


GENDER AND IDENTITY

Year 7 PSHE



JUST A WORD....

Your teacher may not feel expert in all matters gender and identity. So, whilst they will do their best to provide answers to questions, they may feel that they are not well placed to answer some questions. This is OK. There will be a facility for asking further questions, ones that haven't been tackled that you'd like to know at the end of the lesson.



WHAT DO WE KNOW? WHAT DO WE WANT TO KNOW?

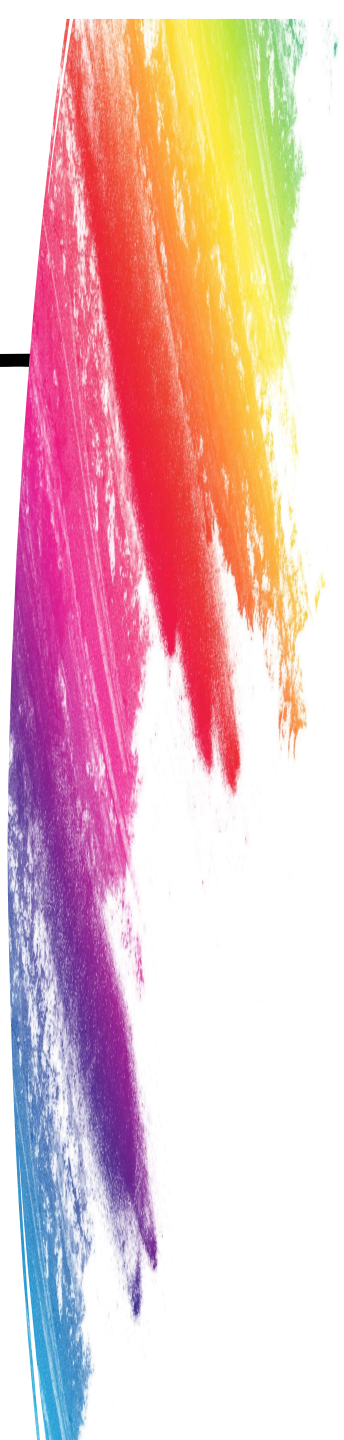
For the next 10 minutes you and your 'share group' will create a messy mess of ideas that you either know or don't know about 'gender' and 'identity'. What words are out there that we are unsure of? What have you heard that you don't understand? What questions do you have?

SEX & GENDER

People tend to use the terms "sex" and "gender" interchangeably. But, while connected, the two terms are not equivalent.

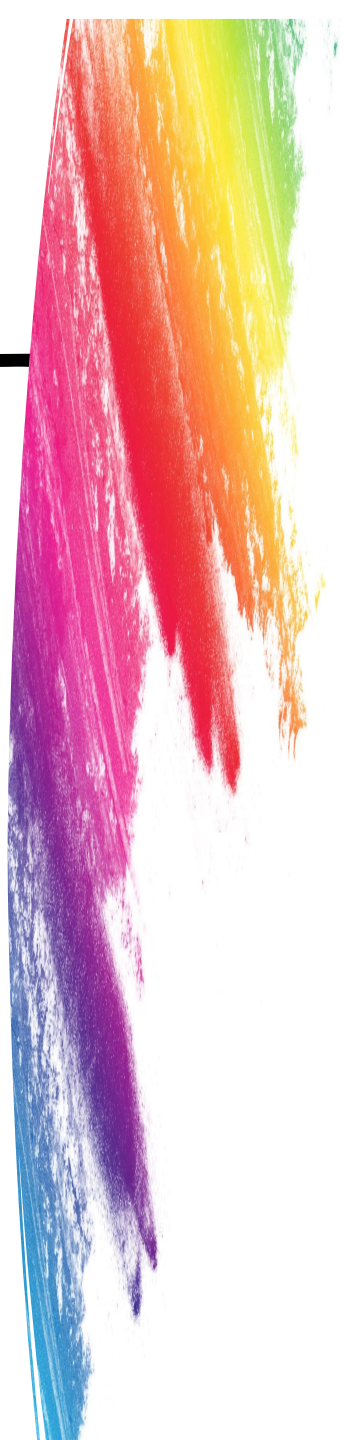
Generally, we assign a newborn's sex as either male or female (some US states and other countries offer a third option) based on the baby's genitals. Once a sex is assigned, we presume the child's gender.

