans women have led a lot of the fight for queer and trans liberation.

Pride Marches



Today the LGBTQIA2S+ community takes time each year to celebrate who they are. This is called pride, and happens all around the world. Sometimes they march in parades, sometimes they protest, sometimes they have giant dance parties. It is important to remember where and why pride started.

Queer culture is...

COMMUNITY
SPACES AND
GATHERINGS



INTERSECTIONAL



OUT AND PROUD
MUSICIANS,
ACTORS,
ATHLETES, AND
LEADERS

FIGHTING
FOR RIGHTS

PRIDE

QSA groups in
schools



Still has oppression for
BIPOC, poor, disabled,
and other folk who are
LGBTQIA+ AND
another nondominant
identity. Queer culture
has racism, sexism,
classism, etc. and is
still working to help
liberate ALL people

UNIQUE TO EVERY PERSON,
CULTURE, AND COMMUNITY

Every single person has queer or trans people in their life, whether or not they know it! Sometimes the people we know just aren't out yet or sometimes you haven't talked to them about their gender or sexuality.



You have LGBTQIA2S+

- ★ Friends
- ★ Classmates
- ★ Family members
- ★ Family's of friends
- ★ Teachers
- ★ Neighbors
- ★ Teammates



It's important to support our queer friends, family members, and family's of friends!

How can we support LGBTQIA+ students, families, and staff?

- ★ What are some ideas you have that might help support this/our community?



Affirming LGBTQIA2S+ Students, Families, and Staff



- ★ Include all family members, not just “dads and moms” and don’t assume your friend has one dad and one mom
- ★ Make sure there are posters and other visuals that include queer families around the school
- ★ All forms (field trips, etc.) should use words like “parent/caregiver”
- ★ Say “Dear families” or “your parents” rather than “your moms and dads”
- ★ Teach how queer adults can have babies
- ★ Provide information & resources for families to learn more about LGBTQIA2S+ kids and healthcare

Affirming LGBTQIA2S+ Students, Families, and Staff

- ★ Make sure events like school dances or special things like yearbooks include couples who are queer
- ★ Don't assume who a friend or classmate may have a crush on
- ★ Stand up to people who use derogatory words like f** or say gay or queer or trans in a bad way
- ★ Participate in your school's QSA/GSA and their events like "Day of Silence"
- ★ Join your school's queer student alliance as a LGBTQIA2S+ kid or ally
- ★ Learn more about the LGBTQIA2S+ community



Affirming LGBTQIA2S+ Students, Families, and Staff



- ★ Do you know where a gender neutral, single use bathroom is at your school? If not, ask your teacher. It's a rule there needs to be at least one.
- ★ Stand up to people who use queerphobic or transphobic language
- ★ Celebrate and affirm students who can't be themselves at home while they are at school
- ★ Don't "police" or judge students for wearing certain clothes just because you think it isn't part of the norm
- ★ Learn about gender diversity in history class and in different cultures
- ★ Call everyone by their accurate names and pronouns
- ★ Don't assume someone's gender

If you don't feel safe to be yourself at school...



- ★ Find out who leads your QSA/GSA and tell them
- ★ Let your family know if they support you so that they can get in touch with school people
- ★ Tell your principal or vice principal
- ★ Talk to a friend
- ★ Talk to the school counselor

Every kid of every gender and sexuality has legal rights to be themselves at school and feel safe.

We care about our LGBTQIA2S+ Students

You are unique.

You are awesome.

Your pronouns and names matter.

Queer kids are rad.

You deserve respect and affirmation.



BACK TO THE BEGINNING...

LGBTQIA2S+

What do these letters mean?
Why does it matter?



Closing: Commitment to Change

#1

I commit to learning more about what LGBTQIA2S+ words mean and how they have changed over time.

#2

I commit to learning about the history and leadership of Black trans women

#3

I commit to practicing pronouns and correcting myself EVERY time.

#4

I commit to attending QSA/GSA and being a leader at my school

#5

I commit to watching and reading books, movies, and TV shows that have LGBTQIA+ characters

#6

I commit to being my full self!

