

Gender and Sexuality Matching Activity

Adapted from Sexual Health Victoria:

https://shvic.org.au/assets/resources/Grade_7and8_Gender-and-sexuality-matching.pdf

LESSON DETAILS

Victorian Curriculum Descriptors:

Health and Physical Education

- Investigate the impact of transition and change on identities (VCHPEP123)
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
- Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)

Personal and Social Capabilities

- Recognise the impact of personal boundaries, intimacy, distribution of power and social and cultural norms and mores on the ways relationships are expressed (VCPSCSO040)

The Australian Curriculum:

Health and Physical Education

- Investigate the impact of transition and change on identities (ACPPS070)
- Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity (ACPPS079)

Personal and Social Capabilities

- Acknowledge the values, opinions, and attitudes of different groups within society and compare to their own points of view (Level 5 - Social Awareness)

Time: 15 minutes

Equipment:

- 30 Sex, Sexuality and Gender cards
 - These can be found from Pages **6 - 20**, please print these pages and cut along the horizontal line
 - Print enough sets to cover the number of small groups in your class
 - Consider laminating the cards so they can be used again
- Teacher Answer Sheet

Key Messages:

- People identify their sex, sexuality and/or gender in many ways.
- Using inclusive language helps to support everyone in feeling affirmed in their chosen identity.

Learning Intention:

Students will: Explore and practice using inclusive language descriptors for sex, sexuality, and gender.

Teaching Notes:

Language is constantly evolving, particularly the language used by the LGBTQIA+ community to describe sex, sexuality, and gender. The words used in this activity may or may not be identity descriptors recognised within your class and school community. It is always important to ask your students about which descriptors are meaningful to them.

This activity is also a useful tool to conduct during staff professional development sessions in raising awareness of inclusive language.

Procedure

1. Before you begin, explain to students that these labels are just definitions and descriptions. A person doesn't have to use these labels or any labels at all if they don't want to. Some people like using these labels and find it helps their sense of identity, but some do not. Also, people can change the labels they use to describe themselves as they go through life. As a person grows up and learns more about themselves, their feelings and their identity, they may find different labels fit them better.

2. To build context for this activity, define the terms Sex, Gender and Sexuality for students:
 - a. **Sex:** refers to a person's biological sex characteristics. This has historically been understood as either female or male. However, we now know that some people are born with natural variations to sex characteristics (intersex).
 - b. **Gender:** is part of how you understand who you are, how you interact with other people and how you feel about yourself.
 - c. **Sexuality:** describes a person's romantic and/or sexual attraction to others (sexual orientation).
3. Have students divide up to work in small groups.
4. Hand out cards and get students to match the identity description to the corresponding definition.

Discussion

1. What identity descriptors are new or unfamiliar?
2. Which terms relate to a person's gender identity, and which relate to sexuality?
3. What other identity descriptors have you heard used to describe people of diverse sex, sexuality, and gender?
4. Are these identity descriptors used in common language – books, TV, film, music?
5. Why is it helpful to use these identity descriptors? (e.g. using the word cisgender instead of 'normal')
6. Where can a person get more information and help around gender and sexuality?

More information on gender, sexuality and inclusive language can be found at Minus18.org.au

Resources and References:

1. https://www.fpv.org.au/assets/resources/Grade_7and8_Gender-and-sexuality-matching.pdf
2. https://res.cloudinary.com/minus18/image/upload/v1585712745/LBGTIQ-Inclusive-Language-Guide_bqdbiv.pdf
3. <https://ihra.org.au/18106/what-is-intersex/>

The terms on the next page are used to describe sex, sexuality, and gender.

There may be terms not included here which are in common use in your class and school community. It is helpful for students to discuss how language around sex, sexuality and gender are used in their school and in the community.

NOTE: One of the terms used in this activity is 'queer.' When discussing the word queer, it is important to tell students that this word has not always been used in a positive way. This word, in the past, has been used as a slur, and was then reclaimed by the LGBTQIA+ community. Some members of the LGBTQIA+ community may not feel comfortable or empowered using this term to describe themselves or their community and would not want others to use this term to describe them or their community.

There may be students that identify with one of the terms discussed in this activity and they may not agree with or identify with the definition used. As mentioned before, language is constantly evolving, and these descriptions are not strict definitions therefore can differ between members of the LGBTQIA+ community.

Teacher Answer Sheet

Term	Definition
Heterosexual	Attraction to the opposite gender
Same gender attracted/ Gay	Attraction to the same gender
Lesbian	Same gender attracted women
Bisexual	Attraction to people of one's own gender and other genders. Some people use it to mean "attracted to two or more genders"
Transgender	Gender identity does not exclusively align with the sex assigned at birth
Intersex	People who have sex characteristics (i.e. hormones, anatomy, chromosomes) that don't fit medical and social norms for female or male bodies
Pansexual	Attraction to people of all genders
Asexual	The lack of sexual attraction to anyone or the low or absent interest in sexual activity
Gender fluid/ Non binary/ Gender non conforming	Umbrella terms to describe gender identities that are not fixed to the binaries of 'male' or 'female' and can move across outside the spectrum
Queer	A common umbrella term for diverse genders and sexualities
Questioning	Used for people who are still questioning or exploring their gender or sexual orientation
Demisexual	Attraction to someone that only occurs when there is an emotional bond/attachment
Pronouns	A word that takes the place of a noun and is one way people refer to each other and themselves i.e. she/her he/him they/them
Cisgender	Gender identity aligns with the sex assigned at birth
QTPoC	Acronym for Queer Trans People of Colour

Heterosexual

Attraction to the opposite gender

Same gender attracted/ Gay

Attraction to the same gender

Lesbian

Same gender attracted women

Bisexual

Attraction to people of one's own gender and other genders. Some people use it to mean "attracted to two or more genders"

Transgender

**Gender identity does not exclusively align with
the sex assigned at birth**

Intersex

People who have sex characteristics (i.e. hormones, anatomy, chromosomes) that don't fit medical and social norms for female or male bodies

Pansexual

Attraction to people of all genders

Asexual

The lack of sexual attraction to anyone or the low or absent interest in sexual activity

Gender fluid/ Non binary/ Gender non conforming

Umbrella terms to describe gender identities that are not fixed to the binaries of 'male' or 'female' and can move across outside the spectrum

Queer

**A common umbrella term for diverse genders
and sexualities**

Questioning

Used for people who are still questioning or exploring their gender or sexual orientation

Demisexual

Attraction to someone that only occurs when there is an emotional bond/attachment

Pronouns

A word that takes the place of a noun and is one way people refer to each other and themselves i.e. she/her he/him they/them

Cisgender

Gender identity aligns with the sex assigned at birth

QTPoC

Acronym for Queer Trans People of Colour