Nevertheless, while gender may begin with the assignment of our sex, it doesn't end there.



SEX ASSIGNED AT BIRTH

"Sex assigned at birth" refers to the label a medical professional gives to a baby when it is born. A medical professional may say a baby is male, female or intersex, depending on what the medical professional observes about the baby's body. For example, a baby with a vulva will be labelled a girl, and a baby with a penis will be labelled a boy. Some babies may have bodies or chromosomes that don't fit the typical categories of male or female. A medical professional may label them as intersex. Sex assigned at birth is about how someone else sees our bodies and does not take into consideration how we feel inside.



ARE THERE MORE GENDERS THAN "BOY" AND "GIRL"?

Yes, there are totally more than two genders! Some people identify as a gender that is not male or female, some identify as more than one gender, and some people don't identify as any gender.

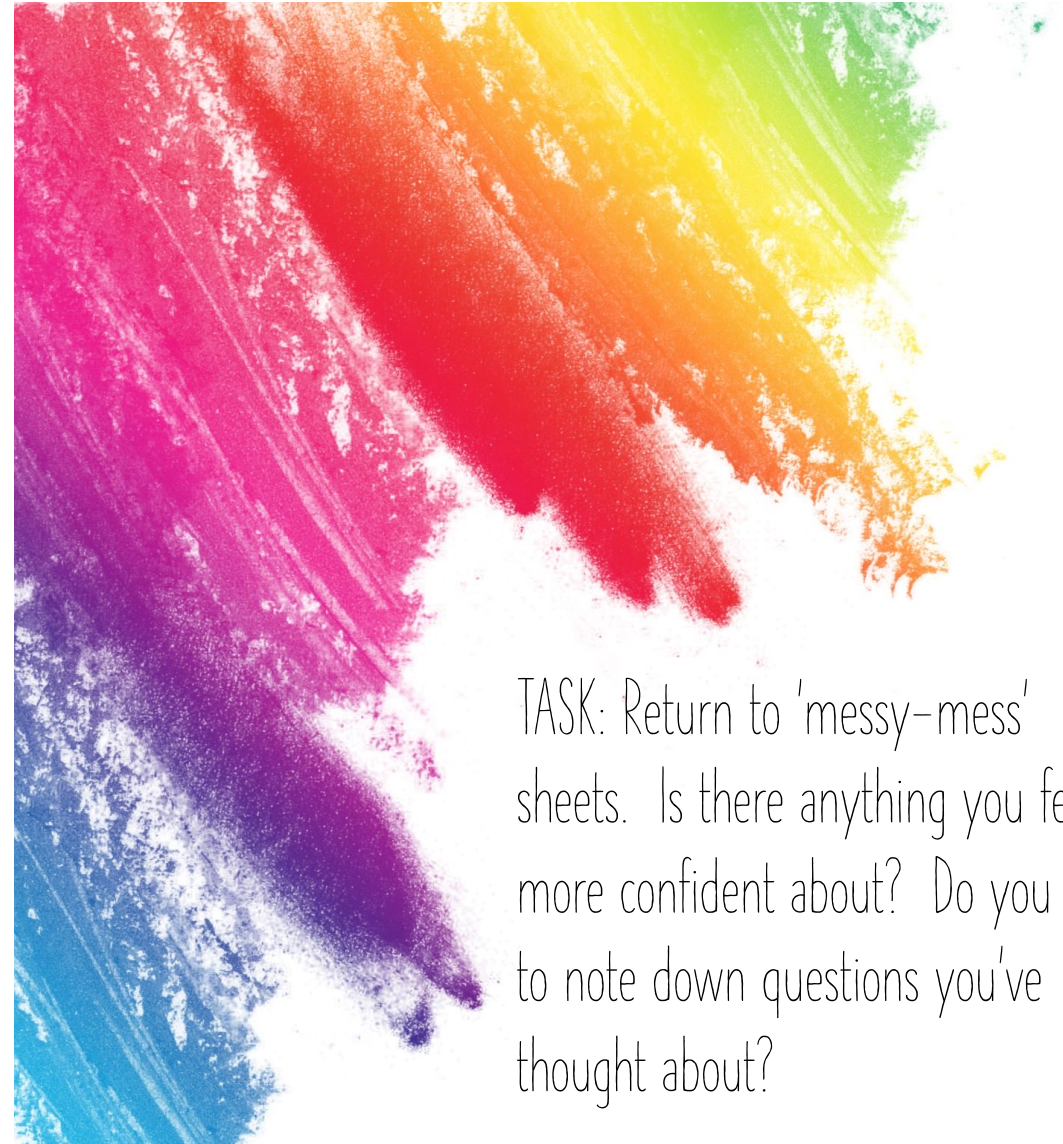


WHAT DO WE CALL A PERSON WHO IDENTIFIES AS THE SEX ASSIGNED AT BIRTH?

Someone who identifies with the sex they were assigned at birth is 'cisgender'.

Cisgender describes someone whose internal sense of gender corresponds with the sex the person had or was identified as having at birth.

Non-trans is also used by some people.



TASK: Return to 'messy-mess' sheets. Is there anything you feel more confident about? Do you want to note down questions you've thought about?