Notes to Teachers

- X This lesson can be split into 2-3 parts depending on your learners. See the space slide for a suggested lesson split
- X Make sure to use the wording written on the slides, as it was very intentional and is gender inclusive for all identities. The slides are text heavy to help teachers with language. This lesson was written by trans people.
- X This lesson is designed for kindergarten through 3rd grade classes and is developmentally appropriate.
- X The last slide has a link with a list of amazing books for you to learn more and share with your students.
- X If any of this is new to you, please stay curious and learn more about these topics.



3rd Grade Questions

1. What happens if you don't want to be a boy or a girl or nonbinary?



4th Grade Questions

- 1) What if you feel like you don't know who you are or what you want to be like? What if you're lost or maybe confused?
- 2) How many pronouns are there?
- 3) Why do people stereotype?
- 4) Why are there only two options on the birth certificate?
- 5) Do people who do not identify as a boy or a girl share this information alot?
- 6) What if I feel uncomfortable, but can't stand up?



4th Grade Questions

1. What if someone calls you a nickname and you don't like it, but they don't stop when you tell them to stop?
2. How can I avoid peer pressure to share private information?
3. I think I am one gender, but is it ok to change my gender in my life?
4. Is it possible to not be a boy, girl, or nonbinary?



5th Grade Questions

- 1) What if someone wants to change their name, but only a few people know it, but other people know. What do I call them?
- 2) What if I want to make people like me for who I am?



Class Norms/Agreements- Holsclaw

- x We won't make fun of or laugh at each other
- x We will be kind with our words
- x We won't interrupt
- x We will keep opinions to ourselves unless they are supportive and kind
- x We will respect each other
- x We will actively listen to each other
- x We will work to BE PRESENT



Class Norms/Agreements- Freeman

- x We will respect each other's privacy
- x We will listen to each other
- x We won't make fun of or laugh at each other
- x We will look at the speaker & actively listen
- x We won't whisper or have side conversations about, during, or after someone has shared



Class Norms/Agreements- Smith

- x Be respectful
- x Pay attention to the speaker
- x Actively listen
- x Turn your body towards the speaker
- x Be kind about what people share
- x We won't laugh at each other
- x We won't have side conversations
- x We will raise our hands to share



Class Norms/Agreements- Fink

- x We won't laugh at each other
- x We won't make fun of what other people say or do
- x We will think of other people's feelings
- x We won't yuck anyone's yum
- x We won't bully
- x We will listen to each other
- x We will use kind words and actions
- x We will be safe with each other
- x We won't call people names
- x We will respect others



Class Norms/Agreements- Langton

- x We won't laugh at each other
- x We will be kind with our words and actions
- x We will be respectful
- x We won't make fun of each other
- x We won't have side conversations or shout out



Class Norms/Agreements- Trincherro

- x Only share what we want to share. No peer pressure to share
- x We won't laugh at each other
- x We will respect each other's privacy
- x We will respect each other, including our differences.
- x We won't judge each other
- x Respect where someone is at at that time
- x Treat people how you would want to be treated



Class Norms/Agreements- Trincherro

- x We won't judge people's gender
- x We won't judge people based on what they look like
- x Be nice, not mean to each other



Class Norms/Agreements- Mora

- x Respect privacy
- x Asking/calling people only by the names they want to be called
- x We won't make negative comments
- x We will be kind
- x We won't make weird faces in response to what others say
- x We won't judge each other
- x We will accept what other people say as their truth



Class Norms/Agreements- Mora

- x We won't laugh at each other
- x We will actively listen
- x We will only speak for ourselves
- x Let people explain for themselves
- x We won't interrupt each other, let people finish speaking
- x We will be inclusive
- x Be encouraging. Avoid bragging



Class Norms/Agreements- Bannon

- x Maintain privacy
- x Be respectful
- x Keep comments kind
- x Be open to clarifying questions
- x Actively listen
- x Call people by their preferred names and pronouns
- x Avoid gossip
- x Speak only for yourself



Class Norms/Agreements- Robbins

- x We won't judge what people share
- x Ask clarifying questions respectfully
- x We won't laugh at each other
- x Be mindful of our reactions, make sure responses and reactions are supportive
- x Be open minded



Class Norms/Agreements- Keeper

- x We won't make fun of each other
- x Maintain privacy
- x Be respectful
- x Be truthful
- x Speak only for yourself
- x Be kind



Our Names, Genders, and Pronouns

Kx5 Learning





Hello!

