

The Sex Talk Isn't Scary: Gender and Sexuality in Inclusive Classrooms

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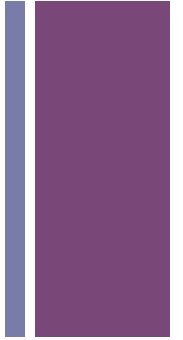
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SEATTLE GIRLS' SCHOOL

Hannah McHugh

Adventure + Wellness Instructor

+ Goals



- Develop strategies for creating safe, sex positive environments
- Learn content, resources, and activities you can use
- Practice discussing and gain confidence discussing gender and sexuality

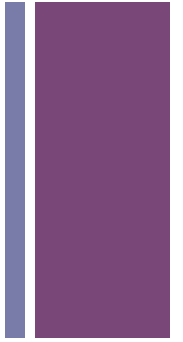
+ Let's talk about Sex



- Parent/Guardian and Family Information Sessions
- SGS Sex Ed Curricular Overview
- Binary vs. Continuums
- Sex Ed Homework
- The Anonymous Question Box
- Comments and Questions
- Resources



Parent/Guardian Sex Ed Info Night





Sexuality Education at SGS

5th and 6th Grade Highlights



- **Intro to Sex Ed**

- **Sexual Identity**

- Gender Identity
- Sexual Orientation
- Gender Roles
- Biological Sex/Gender

- **Sexual Health and Reproduction**

- Sexual Behaviors
- Puberty
- Anatomy + Physiology
- Sexually Transmitted Diseases

+ Sex Ed Homework





Sex Ed Homework Examples



Questions: Part 2

- 1) Who did you talk to about puberty when you were my age? What did you like about those interactions? What do you wish had been different?
- 2) What was most frustrating for you during puberty? What do you wish had been different for you?
- 3) Have you noticed me change at all in the last year? (emotionally, physically, socially, etc?)

Adult Initials Print Student Name

Questions: Part 1

- 1) Who were your friends when you were my age? What did you and your friends do?
- 2) What are the similarities and differences between friendships and romantic relationships?
- 3) What characteristics would you want a potential girlfriend or boyfriend of mine to have?

Adult Initials Print Student Name

Questions: Part 3

- 1) How should I take care of my hygiene? (possible acne, stress-related malodorous perspiration, etc.)
- 2) What should I do when I start menstruating? Or what should I do each month when menstruate? Where should I get supplies?

Adult Initials Print Student Name

+ Anonymous Question Box





Pair Share



- Listeners Listen

- Pleased and appreciative
- No need to ask clarifying questions
- Just listen

- Talkers Talk

- Share whatever you'd like based on the prompt
- Feel free to show nervousness, excitement, anxiety, etc.

- It's ok if this feels awkward!



Sexuality Education at SGS

7th and 8th Grade Highlights



■ **Sensuality**

- Body Image
- Sexual Response Cycle

■ **Sexualization**

- Advertising/Media Literacy

■ **Intimacy**

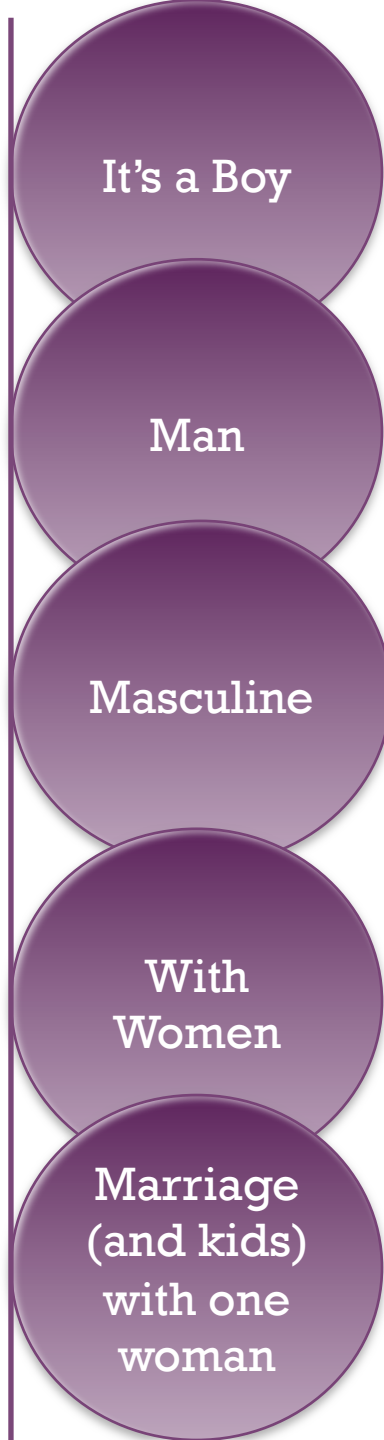
- Sharing
- Trust

■ **Sexual Identity**

- Gender Identity
- Sexual Orientation
- Gender Roles
- Biological Sex/Gender

■ **Sexual Health and Reproduction**

- Sexual Behaviors
- Anatomy + Physiology
- Contraception
- Sexually Transmitted Diseases



