

DIY Queer 101: A Guide to Discuss LGBTQ2S Identities in Your Class

Agenda – 60 minute lesson plan

1. Introduction (5 minutes)

- a. Discuss with your class why you are talking about this topic
 - i. Diversity exists in all aspects of what it means to be human! That includes gender identity, gender expression, biological sex, and sexual/romantic orientation.
 - ii. Talking about diversity in identity helps us better understand the LGBTQ2S community and the realities they face (i.e. discrimination).
 - iii. When we learn about one another, we learn how to respect one another, which creates safer spaces for everyone.

2. The building blocks of identity (Power Point Slides) (10 minutes)

- a. Using the Power Point slides, go over the basics of identity
 - i. *Biological Sex*: the biological and physical reproductive characteristics of an individual, including chromosomes, hormones and genitalia.
 - ii. *Gender identity*: a person's internal sense of self, which could be male, female, neither, a combination of the two, or could exist entirely outside of that. Most of us are assigned a gender when we are born.
 - iii. *Gender Expression*: the way a person outwardly expresses their gender through clothing, makeup, hair, and/or behaviour.
 - iv. *Sexual Orientation*: a person's sexual identity in relation to the gender to which they are attracted

*NOTE: Each of the above identities are distinct, separate identities that do not cause one another. There is diversity in each identity as well.

3. Sexual Orientation (Power Point Slides) (15 minutes)

- a. Go over the different sexual orientations listed. This is not an exhaustive list, but lists a number of common sexual orientations.
- b. Discuss the privilege of being heterosexual in our society.
- c. Discuss the realities that LGBTQ2S people experience (i.e. homophobia, heterosexism, etc.)

4. Gender Identity (Video) (8 minutes)

- a. Trans 101 Video: The Basics: <https://www.trans101.org.au/video1.html> Introduce the Trans 101 video; let students know that they are going to learn about gender identity by watching a video made by transgender people.

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*NOTE: Everyone in the video is transgender, so you'll get to see some diversity in what it means/looks like to be trans! Some of the people's aesthetic (i.e. makeup/hair/clothing) may push against the norms you're used to seeing. While you're watching, try to notice the assumptions/comments you internally make to yourself and ask where you learned these assumptions/comments.

5. Gender Identity (Power Point) (10 minutes)

- a. After watching the video there may be some questions. Go over gender identity on the Power Point to help students further understand the diversity of gender identities.
- b. Discuss cisgender privilege in our society.
- c. Discuss the realities of trans people (i.e. transphobia, cisnormativity, etc.)
- d. Go over the use of pronouns/preferred name and why they are important.
 - i. Names and pronouns can represent a big part of who we are, so calling everyone by the names and pronouns they ask you to use is really important. It can make trans people feel affirmed and welcome, and it's just more accurate too! Practice by having students identify their own pronouns (she/her, he/him, they/them, etc)

6. Being and Ally and what YOU can do! (10 minutes)

- a. Discuss how you can be a better support for LGBTQ2S people and how to be an ally.
- b. Discuss what you can do in your own class to help ensure everyone feels safe and welcome to be who they are.

Additional Resources

- a. Want to practice using different pronouns (i.e. they/them; xe/xem)? Try it with your class on the Minus18 website! <https://www.minus18.org.au/pronouns-app/>
- b. Want to see the story of a young transgender boy transition with the support of his family and school? Watch the short film Raising Ryland! (13 minutes) <https://www.cnn.com/videos/us/2015/03/17/digital-shorts-parenting-transgender-child-orig.cnn>
- c. Don't forget that ALL of OUTSaskatoon's pamphlets are available to download and print for FREE online. There are also many links on our website to help youth, parents, and teachers become more informed! <http://www.outsaskatoon.ca/resources>