My name is _____ and
my pronouns are _____.

We are going to learn about three important words:

NAMES

GENDER

PRONOUNS

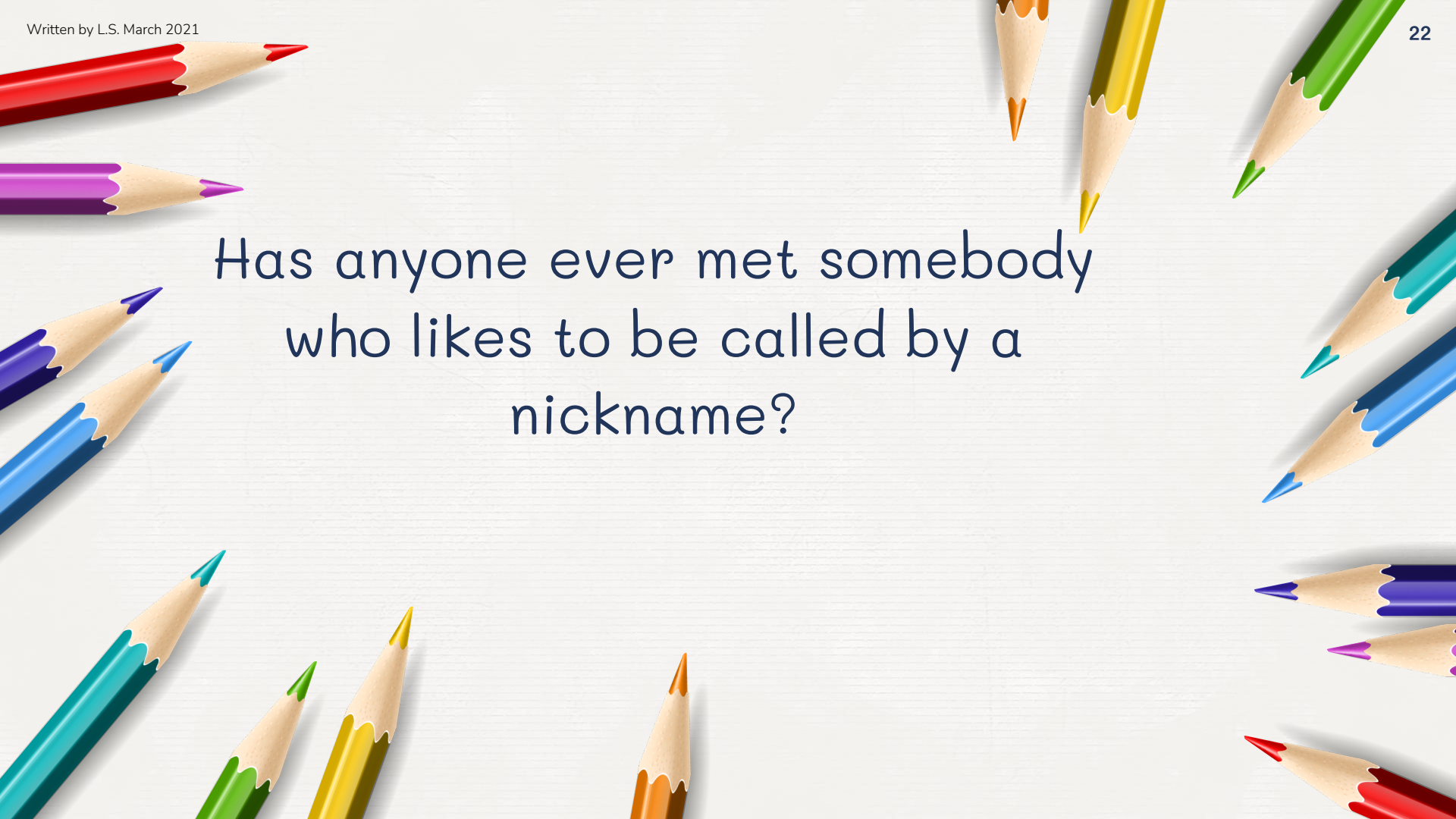
Some kids have heard these words and other kids have not. That's okay, we will learn about them together!