SEX, GENDER AND IDENTITY

[Watch this.....](#)



NON-BINARY AND TRANSGENDER

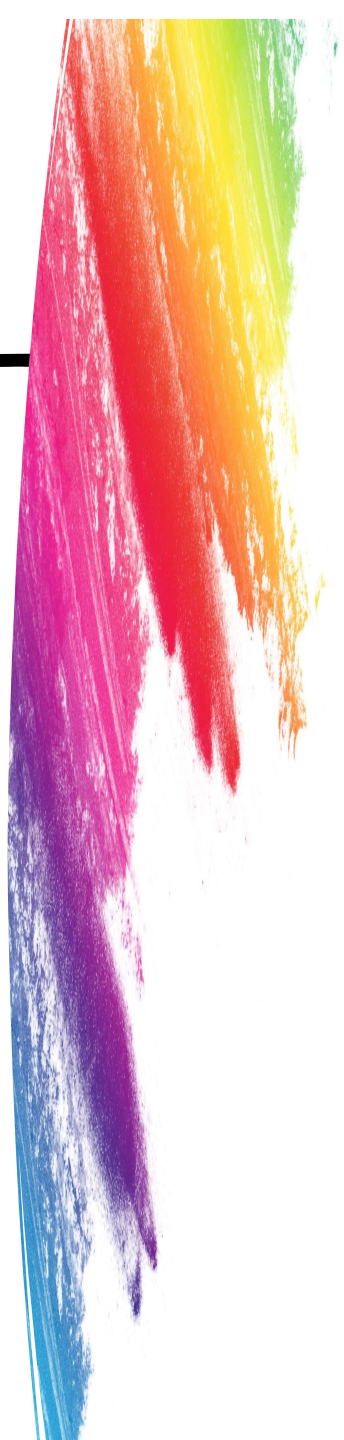
Non-Binary is an umbrella term for people whose gender identity doesn't sit comfortably with 'man' or 'woman'. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely. Non-binary means they identify as neither 100% a man nor 100% a woman.

Transgender is an umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) transgender, transsexual, gender-queer (GQ), gender-fluid, non-binary, gender-variant.

Some people are trans. Some people are non-binary. Some people are cis. All are part of beautiful human variation and diversity. People differ from each other in all kinds of ways and gender is no exception.

Approximately 1% of the population is trans. In the UK that would make over 600,000 trans and non-binary people. That's about the same percentage as people who have red hair - it might not be all that common, but it's totally natural!



WORDS PEOPLE MAY USE TO DESCRIBE THEIR GENDER IDENTITY

We have put together some of the words people may use to describe their gender identity. You should not feel under any pressure to assign yourself a "label".



Discuss these words/ terms and talk about which ones you feel confident about and which ones you are less confident about. Look at your 'messy-mess' sheets; anything to add?

WORDS PEOPLE USE....

Use this.....



