



Lesson 2

Who I am

My Future-My Choice™

A sexual health curriculum for adolescents



Gender Identity: Being Female, Male, Transgender or Genderfluid



Video:

[Gender Identity](#)

Let's break it down: Gender

- Gender refers to whether a person is a boy, a girl, both or neither.
- Different cultures have different ideas about what a boy or a girl is.
- Gender is only partly based on our body parts.

Sex

- Sex is what someone is labeled when they are born (usually a male/boy or a female/girl) based on certain body parts.
- For example a baby with a penis and testicles is usually labeled a boy or male.
- A baby with a vulva and ovaries is usually labeled a girl or female.

Gender expression

- Gender expression is about how you express or show your gender.
- Gender can be expressed through what you wear, what you do, your hairstyle, what you call yourself.
- Some people's gender expression changes from day to day.
- It's OK to express your gender any way you choose.

Gender role

- Gender roles are how society expects boys or girls (men or women) to look and act.
- Gender roles are usually based on stereotyped assumptions about gender.
- A stereotype is a belief or idea of what a particular type of person or thing is like. Stereotypes are often unfair or untrue.

For example...

If someone's called a boy ...

- What toys is he given to play with?
- What clothes is he given to wear?
- How is he expected to behave?

If someone's called a girl ...

- What toys is she given to play with?
- What clothes is she given to wear?
- How is she expected to behave?

Let's test this out.

**A new twist on an
old fairy tale ...**

Gender identity

- Gender Identity is about how you feel on the inside – like a boy, girl, both, or neither.
- It doesn't matter what other people call you. How you feel on the inside is what's most important.

Gender identity: Some terms

- ***Cisgender*** refers to a person whose body parts at birth match the gender they know they are inside.
- ***Transgender*** (or trans) refers to a person whose sex assigned at birth does not match who they know they are inside.

Let's review



Video:

[Expressing Myself. My Way.](#)

Sexual orientation

Sexual orientation means who you are attracted to physically and/or romantically.

Some terms

- Boys who are attracted romantically and physically to other boys are called **gay**.
- Girls who are attracted romantically and physically to other girls are called **lesbians** (sometimes gay).
- Boys who are attracted to girls and girls who are attracted to boys are called **heterosexual**.

Some terms

- People who are attracted to people of any gender are called ***bisexual*** or *sometimes ***pansexual****.
- ***There may be other terms related to sexual orientation you may have heard. If you are not sure what they mean, ask!***

What else should you know?

- It is common to be attracted to other people as you grow up and not to figure out your sexual orientation until you are older.
- You can know your sexual orientation (who you're attracted to and/or could fall in love with) without necessarily doing something sexual with another person.

Let's review



Video:

[Sexual Orientation](#)