

HomeLink 5

WORKSHOP 5

GENDER

Have a discussion with a grown-up you trust, perhaps someone in your family. Take turns sharing the ways that you like to express your gender. Do either of you know someone who gets teased or bullied because of how they dress or act or who they say they are? Do either of you know someone who is excluded from activities or events because of how they dress or act? If so, what are some ways you can show respect to that person?

If your family is uncomfortable talking about gender, consider whom you can talk to comfortably about your questions, like your doctor, a school nurse or librarian, or a favorite teacher.

Take It to the Next Level!

Have each person in your family create a collage of how they like to express themselves. Talk about which things you each believe are associated with gender and which are not. Did you learn anything new?

Word Bank Words for Workshop 5

BIOLOGICAL SEX: A label assigned at birth—male, female, or intersex—usually on the 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.”

GENDER IDENTITY: A person’s inner understanding of their own gender.

CISGENDER: A term that describes a person whose gender identity and biological sex match in the most common way.

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: The ways that a person shows the world about their gender, such as by the clothes they wear, their appearance, and how they talk.

TRANSPHOBIA: Fear of people who identify as transgender.

Reading for Workshop 6

Read Part 1: What Is Sex?, Section 3, Strong Feelings (pages 4–5), in *It's Perfectly Normal*, twentieth anniversary edition (note that page numbers vary by edition).