

Core Knowledge Content

2SLGBTQ+

As part of a broadly based sexual health curriculum, it is important to speak openly about sex, gender, sexuality, gender identity and expression, and sexual orientation. Sexual orientation and gender expression are an important part of each student developing a positive self-concept. During childhood, it is quite common for children to have many different kinds of sexual feelings and experiences. During adolescence and into adulthood, people often times will define themselves through their sexuality. Though academics generally agree that sexuality includes a spectrum of feelings and actions, adolescents report enormous pressures to characterize themselves as 'straight'.

Sex and Sexual Orientation:

- Sex is referred to as the term in which people are typically assigned at birth based on their physical characteristics, also known as their reproductive organs and genitals. Most people are assigned either female (person with a vagina) or male (person with a penis).
- Everyone has a sexual orientation. Sexual orientation refers to a person's emotional, physical and sexual attraction to others. Each person's sexual orientation is a part of who they are. Some people know at a very early age what their sexual orientation is, and others may not. A person's sexual orientation might stay the same over their whole life, or it may change. Gender identity is not the same as sexual orientation.

Gender Identity and Expression:

- Gender is not determined by sex, and is not defined by sexual orientation. For many people, their gender identity matches the sex they were assigned at birth. For others, their gender identity does not match the sex they were assigned at birth.
- Gender Identity is a person's internal sense of identity and how they identify, whether that is female, male, both, neither or fluid, and is not dependent on their sex assigned at birth.
- Gender Expression is about how someone presents themselves to others and the world around them. It might include the way they dress, their hairstyle or haircut, using makeup, and other aspects of their appearance. It also includes their name,

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or their chosen name (previously known as preferred name), and pronouns a person uses (she/her; he/him; they/them).

(*Teaching Sexual Health*. <https://teachingsexualhealth.ca/teachers/sexual-health-education/information-by-topic/gender-identity-and-expression/>).

LGBTQ2S+, LGBTQ*, LGBTQ +, LGBT, LBTTQ, LGBTQ2, LGBTQI2SNA+ and others are acronyms that refer to the spectrum of sexual and gender identities that are not cisgender or heterosexual. They include lesbian, gay, bisexual, transgender, queer, questioning, intersex, two-spirit, non-binary and agender. The asterisk (*) or plus sign (+) shows there are other identities included that aren't in the acronym. Another term used to refer to this community is 'gender and sexual minorities'.

According to [Statistics Canada](#) (2022), Canada is home to approximately one million people who are LGBTQ2S+, accounting for 4% of the total population aged 15 and older in. These students deserve a safe and inclusive environment in which to learn about sexuality.

Sadly, students who identify as LGBTQ2S+ have a disproportionately higher rates of suicide attempts and self-reported suicidal ideation when compared to their straight and cisgender peers. The good news is that research also shows that connectedness to a school community is a protective factor for LGBTQ2S+ students. When gender and sexual diversity issues are taught within the curriculum in a positive and inclusive way, reports of school connectedness increase within the population of all students.

It is important to recognize that LGBTQ2S+ youth are at-risk for gender-based violence, discrimination, victimization, sexual assault and/harassment. As an educator you need to be aware of these possibilities and take action immediately. Every school board has anti-discrimination and harassment policies and procedures. For board-specific, check out Gegj.ca with policies and resources for teachers, administrators and staff.

GenderBread Person

As explained by Sam Killermann, gender is one of those things everyone thinks they understand, but most people don't. Throughout the various GenderBread Person edugraphics, Killermann breaks down concepts that encompasses gender and sex.

Identity is how you, in your head, experience and define your gender, based on how much you align (or don't align) with what you understand the options for gender to be.

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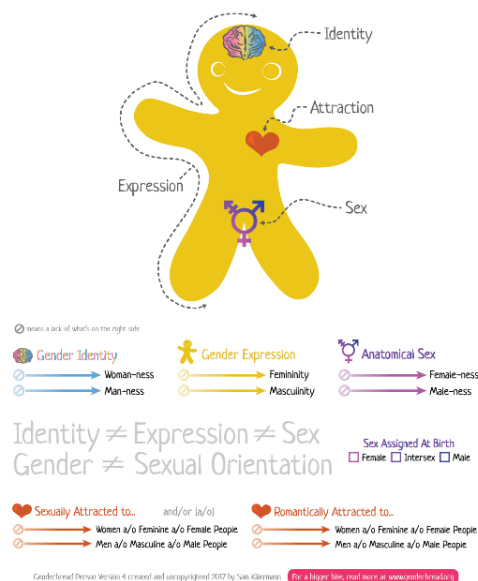
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Attraction is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized within gender).