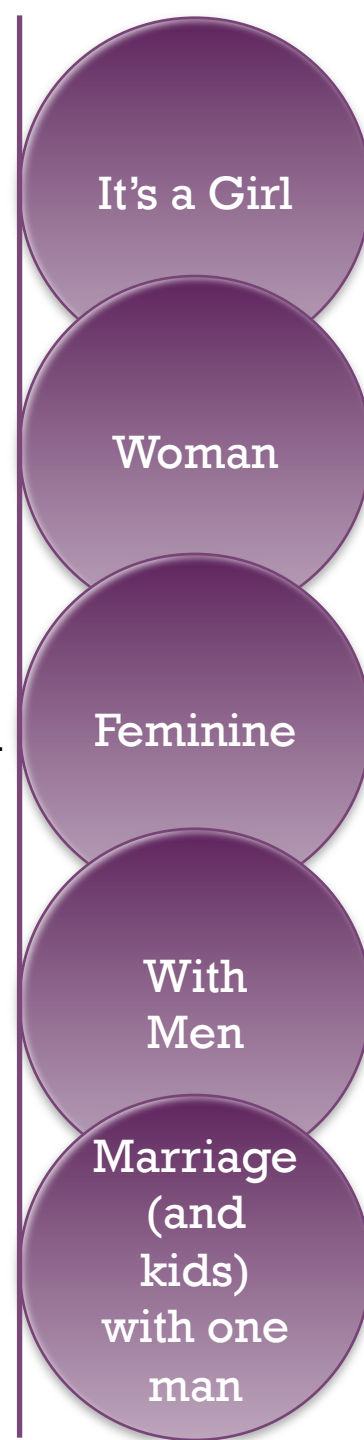
Sex Assignment

Gender Identity

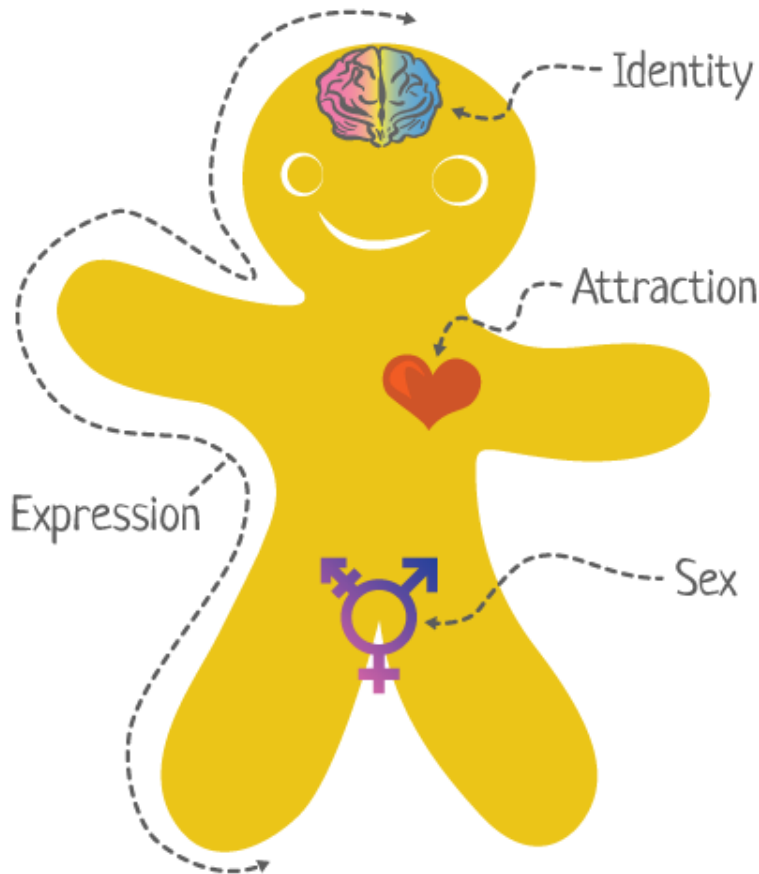
Gender Expression

Sexuality

Relationships



Binary vs. Continuums



+ Pair Share



- [illegible]



Sex Ed Family Night Rights



- Right to be heard
- Right to your opinion
- Right to your feelings
- Right to ask any question any way you want
- Right to not be put down
- Right to not have assumptions made about you
- Right to a safe room
- Special Rights for parents/guardians

+ Let's Practice!

■ Answering Anonymous Questions



+ Sample Student Questions

there is to
many people
in the
world why
can't we not
have sex!

What is a orgasm

what does "assigned"
and "identified" mean?



Comments and Questions?



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Resources



- *Put This on the {Map}*, documentary on teen gender and sexuality
- Holistic Sexuality, Planned Parenthood
- Genderbread Person, <http://itspronouncedmetrosexual.com/>
- King County, Family Life and Sexual Health Curriculum (F.L.A.S.H.)
- *Miss Representation*, documentary film on media and women
- *Killing Us Softly*, documentary film on advertising and women