

Remaining Assignments

- **Collect #49 and #50**
- **#56 Method of contraception assignment is due on or before May 23rd**
- **#41 Debate Individual Obligation is due on or before May 23rd**
- **Study for Battle of the Sexes. Study for the final exam. Completely organize for folders and finish the unit reflections (submit the reflections via Google Classroom)**

WELLNESS EDUCATION

THE END OF THE SEMESTER
IS NEAR. THE MOST
IMPORTANT THING TO BE
FOR THE REST OF YOUR
LIFE IS...



"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

- John Lennon

Some Keys to Happiness

Vishen Lakhiani (founder of Mindvalley Academy)

1. Being grateful for everything that you have and expressing gratitude. Appreciate everything that life has to offer (i.e. people, places, our differences).
2. Connecting and **giving** to others. Understanding that we are all a part of the same universe and journey. Being compassionate.
3. Forgiving others (holding no negative charges toward others). Not forgiving only hurts you. Let it go.
4. Realizing the YOU have complete control of how YOU RESPOND to any situation.

Final Quotes of the Week #64

- **“Live and let live.” -Anonymous**
- **“Love is love” -Anonymous**
- **“One of life’s tragedies is an intelligent person who isn’t smart.” M.L. Wilburn Sr.**

Being Human: Embracing Differences

- I believe one of the worst things someone can do is to deny the significance of someone else's existence and/or identity. To impose their beliefs on others and to marginalize others.

Human Sexuality

- Emails...phone calls...agitated parents...students...radio personalities requesting interviews...administrators not allowing GSA (Gender & Sexuality Alliance) to get involved in the curriculum.
- Be knowledgeable. Be open-minded. Understand that we all are connected. Embrace our differences. Grow.

GENDER, SEX, AND SEXUALITY

Welcome to Sex Ed, Day One!

WHAT TO REMEMBER

1.) THIS IS AN OPPORTUNITY
TO REALLY UNDERSTAND
SOME NEW THINGS

2.) LEAN INTO
DISCOMFORT

3.) RESPECT WHERE PEOPLE ARE
AT

4.) GENDER, SEX, AND

SEXUALITY ARE **BIG** TOPICS

WORD ASSOCIATION

WRITE DOWN YOUR
REACTIONS

NUMBER EACH WORD

-SEX-

#1

- ORGASM -

#2

- PERIOD -

#3

- CONDOM -

#4

-TAMPON-

#5

- VAGINA -

#6

- ANAL -

#7

- PENIS -

#8

- MASTURBATION -

#9

WHAT DID YOU NOTICE?

- How did these words make you feel?
- Did you want to laugh? Look down? Applaud?
- Why do you think you reacted to these words as you did?
- Should these words cause these reactions?

WE HAVE A LOT OF STIGMA!

Stigma-a mark of disgrace associated with a particular circumstance, quality, or person

Discomfort about sex is a cultural reaction that almost all Americans experience

SEX NEGATIVITY
VERSUS
SEX POSITIVITY

SEX NEGATIVITY



SEX NEGATIVE ATTITUDES SAY...

- Sex is wrong, unnatural or unreasonably dangerous
- Bodies are shameful
- Having sex reflects negatively on your character

SEX POSITIVITY



SEX POSITIVE ATTITUDES SAY...

- Sex is good, natural, healthy, even fun
- Bodies are good and pleasurable
- It's good to be curious and learn about sex & sexuality in order to make good, safe choices
- Having sex or not having sex doesn't reflect on your character

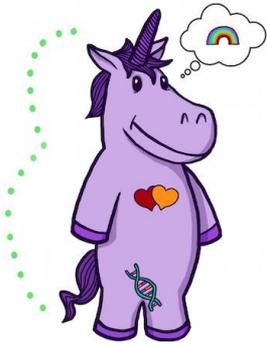
ADOPT A SEX POSITIVE ATTITUDE

You'll learn better and make better choices

SEXUALITY IS...

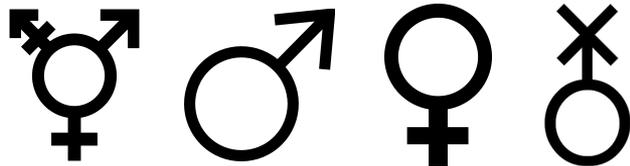
- How someone experiences and expresses attraction and sexual feelings
- Social, Physical, Emotional, and even Spiritual
- Personal and different for every person

BREAKING DOWN THE BINARY
(IT'S NOT BLACK OR WHITE)

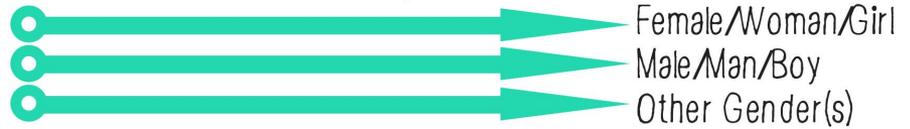


THE IDENTITY SPECTRUM FROM "THE GENDER UNICORN"

1. BIOLOGICAL SEX
2. GENDER IDENTITY
3. GENDER EXPRESSION
4. SEXUAL ORIENTATION



Gender Identity



Gender Expression/Presentation



Sex Assigned at Birth



Sexually Attracted To



Romantically/Emotionally Attracted To



LGBTQ+ Terms and Definitions

Language and Understanding

MATCH THE TERM TO THE DEFINITION
WITH YOUR TEAM IN 6 MINUTES!