Sex is the physical traits you're born with or develop that we think of as "sex characteristics," as well as the sex you are assigned at birth.

Expression is how you present gender (through your actions. Clothing, and demeanor, to name a few), and how those presentations are viewed based on social expectations.

The Genderbread Person v4 by its pronounced METROsexual.com



(Genderbread Person Version 4 – The “Poster” Version created and uncopyrighted 2017 by Sam Killermann. <https://www.genderbread.org/resource/genderbread-person-v4-0-poster/>)

Myths About Gender

- Children are too young to know their gender
- We shouldn't talk to young children about gender diversity
- A person is only transgender if they declare it at a very young age
- There are only two genders
- Many transgender children “change their mind” about their gender
- Being transgender or nonbinary is a sign of mental illness
- Transgender and nonbinary people are doomed to live unhappy

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(Gender Spectrum. <https://genderspectrum.org/articles/myths>)

What Can Teachers Do To Be Inclusive?

- Become educated and educate others around you. Reach out to your principal and ask about professional development opportunities.
- Reflect on your practices, personal values, beliefs and biases.
- Be a positive role model in the classroom, the school, and even the community. Set an example for the students and teachers around you. Use inclusive language and don't make assumptions about a person's identity.
- Create a positive environment.
- Be supportive, respectful, open and non-judgmental. Use the names and pronouns students choose to go by.
- Support Gay-Straight Alliances (GSAs or QSAs), and inclusion initiatives and events.
- Find ways to integrate 2SLGBTQ+ literature into your school or class library, assignments or reading lists.
- Provide appropriate facilities that are inclusive and available for use by anyone.
- Be an ally.

Gender-Neutral and Inclusive Language

As educators learn about gender and sexual diversity, it is important to acknowledge the commonly outdated words that have been used in the past and terms to avoid.

[LGBTQ+ Terms to Avoid and What to Use Instead](#) (LGBTQ and All); [Terms and Phrases to Avoid](#) (Alberta Health Services); [Terms to Avoid & Alternatives](#) (Teaching Sexual Health)

Table 1: LGBTQ+ Terms to Avoid and What to Use Instead

Terms to Avoid	Why?	Use Instead
<p><i>Biologically Female/Male</i></p> <p><i>Genetically Female/Male</i></p> <p><i>Born a Woman</i></p> <p><i>Born a Man</i></p>	<p>These terms over simplify a very complex subject. A person's sex and gender identity are determined by a variety of factors, not simply genetics.</p>	<p>Man/Woman/Boy/Girl</p> <p>On the rare occasion that it's necessary to refer to an individual's gender history, many transgender people prefer a phrase similar to "... assigned male/female at birth, but is a woman/man".</p>
<p><i>Sex Change</i></p> <p><i>Sex Reassignment Surgery (SRS)</i></p> <p><i>Pre-operative</i></p> <p><i>Post-operative</i></p> <p><i>Pre-op, Post-op</i></p>	<p>Referring to a "sex-change operation" or using terms such as "pre-operative" or "post-operative" inaccurately suggests that one must have surgery in order to transition. Many transgender people do not undergo surgery for a variety of very personal reasons. It is considered extremely inappropriate to ask a transgender person about what surgical or other medical procedures they may or may not have undergone. Sex Reassignment Surgery (SRS), is an older term which refers to doctor-supervised surgical interventions, and is only one small part of transition for some people.</p>	<p>Gender confirming/affirming/reaffirming surgery or Transition</p>
<p><i>Transgendered (Verb)</i></p>	<p>Using transgender as a verb (e.g. transgendered) suggests that being transgender is something that happened to a person rather than reflecting who they actually are. For example, we don't say "Kalin is a gayed man"; therefore, we wouldn't say "Joanne is a transgendered woman".</p>	<p>Transgender as an adjective: "Joanne is a transgender woman"</p>