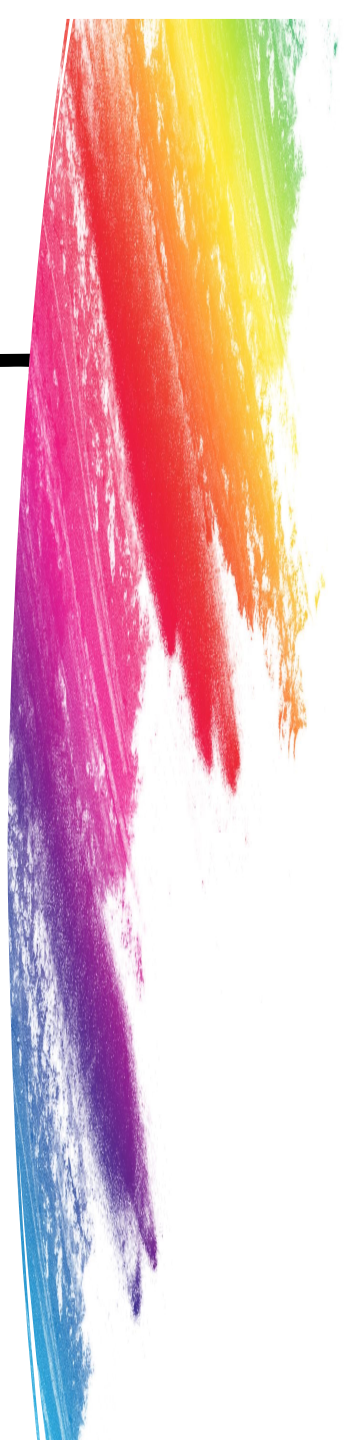
PRONOUNS

Pronouns are the words we use to refer to people's gender in conversation – for example, 'he' or 'she'. But not everyone identifies with the binary definitions of gender (male and female) so they may prefer gender-neutral pronouns such as 'they/them' or 'ze/zir'.

But isn't 'they' a plural?

Not always. It can be used as a plural, but it applies to the singular as well and you have probably been using it that way all of your life without realising. Mermaids UK explains that "We use