Our Names

Let's do
something silly.
Will you cup your
hand and whisper
your name out
loud into it. I will
show you how I
would do that.



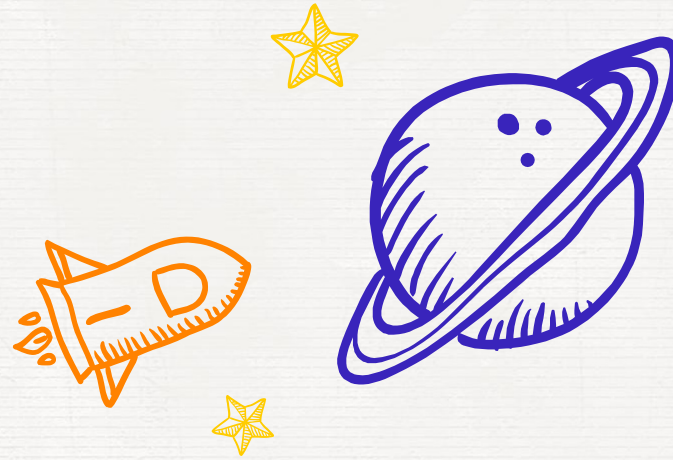


Has anyone ever met somebody
who likes to be called by a
nickname?



- X Sometimes nicknames are really important and people like them more than the name adults gave them!
- X Sometimes kids change their name to match who they are, like their gender, culture, or just what they like better.
- X When someone tells us a name they want to be called, we should use that name for them! That helps them feel safe and respected by us.





Gender!

Gender is awesome because it's like outer space.



Gender!



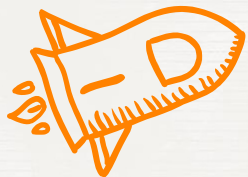
Gender is like outer space because there are as many ways to be different genders as there are stars in the sky! Each person is different and that is cool!



Gender!



Only you can know what your gender is. Even if other people don't understand, you are the person who knows you the best.



There are many genders

Some people
are boys

Some people
are girls

Some people are
nonbinary, which means
they are not a boy or a girl.
They are just a person.

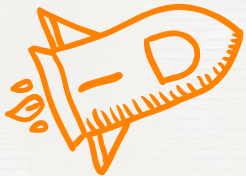
Some people
are still
figuring out
their
genders!



Gender!



Any gender can
look or act any way
they want.



Gender!



You cannot tell someone's gender by just looking at them. You can ask them, but not everyone wants to share their gender.



Let's watch this neat video about gender!



When Kids Are Born, People Call You A Gender



Cisgender people: People whose gender is the same as what doctors and adults said they were when they were born, based on body parts and shapes. Cis people can be girls or boys.

But sometimes the gender assigned at birth isn't accurate! Because we can't ask babies what their genders are since they can't talk :D

Transgender people: People whose gender is different than what doctors and adults thought they were at birth. Trans people can be girls, boys, nonbinary people, or any other gender!

Gender!



Any gender can have any
body.

It's not respectful to ask people
about their bodies unless they
want to share with you.



Expressing Yourself



Everybody and every person can show and express who they are to the world in different ways, like their haircuts, clothes, and makeup. Every person expresses themselves differently.



Our Names, Genders, and Pronouns Part 2

Kx5 Learning





Hello!

My name is _____ and
my pronouns are _____.