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Terms to Avoid	Why?	Use Instead
<i>Transgender (Noun)</i>	We wouldn't say "we have many transgenders who work here" nor would we use "she is a transgender". The word transgender should only be used as an adjective.	Transgender as an adjective: "Mosi is a transgender man"
<i>Transgenderism</i>	This term should not be used as it is often a term used by anti-transgender activists to dehumanize transgender people and reduce who they are to a "condition".	Refer to being transgender , the trans or transgender community, or the movement for transgender rights, as the context requires
<i>Hermaphrodite</i>	Hermaphrodite is a stigmatizing, inaccurate word with a negative history. Intersex is the accurate term when the reproductive, sexual or genetic biology of a person is unclear, not exclusively male or female or otherwise does not fit within traditional definitions of male or female. Intersex people are not all trans, and not all trans people are intersex.	Intersex
<i>Transgender people and normal people</i>	The use of "normal people" in this phrase indicates a belief that transgender people are not normal.	Transgender people and cisgender people
<i>Both genders</i>	This reinforces the false idea of a gender binary, that there can be only two genders.	All genders
<i>Homosexual (noun or adjective)</i>	In the past, this word has often been used by anti-LGBTQ extremists.	Gay; Gay man; Lesbian; Gay person/people
<i>Homosexual relationship/relations</i> <i>Homosexual couple</i> <i>Homosexual sex</i>	When you identify a same-sex couple as "a homosexual couple," it classifies their relationship as "a homosexual relationship." By referring to their intimacy as "homosexual sex" is highly offensive. Many of these ideas are frequently used by anti-LGBTQ extremists to	Relationship Couple Same-sex couple Partner (instead of boyfriend/girlfriend)

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Terms to Avoid	Why?	Use Instead
	degrade LGBTQ+ people, couples, and relationships.	
<i>Sexual preference</i>	The term “sexual preference” is generally used to imply that being attracted to someone of the same sex is a choice.	Orientation or Sexual orientation
<i>Gay lifestyle</i> <i>Homosexual lifestyle</i> <i>Transgender lifestyle</i>	There is no one LGBTQ+ lifestyle. Every LGBTQ+ person is diverse in the ways that they experience and lead their lives. Phrases like “gay lifestyle,” “homosexual lifestyle,” and “transgender lifestyle” are used to degrade LGBTQ+ people.	LGBTQ+ people and their lives
<i>Gay agenda</i> <i>Homosexual agenda</i>	Notions of a so-called “homosexual agenda” are inventions of Anti-LGBTQ extremists who have created terms like the “gay agenda” to instill fear when LGBTQ+ people are just trying to pursue equal opportunities. These terms give the impression that LGBTQ+ people are sinister.	Accurate descriptions of the issues (e.g., “inclusion in existing nondiscrimination laws”)

Other terms/phrases that should **never** be used: fag, faggot, dyke, fairy, homo, he-she or she-male, “that’s so gay”. These are all derogatory and defamatory terms that have been wrongly used towards people of the LGBTQ2S+ community. As an educator, it’s your responsibility to ensure inclusive language is used and identify and address inappropriate behaviours such as teasing, bullying and harassment. When you don’t address harmful language, this reinforces discriminatory and homophobic language.

10 Faith-Based Reasons to Support 2SLGBTQI-Inclusive Education:

1. Human dignity is paramount.
2. 2SLGBTQI-inclusive education is about safeguarding human dignity and the respect for all human beings, not about countering religious values as wrong.
3. Religions are based on compassion, acceptance, peace, and love. Their traditions carry a duty to all those who are marginalized.
4. Major religions share the belief that we should treat others as we would want to be treated (The Golden Rule).

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5. Homophobia, biphobia, and transphobia foster, condone, and willfully ignore violence and hate. Major religions condemn violence and hate.
6. 2SLGBTQI-inclusive education is NOT sex education. It IS about addressing 2SLGBTQI realities and issues in age-appropriate and meaningful ways.
7. Religion fosters community. All human beings deserve to be treated as valuable contributing members of their communities.
8. Support groups, such as Gay-Straight Alliances (GSAs) that gather in schools serve as safe places of refuge that allow students to meet and discuss issues relevant to their lives and circumstances.
9. Homophobia, biphobia, and transphobia hurt all of us. Anyone who is perceived to be 2SLGBTQI can be subjected to harassment and victimization.
10. Silence about 2SLGBTQI issues, coupled with homophobic, biphobic, and transphobic harassment, negatively impacts mental health and puts 2SLGBTQI youth at higher risk for depression and suicidality. Faithful people stand in solidarity to protect the sacredness of life.

