

6th Grade Health 11/21/19

EQ: What is gender?

CW: Gender Workshop 5

HW: No HW

Agenda

1. Class Agreements
2. Anonymous Questions
3. Finish Consent Scenarios
4. Gender Boxes
5. Walk a mile

Class Agreements

1. One person talks at a time, everyone else listens - Be careful with side talk
2. No one must talk about themselves. You can always choose to pass. You may still be called on if the question is not personal.
3. No "put downs", making fun of others or being sarcastic
4. What happens here, stays here (No Gossip)
5. Talk with your family about class discussions/hw
5. Try not to laugh, even if it's hard
6. Ask for consent
7. Be supportive of each other

Anonymous Questions: What's Head? What is a blowjob?

Slang term for oral sex involving a penis and a mouth.

Anonymous Questions: How come most people are straight and not gay or lesbian?

It's not completely known why someone might be lesbian, gay, straight, or bisexual. But research shows that sexual orientation is likely caused partly by biological factors that start before birth.

Recent research suggests that 11% of American adults acknowledge at least some same-sex attraction, 8.2% report that they've engaged in same-sex behavior, but only 3.5% identify as lesbian, gay, or bisexual. This shows that what people feel or do is not always the same as how they identify themselves.

Source: Planned Parenthood

Anonymous Questions: How long do eggs live and how long do sperm live?

An egg lives for about 12-24 hours after you ovulate, and sperm can live for five to seven days.

Anonymous Questions: Why don't some people have gag reflexes?

Everyone is different.

According to one study, one in three people lacks a gag reflex. However, on the other end of the spectrum are people with a hypersensitive gag reflex.

Anonymous Questions: How often do men have "wet dreams?"

For males who have experienced nocturnal emissions the mean frequency is about once every three weeks for 15-year-old males

Anonymous Questions: Why do boy's have "wet dreams?"

During puberty the body produces a hormone called testosterone that tells the testicles to start making sperm. Once the body starts making sperm, semen—the fluid that contains sperm—can be released through the tip of the penis. This is called ejaculation. Wet dreams happen when ejaculation occurs spontaneously while a boy is sleeping. Often when you have that first wet dream, you may think you have peed in the bed, but it's actually semen. You can simply take the sheet off the bed and put it in the hamper to be washed. And remember, wet dreams are normal if you have them and normal if you don't.

Anonymous Questions: How do gay and lesbian couples have babies?

1. Adoption
2. Egg, Sperm or Embryo Donation and In Vitro Fertilization
3. Surrogacy

Anonymous Questions: What age is it ok to have sex?

Whether or not to have sex is a decision each person has a right to make. Remember that sex can result in pregnancy or diseases.

You should wait until you feel old enough and responsible enough to make healthy decisions.

Anonymous Questions: Is it ok to be Transgender if your parents want you to be a girl but you want to be a boy?

Yes. Being transgender is not a choice. It can be difficult when people we love don't accept who we are, but remember that they are coming from a place of love - they are scared your life will be difficult. Give them time and find supportive people in the meantime.

Anonymous Questions: Why do girls have discharge?

This is perfectly normal. It's the body's way of keeping the vagina clean and preventing infection.

Anonymous Questions: For situation number 5, is it normal to feel like you can't say anything, or just be in shock?

Yes, this is very normal. The brain uses freeze when there is no perceived way out. It's used as a method to reduce the likelihood or intensity of harm. Like a deer in headlights, you tend to freeze when you are not sure what to do to escape danger.

Anonymous Questions: What if nobody believes you and thinks your lying about relatives doing unwanted sexual contact and even teachers and child services don't believe you?

Keep telling people until you find someone who can help.
You have a right to be safe.

Anonymous Questions: What do you do if somebody is forcing you to do something sexually uncomfortable for you and you don't want to do it?

1. Tell them "No"
2. Leave if you can
3. Report them to a trusted adult
4. Call the police

Anonymous Questions: If you say no if someone is trying to do something bad or gross to you, will they force you to do that gross or bad thing with them?

I hope not. Unwanted sexual contact is illegal. If someone doesn't listen when you say no, it's important to get help.

Tell a trusted adult right away or call the police.

Situation Five

Dana is dreading Thanksgiving dinner. Every year, Dana has to go to family dinner with all the cousins, aunts, and uncles. Dana's Uncle Stewart is particularly annoying, because he gives Dana hugs that are a little too long—Dana never wants to hug Uncle Stewart. Plus, he is always making comments about Dana's body, how Dana is growing up and getting to be so sexy. Dana's parents brush it off and tell Dana just to ignore it, especially since Uncle Stewart is family.

- What is wrong with this situation?
- What can Dana do?
- Who can Dana talk to about this situation?