they/them pronouns in everyday conversations, and many people don't even realise. If you've just come across a wallet on the floor, most people would say 'someone dropped their wallet'. Non-binary people use all kinds of pronouns. Many use they/them, she/her, he/him or a combination".

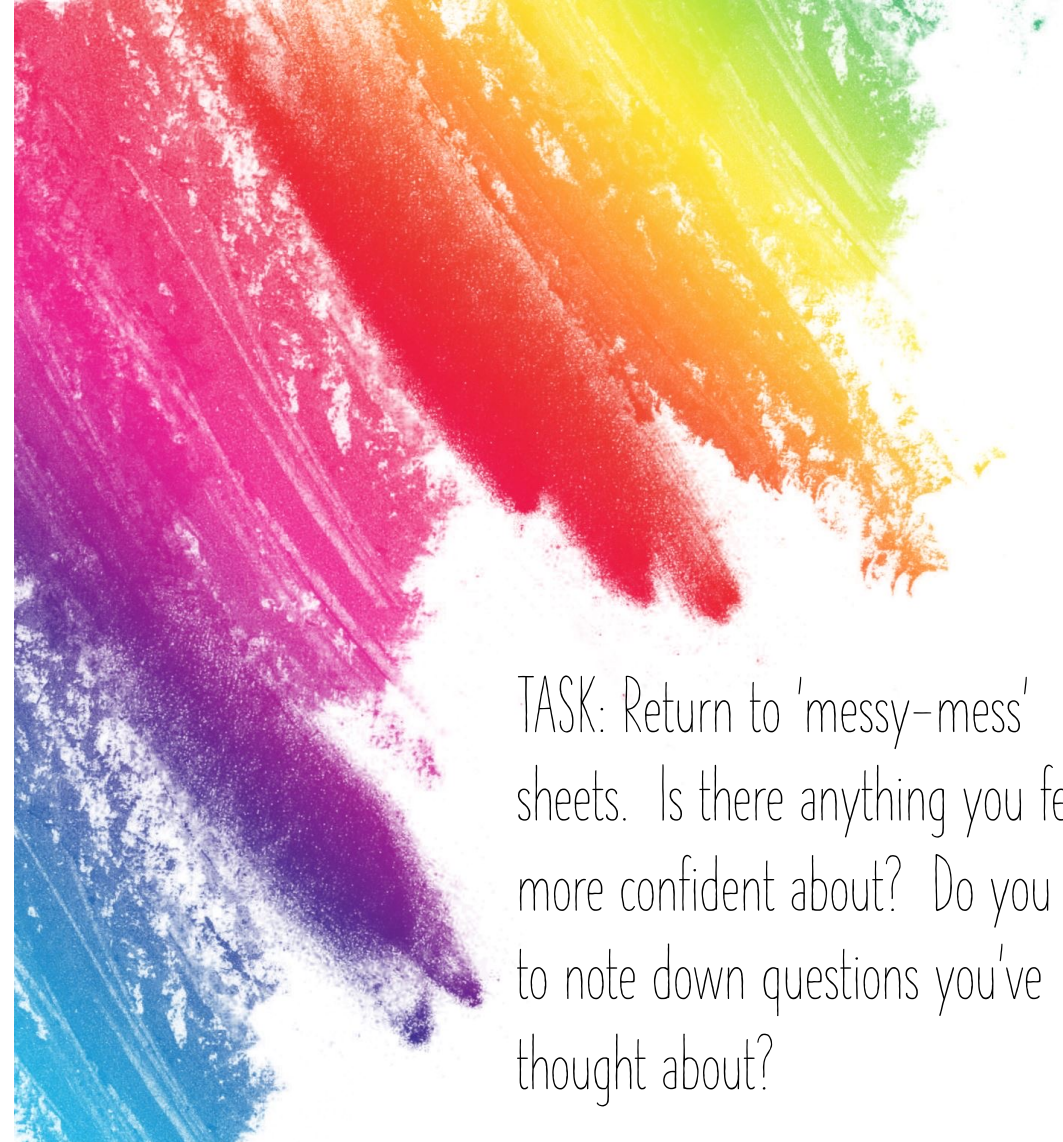
In fact, using they/them as a singular is nothing new at all. You will find it used in texts such as *The Canterbury Tales*, Shakespeare's *Hamlet* and even the United Nations Declaration on Human Rights.



