6th Grade Health 3/5/20

EQ: What is gender?

CW: Gender Workshop 5

HW: No HW

Agenda

1. Class Agreements
2. Anonymous Questions
3. Finish Consent
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 side talking about the book. No inappropriate language/words/pictures

3. No one must talk about themselves. You can always choose to pass. You may still be called on if the question is not personal. No asking personal questions.

3. No "put downs", making fun of others (for any reason, sexuality or otherwise) or being sarcastic

4. What happens here, stays here (No Gossip). No mean comments.

5. Talk with your family about class discussions/hw

5. Try not to laugh, even if you are uncomfortable

6. Be supportive /kind to each other

What is anus sex?

Anal sex is sex that involves the penus and the anus.

What is a boner?

A boner is an erection. When a boy has an erection, muscles that allow blood to flow in/out open wide and allow more blood to be pumped in, while other muscles tighten and keep the extra amount of blood from leaving the penis. This causes spongy tissue inside the penis to fill up, which makes the penis become stiff, erect and stand out from the body.

What is cum?

When a boy has an orgasm - known as ejaculation. This ejacutulation involves semen (which contain sperm) traveling through the urethra and out the penis. The are usually about 2-500 million sperm in a single ejaculation.

Why do people say to not eat sushi when you are pregnant?

There is lots of advice given to pregnant women of what to do/not to do. Some of it is good advice and some is not.
The next page has information about a lot of the advice women are given. (Including sushi)

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Coffee, [illegible]shi: An Evidence Update O[illegible]ancy Do's And Don'ts

https://www.wbur.org/commonhealth/2018/03/16/evidence-dos-and-donts-pregnancy

What is a pedophile?

Pedophiles are people who feel sexually attracted to children who have not yet gone through puberty.

If someone forced you to watch something is that abuse?

If it was sexual in nature, then yes that is abuse and you should report it to a trusted adult.

If you like someone why does your face get red and you get butterflies when they talk to you?

Your brain activates the vagus nerve that goes from the brain to your gut.

The butterflies feeling is partially your body saying I'm stressed but I'm motivated to do something or see this person again. It’s actually the same when you are very angry or scared but the body interprets it in different ways.

Why is it more likely for a family member to rape you?

I think this is because this is likely the easiest opportunity and the easiest relationship to exploit.

What if a boy from Your childhood that you absolutely hate trys to sexually assault you?

You should report them to a trusted adult. You have the right to be safe from other people trying to harm you.

What are butt plugs?

A type of sex toy.

Is it possible to be asexual, and gay at the same time?

Yes, many asexual people still want to be in romantic relationships, but not sexual relationships.

Are we going to be using the weird books in class?

I don't think our books are weird. We will mostly use them for homework, but there is one lesson where you will need your book.

What happens if you have been bullied for weeks by the same person and then one day, they sexually harass you?

I really do encourage you to tell a trusted adult. The most important thing is to find a way to keep yourself safe. It is the job of adults in your life to help make sure you are safe.

What is kissing with tongue?

A French kiss is a kiss in which the participants' tongues extend to touch each other's lips or tongue. A "kiss with the tongue" stimulates the partner's lips, tongue and mouth, which are sensitive to the touch and induce physiological sexual arousal.

I feel like this is something that happens with a lot of girls. They feel that they should be quite if a family member is touching them.

Yes. That is why I think it so important to talk about, so that you don't feel you have to be quiet if something is happening to you.

Why do people rape, abuse, and/or assault people? And why do women have a higher chance of being a victim of these things?

I don't really know why, but I think some people don't care when they hurt other people. I think Empathy is important.
This is a big question and I don't have all the answers. There are a lot of reasons for 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

Stereotypical Man	Stereotypical Women

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 recieve?

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 identi
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 befo

After I read the statement move to the agree or disagree side that best fits for t
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 he y who the question is from - add your name in the question box.

Submit your quest

Your answer

SUBMIT

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