Situation Two

Amalia is 12 years old. She and her friends are excited about the school dance. At the end of the night, there is a “couples dance.” The announcer turns the lights down and plays a slow song, and people pick special dance partners. Amalia has never slow-danced, but she enjoys watching the other kids. As the lights go down, a boy named Jake grabs Amalia’s hand and pulls her out on the floor. Amalia cannot believe it! She doesn’t really know this boy. He is 14 and very cute. All of her friends are smiling at her and egging her on. Amalia is both embarrassed and excited. She enjoys dancing, even though it makes her a little nervous and uncomfortable. Halfway through the song, Jake pulls her over to the side of the room and starts to kiss her. She does not know what to do. She’s not sure if she’s ready to kiss someone, and she doesn’t really like how she feels.

- How do you think Amalia feels? How would you feel?
- What should Amalia do? What will happen if she takes your advice?
- What would you do in Amalia’s situation?
- What could Jake do in this situation?

Situation Three

Isaiah is 12 years old. He has a crush on Danielle but has not done anything about it except talk to his friends Dylan and Levi. Isaiah is scared to let Danielle know he likes her because he is worried she won't like him, and he'll be embarrassed. One day, when the boys are all hanging out after school, Dylan says, "Don't be a baby! Either ask her out or just kiss her." Levi chimes in, "Yeah—just keep on asking her out until she says yes. Man up!"

Situation Three

- What is wrong with this situation?
- What could Isaiah say to Dylan and Levi?
- What would you do if your friends pressured you to keep bugging someone until they said yes?
- If you were Isaiah's friend, what could you say to help him take the risk of telling Danielle about his feelings, even though he might be embarrassed?

Situation Four

Bailey and Willow have been friends forever and tell each other everything. Bailey gets upset when Lynn moves to town and starts to spend a lot of time with Willow. Bailey finds a picture of Willow in a bathing suit from when they were at the beach together, posing as models just for fun. To get back at Willow, Bailey sends the picture to everyone in school with the word “slut” in the subject line, trying to make people think Willow has had a lot of careless sexual experiences. How do you think Willow feels after Bailey sends the photo around?

- Did Willow consent to Bailey sending the photo?
- What would you do if you were Willow?
- Who could you talk to about this situation?

Situation Five

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- What is wrong with this situation?
- What can Dana do?
- Who can Dana talk to about this situation?

Situation Six

Kennedy really likes Riley. They walk home from school together every day, and Riley often hangs out at Kennedy's house to do homework. They like to hold hands and rub each other's shoulders, and Kennedy really wants to kiss Riley. One day, Kennedy takes a deep breath and asks, "Can I kiss you? Would you like that?" To Kennedy's relief, Riley laughs and says, "Yes! I was going to ask you the same thing." Their first kiss is a little awkward because they have never kissed anyone before, but it feels extra good because they both wanted that kiss!

- What did Kennedy do correctly?
- If Riley did not want to kiss, what would be a good way to communicate this?

If something scary or bad happens you need to be able to find a trusted adult who can help. **Even if the person who has scared or hurt you warned you not tell.**

The adult can be a parent, caregiver, aunt or uncle, someone from a religious group you are part of, a grandparent, a doctor, a teacher, a coach, or some other trusted adult.

Write down the names of three trusted adults you can go to for help. Keep this list for future reference.

Closing affirmation activity:

Compliment circle: We will all share compliments (positive qualities about each other)

Everyone writes their name on their paper. Pass the paper around to the left. Each person writes a short phrase, word, or quick drawing to compliment the person whose name is at the top of the paper.

Gender

Lesson 5 6th grade OWL

Objectives

Demonstrate understanding of gender expression and gender identity

Display understanding of similarities among different genders

Recognize influence that societal pressure based on gender has on how people behave.

Name ways to combat transphobia.

Gender Overview

Gender is composed of more than one thing.

When a baby is born the doctor might look at a baby's genitals say "it's a boy" or "it's a girl".

However, a person's identity is made up of more than their body parts and the term male or female.

There are more than two ways that people can think about their gender and there are more than two kinds of bodies.

Biological Sex

Definition of the term *biological sex*:

A label assigned at birth-male, female, or intersex-usually on basis of the appearance of the baby's genitals or medical tests of their chromosomes, hormones, and internal reproductive organs. May also be called "sex assigned at birth."

Most males have a penis, testicles, and scrotum.

Most females have a vulva, clitoris, and vagina.

There are variations among different bodies. Just like people have different sizes and shapes of noses, ears, and hands, they may have genitals that differ from others. This is ok!

Gender identity

Gender identity: A person's inner understanding of their own gender.

Most of the time a person's sex and gender identity match in an expected way. This means that most of the time if someone is born with a vulva, uterus, and ovaries they will feel like a girl or woman.

Most of the time if someone is born with a penis and testicles they will feel like a boy or a man.

These people are *cisgender*.

Cisgender

Cisgender- a term for people whose biological sex and gender identity match in the most common way.

Once in awhile a person's sexual and reproductive body parts and their inner knowing of their gender match up in a different way. When that happens a person may feel like their body matches better with another gender or they may feel like they are more than one gender or they may feel like they are no gender at all.