HOW CAN I TELL A PERSON'S GENDER?

The only way to know a person's gender identity is when they tell you. You can't tell by looking at them or based on their behaviour.

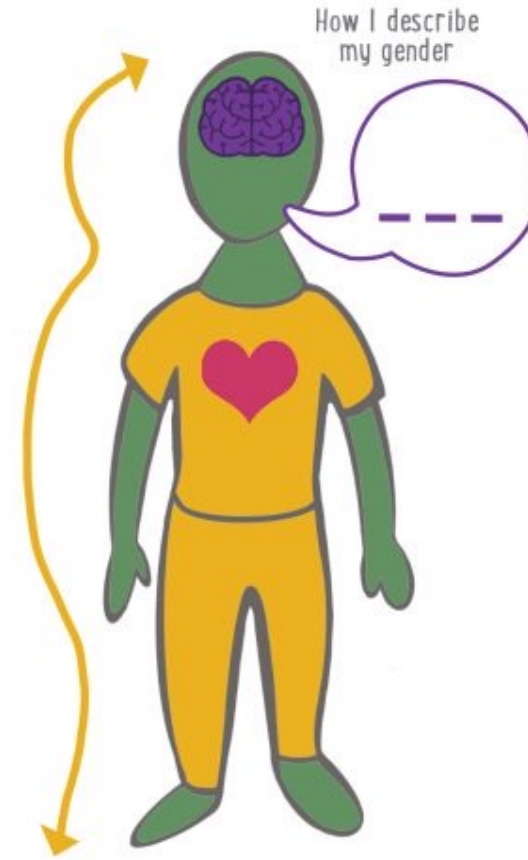
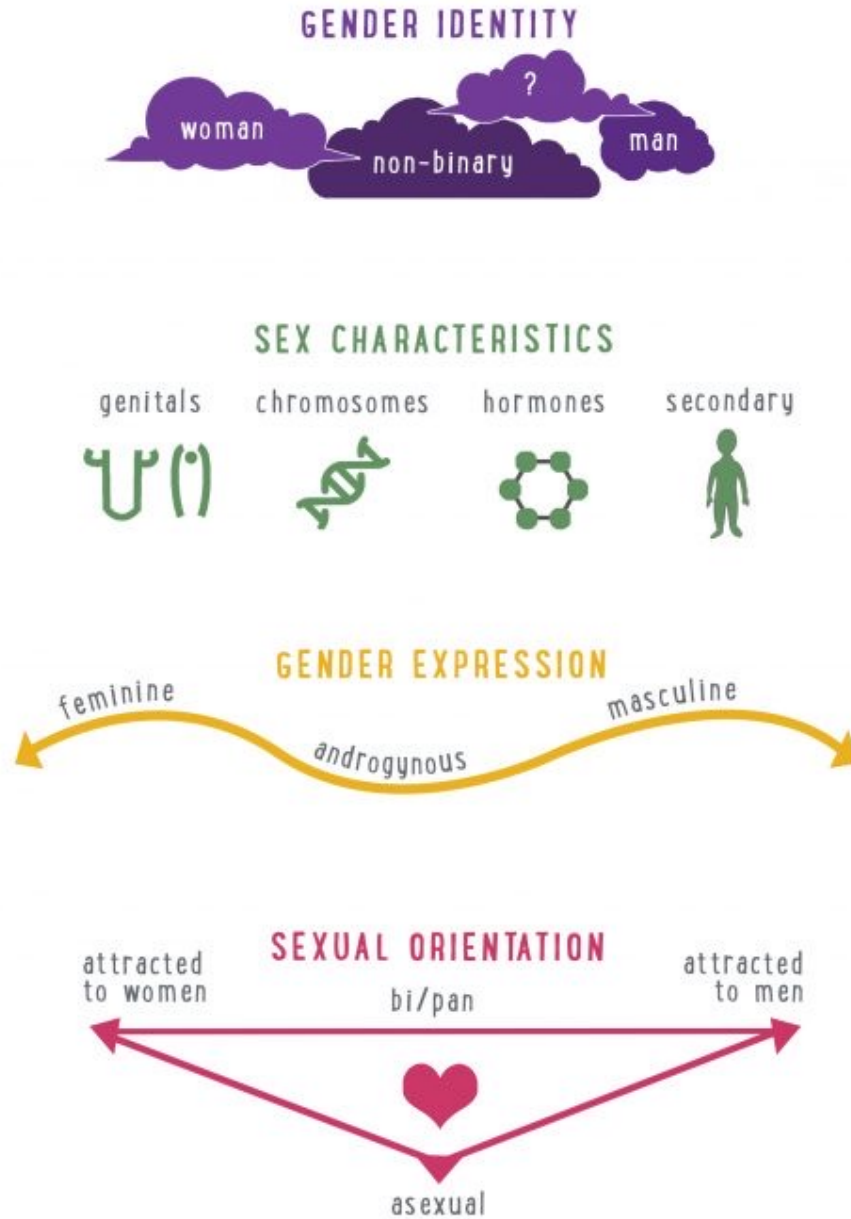
You can ask a person's preferred pronoun; Mermaids UK recommend asking someone what their pronouns are just as you ask their name, even if you think you know how they identify. Make sure you do it sensitively and after you have shared yours, so you don't put them under any pressure.



TASK: Return to 'messy-mess' sheets. Is there anything you feel more confident about? Do you want to note down questions you've thought about?



THE GENDERPERSON



sex/gender assigned at birth


● male/boy

● female/girl



DOES GENDER IDENTITY HAVE TO DO WITH BEING STRAIGHT OR GAY?

Your gender identity is about who you are, your sense of self; your sexuality/sexual orientation is about who you are attracted to.



LGBT+ / LGBTQ+ / LGBTQIA+

What do these letters stand for? Discuss....

[Now watch....](#)

[And this....](#)



REFLECTION.....

Return to your messy sheets. Are there words or ideas that you can now say that you understand better? Are there some things that you still want to know?

Try exploring.....

<https://amaze.org/>

<https://www.genderspectrum.org/articles/language-of-gender>

<https://www.theproudtrust.org/young-people/>

<https://www.brook.org.uk/topics/gender/>

AND FINALLY....

If you have a burning question that you'd like to ask, that you really feel you need to know, use this [Gender and Identity MS Form](#)

This is not for now, this will be emailed to you.