(Egale. <https://egale.ca/awareness/10-faith-based-reasons-to-support-lgbtq-inclusive-education/>)

Supplemental Knowledge

The Language of Gender – Glossary of Terms

The vocabulary of gender continues to evolve and adapt over time. There is not a set agreement on the definitions used, however, below there are some working language included and examples of frequently used (and misused) terms.

A-gender: A person who sees themselves as not having a gender. Some agender-identified people see themselves as being gender neutral, rather than not having any gender, but in any case do not identify with a gender.

A-sexual: A person who doesn't experience any sexual feelings or desires; not having or feeling a sexual attraction towards others.

Anti-Discrimination and harassment: includes bullying awareness and prevention programming.

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Biphobia. Prejudice, fear or hatred directed toward bisexual people. It can include making jokes or comments based on myths and stereotypes that seek to undermine the legitimacy of bisexual identity, like "bisexuality is a phase." Biphobia occurs both within and outside of the LGBTQ community. (Human Rights Campaign, 2022. Bisexual FAQ.

<https://www.hrc.org/resources/bisexual-faq>)

Bi-sexual: refers to an individual with the potential to be emotionally and/ or sexually attracted to members of any sex.

Cis-gendered: refers to an individual who's gender or sense of identity that aligns with their assigned sex at birth.

Congruence: Gender congruence is the feeling of harmony in our gender.

Discrimination. Unfair or prejudicial treatment of individuals or groups on the basis of grounds set out in the Ontario Human Rights Code (e.g., race, sexual orientation, disability) or on the basis of other factors. Discrimination, whether intentional or unintentional, has the effect of preventing or limiting access to opportunities, benefits, or advantages that are available to other members of society. Discrimination may be evident in organizational and institutional structures, policies, procedures, and programs, as well as in the attitudes and behaviours of individuals. (Ontario Ministry of Education – Health and Physical Education Curriculum, 2019, p. 205).

Dimensions of gender: Our body, identity and social gender, are three distinct, but interrelated components that comprise a person's experience of gender. Each of these dimensions can vary greatly across a range of possibilities. A person's comfort in their gender is related to the degree to which these three dimensions feel in congruence.

Equity: refers to the right of the individual to a fair share of the goods and services in society.

FtM: A person who was assigned a female sex at birth and whose gender identity is a boy/man.

Gay: refers to an individual who is emotionally and/ or sexually attracted to a person of the same sex; often interchangeable with the term homosexual.

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Gender Binary: A system that constructs gender according to two discrete and opposite categories: boy/man and girl/woman. It is important to recognize that both cisgender and Transgender people can have a gender identity that is binary.

Gender dysphoria: According to the Merriam-Webster dictionary, dysphoria is a “state of feeling unhappy, uneasy, or dissatisfied.” In the broadest sense, gender dysphoria is when someone feels very unhappy, uneasy, or dissatisfied in relation to their gender. *Gender dysphoria is related to gender congruence.*

Gender Expansive: An umbrella term used for individuals who broaden their own culture’s commonly held definitions of gender, including expectations for its expression, identities, roles, and/or other perceived gender norms.

Gender Expression: This is how we present our gender in the world and how society, culture, community, and family perceive, interact with, and try to shape our gender. *Gender expression is also related to gender roles and how society uses those roles to try and enforce conformity to current gender norms.***

Genderfluid: People who have a gender or genders that change. Genderfluid people move between genders, experiencing their gender as something dynamic and changing, rather than static.

Gender Identity: refers to how we view ourselves as masculine or feminine. For many, gender identity matches their physical body. For some, the way they see themselves as masculine or feminine is different from their physical body.

Gender Role: The set of functions, activities, and behaviours commonly expected of boys/men and girls/women by society, which is socially and sometimes culturally constructed.

Genderqueer: An umbrella term to describe someone who doesn’t identify with conventional gender identities, roles, expression, and/or expectations.

Heterosexual: Refers to an individual who is emotionally and/ or sexually attracted to members of a different/ another sex.

Heterosexism: the belief in the inherent superiority and ‘normalcy’ of heterosexuality. It is the foundation for homophobia.

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Homophobia. According to the Ontario Human Rights Commission, “the irrational aversion to, fear or hatred of gay, lesbian or bisexual people and communities, or of behaviours stereotyped as ‘homosexual’.” (From *Teaching Human Rights in Ontario: A Guide for Ontario Schools.*) (Ontario Ministry of Education – Health and Physical Education Curriculum, 2019, p. 308).

Homosexual: refers to an individual who is emotionally and/ or sexually attracted to members of the same sex.