Do you know any of the terms for any of the above types of feelings?

Transgender- A general term, sometimes shortened to “trans”, that describes a person whose gender identity and biological sex may not line up in the most common way.

Gender Fluid-A term that describes a person who feels like their gender changes over time.

Gender Nonconforming- A term that describes a person who feels like they do not fit into either of the categories boy/man or girl/woman.

Gender Expression

Another part of gender is the way a person expresses their inner understanding of their own gender by how they dress, or how they talk, how they act, and what things they like to do.

This is called *gender expression*-The way a person shows the world about their gender through the clothes they wear, their appearance, and how they talk.

Consider all the points we just discussed...

What do you think might happen if someone's gender expression didn't match what other people thought their gender was?

For example: what if someone has a penis but they express their gender in a more feminine way?

Or what if someone has a vagina but they express their gender in a more masculine way?

Gender Boxes

This activity will help you learn more about gender.

You are learning that all gender expressions and gender identities are normal. Society sometimes gives people a different message.

Remember the word stereotype?

What are some stereotypes you have seen or heard regarding gender?

How males or females are supposed to act?

Look at the statement on your index card and decide if it goes with the statement

Stereotypical Man

Or

Stereotypical Woman

Discussion

What do you notice about the words on these lists?

What do you think about these stereotypes?

What happens if someone acts outside of their typical gender expression-example: a woman wants to play football or a man wants to be a ballet dancer? What kinds of messages might these people receive?

How could you break out of a stereotype?

Walk a mile

Imagine that when you woke up this morning you had a body and gender identity different from your own.

(gender identity is someone's inner understanding of who they are)

Look at the sex and gender identity combo on the card you get and pretend it describes you.

We will do a voting exercise similar to the agree or disagree activity we did before.

After I read the statement move to the agree or disagree side that best fits for the body and gender identity written on your card.

Agree/Disagree

If I woke up as a person with this body and gender identity, I would dress differently

Agree/Disagree

If I woke up as a person with this body and gender identity, I would have the same friends.

Agree/Disagree

If I woke up as a person with this body and gender identity, my parents/caregivers, teachers, siblings and friends would treat me differently.

Agree/Disagree

If I woke up as a person with this body and gender identity, I would like to do the same things I do now.

Discussion

How did it feel to agree or disagree?

How do you think you might feel differently if you were another gender?

How did it feel to have to choose one side or another, when in real life our understanding of sex and gender is more fluid?

How do you know what gender you are?

How can you show respect for people regardless of whether their gender expression and body parts line up in the typical way?

What can you do if you see someone putting down another person because of their gender expression or gender identity?

Sometimes people are afraid of those whose gender expression or gender identity does not meet their own expectations and they are disrespectful of or even mean to those people.

Transphobia-Fear of people who identify as transgender.

All gender identities and gender expressions are normal. We should treat people of all gender identities with respect.

This is an important social justice issue. Continue to think of what you can do if you see someone putting down another person because of their gender identity or gender expression.

What I like

On one side of the card Write “what I like” and state something you like about being the gender that you believe or feel that you are.

On the other side of the card write “A challenge” and then write something that is a challenge for you because of your gender.

You don't have to put your name on the card but you can. I will read them out loud.

Discussion

What did you notice about the things people said?

Were there a lot of similar statements?

What can you do to help people feel respected and included regardless of their gender?

Anonymous Question Form

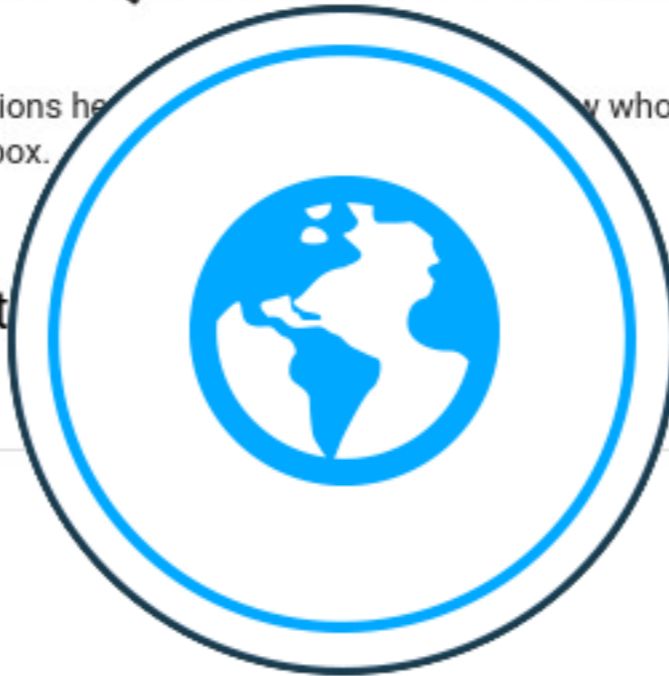
You may submit your questions here. If you want to know who the question is from - add your name in the question box.

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