- **Team 12**
- **Team 34**
- **Team 56**

STOP!

Sex

DEFINITION:

Sex: A person's biological birth assignment as male, female, or intersex

Gender Identity

DEFINITION

Gender Identity:

A person's understanding of what gender they belong to or identify with. This is each person's unique understanding or feeling, and is separate from a person's physical body or appearance.

Gender Expression

DEFINITION OF GENDER EXPRESSION

How an individual externally presents one's gender identity. Usually shown through clothing, haircut, voice or body characteristics.

Gender Pronouns

DEFINITION OF GENDER PRONOUNS

**How a person would like to be referred to. Ex:
“She/Her” “He/Him” “They/Them” etc.**

Bisexual

DEFINITION OF BISEXUAL

An individual who is sexually attracted to more than one gender and/or sex sometimes but not always including non-binary individuals.

Pansexual

DEFINITION OF PANSEXUAL

An individual who is sexually attracted to *all* genders, regardless of if they are binary (male or female) or non-binary.

Lesbian

DEFINITION OF LESBIAN

A person who identifies as a woman and is sexually attracted primarily to other women.

Gay

DEFINITION OF GAY

A person who identifies as a man and is sexually attracted primarily to other men.

Queer

DEFINITION OF QUEER

1) A general term used by some to describe Lesbian, Gay, Bisexual, Transgender, and Non-Binary people.

-or -

2) Used by some to describe a person's feeling of not fitting into the standard ideas of sexual orientation or gender identities.

Sexual Orientation

DEFINITION OF SEXUAL ORIENTATION

A pattern of sexual attractions. A sense of one's personal identity based on attractions and behaviors expressing them. Unrelated to a person's sex, romantic orientation or gender.

Asexual

DEFINITION OF ASEXUAL

Someone who does not experience sexual attraction or desire (though they may experience romantic attraction).

Transgender or Trans*

DEFINITION OF TRANSGENDER OR TRANS*

A person who feels that their gender identity does not match their gender assigned at birth.

Genderqueer

DEFINITION OF GENDERQUEER

A specific term that one can identify as if one's gender identity is outside of the Gender Binary. Other similar terms include Non-Binary Bigender, Gender Fluid, Gender non-conforming, Pan Gender, Two Spirit, Third Gender, etc.

The Gender Binary

DEFINITION OF THE GENDER BINARY

The societal idea that there are only two genders: male and female, usually determined by someone's birth sex. A black-and-white way of looking at gender.

Cisgender

DEFINITION OF CISGENDER

Someone whose gender identity matches their birth sex. (i.e., someone who is biologically male and identifies as male)

Ally

DEFINITION OF ALLY

A person who actively supports and advocates for people belonging to less privileged groups, though they are personally not a member of those groups.

Homophobia

DEFINITION OF HOMOPHOBIA

The irrational fear or hatred of love/affection between people of the same gender. Expressed as negative feelings, attitudes, actions and discriminations against those that are perceived as non-heterosexuals.

Transphobia

DEFINITION OF TRANSPHOBIA

Irrational fear or hatred of people who break gender roles and do not subscribe to the gender binary.

Romantic Orientation

DEFINITION OF ROMANTIC ORIENTATION

A pattern of romantic attractions, regardless of one's sexual orientation. For individuals who experience sexual attraction, their sexual orientation and this orientation are often in alignment.

Agender

DEFINITION OF AGENDER

A specific identity where one experiences an absence of gender and identifies off the gender spectrum.

Intersex

DEFINITION OF INTERSEX

A person whose biological sex characteristics are a mixture of male and female. (The newer term for the outdated word 'hermaphrodite')

Heteronormativity

DEFINITION OF HETERONORMATIVITY

Describes a society in which being heterosexual is considered 'normal', and other expressions of sexual orientation and gender are considered 'abnormal'.

Cross-Dresser

DEFINITION OF CROSS-DRESSER

Someone whose gender expression (how they present and dress) is opposite to their gender identity. Drag queens are an example of this. A newer word for the outdated term “transvestite”.

LGBTQ*

DEFINITION OF LGBTQ*

An acronym which stands for Lesbian, Gay, Bisexual, Transgender/Trans*, Queer/Questioning, with an asterisk signifying that the acronym extends beyond just these five terms.

Heterosexual

DEFINITION OF HETEROSEXUAL

Someone whose gender identity falls within the gender binary (male or female) and is attracted to the opposite sex or gender.

Semantic Drift

DEFINITION OF SEMANTIC DRIFT

Refers to the evolution of word usage. It is a “drift”, change or shift in the meaning of a word. Sometimes the shift is so radical that the word takes on an entirely different meaning than what it was originally.

QUESTIONS FOR REFLECTION

- Were there any terms you've never heard before? What were they?
- Did any of these terms help clarify something that you were confused about?
- Are there any words you've heard that weren't included in this set?
- Do you feel that some of these terms are becoming more popular?
- How does language affect the way that we think about gender?
- Why do you think the term 'Semantic Drift' is included in this set of words?

BE CURIOUS ABOUT GENDER AND
SEXUALITY!

REMEMBER: EVERY PART OF YOU ROCKS.