Intersex: a medical term for someone who is biologically not clearly male or female; generally more accurate and more acceptable than hermaphrodite.

Lesbian: refers to a female who is emotionally and/or sexually attracted to the same sex. Lesbian is the preferred term for women.

LGBTQ: Lesbian, Gay, Bisexual, Transgender, Transsexual, Two-Spirited, Queer, and Questioning.

Microaggression. A statement, action, or incident regarded as indirect, subtle, or unintentional discrimination against members of a marginalized group. In the queer community, there are a variety of phrases and popular sayings that can be considered unintentionally offensive or discriminatory. (Human Rights Campaign, 2022. Bisexual FAQ. <https://www.hrc.org/resources/bisexual-faq>)

MtF: A person who was assigned a male sex at birth and whose gender identity is girl/women.

Non-binary: An umbrella term for gender identities that are not exclusively masculine or feminine.

Queer: a term used in an number of different ways, i.e. as an umbrella term for lesbian, gay, bisexual, transgender, intersex, and other non-heterosexual identities. It is also used as a way of reclaiming and co-opting a once negative term; to remove ‘queer’ as a term of abuse. However, not everyone finds the term empowering; some resist it because of its use among homophobic people. Queer is a term that is increasingly gaining acceptance as an academic term.

Questioning: refers to a person who is exploring the possibilities of, or who is in the process of figuring out their sexual orientation or gender identity.

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Sex: Used to label a person as “male” or “female” at birth, this term refers to a person’s external genitalia and internal reproductive organs. When a person is assigned a particular sex at birth, it is assumed that it will be their gender, which it might be, but this is not always the case.

Sexual Orientation: Sexual orientation and gender are separate, though related, as part of our overall identity. Sexual orientation is interpersonal (who we are physically, emotionally and/or romantically attracted to). It encompasses the range of human sexuality from straight, gay, lesbian, bi-sexual.

Transgender(ed): Trans-identified is a broad term that describes people who feel that their anatomical sex does not match their gender identity, and/or whose appearance and behaviours do not conform to the societal roles as expected of their sex.

Transphobia. According to the Ontario Human Rights Commission, “the aversion to, fear or hatred or intolerance of trans people and communities.” (From *Policy on Preventing Discrimination because of Gender Identity and Gender Expression.*) (Ontario Ministry of Education – Health and Physical Education Curriculum, 2019, p. 316).

Transition: “Transitioning” is a term commonly used to refer to the steps a transgender, Agender, or non-binary person takes in order to find their gender that they feel as though they are.

Transsexual: a person who experiences intense personal and emotional discomfort with their assigned birth gender and may undergo treatment (e.g. hormones, and/or surgery) to transition genders.

Two-spirited: refers to a member of the Aboriginal community who is gay, lesbian, bisexual or transgender. Individual Aboriginal peoples have their own works in their own languages that describe different gender identities and sexual orientations.

Stereotype. A false or generalized, and usually negative, conception of a group of people that results in the unconscious or conscious categorization of each member of that group, without regard for individual differences. Stereotyping may be based on race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, fam status, or disability, as set out in the Ontario Human Rights Code, or on the basis of other factors (Ontario Ministry of Education – Health and Physical Education Curriculum, 2019, p. 315).

Frequently Asked Questions (FAQs)

Please refer to the [FAQ section of the American Psychological Association website](#) for commonly asked questions and evidence based responses.

Resources

Alberta Health Services. Teaching Sexual Health. (www.teachingsexualhealth.ca)

Gender Spectrum. The Language of Gender.
(<https://genderspectrum.org/articles/language-of-gender>)

Kids Help Phone. (<https://kidshelpphone.ca/> or 1-800-668-6868)

Niagara Region Sexual Health Centers.
(https://www.niagararegion.ca/living/health_wellness/sexualhealth/sexual-health-centres.aspx)

Physical & Health Education Canada. Always Changing.
(<https://phecanada.ca/programs/always-changing>).

Society of Obstetricians and Gynaecologists of Canada, Sex & U. (<http://www.sexandu.ca>)

Teaching Sexual Health. Gender Identity & Expression
(<https://teachingsexualhealth.ca/teachers/sexual-health-education/information-by-topic/gender-identity-and-expression/>).

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Jaffray, B. (2020, September 9). *Experiences of violent victimization and unwanted sexual behaviours among gay, lesbian, bisexual and other sexual minority people, and the*

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