We starting learning about **NAMES** and **GENDER**

Today we will
start to learn
about

PRONOUNS



Pronouns

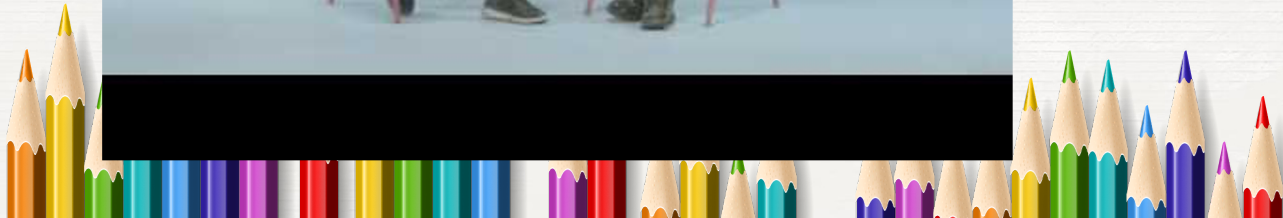
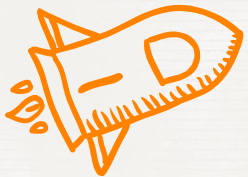


Pronouns are words that we use instead of saying someone's name.

For example, instead of saying _____ is my teacher, you could say _____ is/are my teacher.



Let's Watch this Video!



Pronouns



You can use:



she/her like “She likes cats.”

he/him like “He is really good at cooking.”

they/them “They are outside on the playground.”

ze/zir= “Where are ze?”

Or make up your own



Pronouns



A lot of boys use he/him pronouns and a lot of girls use she/her pronouns.



A lot of nonbinary people use they/them pronouns.

But...anyone can use any pronouns!



Pronouns



Guess what?! You can use more than one set of pronouns! So you can like to be called she/her and they/them or any other combination. Only you get to decide your own pronouns.



she/her

he/him

they/them

ze/zir

Ones you make up!



Pronouns

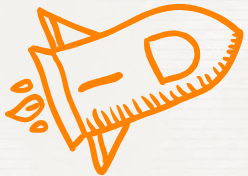


The only way to know someone's pronouns is to ask them.



For example, say “Hi my name is Moonie and my pronouns are he/him. What are your name and pronouns?”

If you don't know someone's pronoun, you can use they/them pronouns since that can be ANY gender.



Respect

Our class cares about respect. Using people's names and pronouns shows them that we care about them.

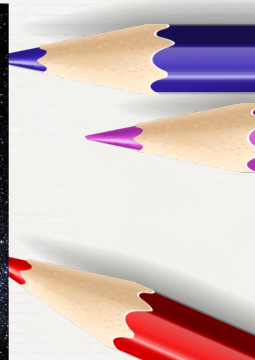
Sometimes we forget about pronouns.



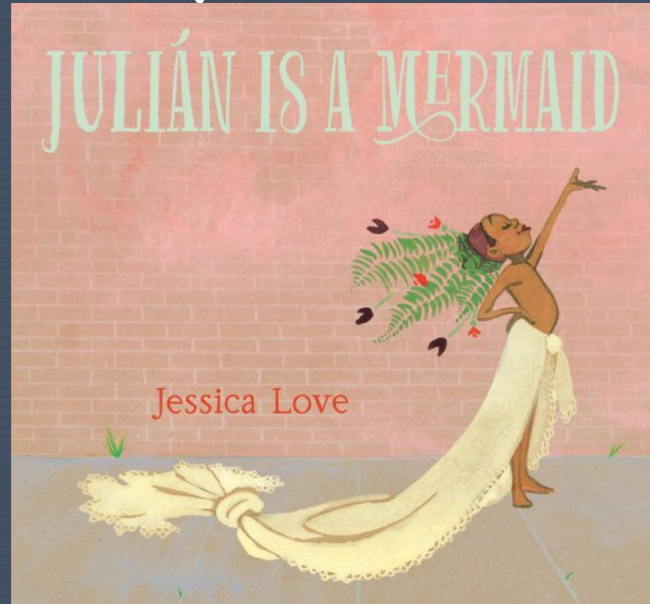
We can say "oops I forgot!" and try again with the correct pronouns!



Remember, we are all awesome
being exactly who we are. Us
being different is why the world
is an interesting place!



Book Resources for Teachers About Gender Diversity!



Click on the book :D