



# **GSA Advisory Lesson**

# Opener

1. Which season fits your personality best—spring, summer, fall, or winter—and why?
2. What breed of dog would you be?
3. What superpower would you like to have?
4. How would you spend 1 million dollars?
5. If you could pick anyone from history to talk to dead or alive who would you pick?

**Choose one to type in the chat.**

“

Cupertino High School is a community where all students should feel safe, welcome, and included. We are here to learn and support each other, seeing our differences as sources of strength and empowerment. We denounce racism and racial discrimination as well as all other forms of bias. We commit to speaking up.

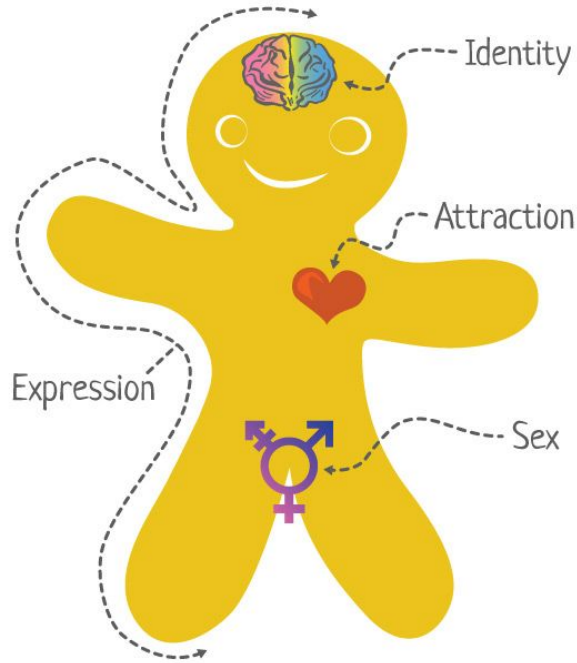
# Learning Objectives

- Learn some of the basic terms used to describe sexual orientation and gender identity
- Understand our community's impact on our LGBT+ students and staff
- Brainstorm strategies for combating biased speech toward our LGBT+ community members and for supporting LGBT+ students and staff

LGBTQIA+P+

Lesbian, Gay, Bisexual, Transgender, Questioning,  
Queer, Intersex, Asexual, Pansexual, Demisexual

# The Genderbread Person v3.3 by its pronounced METROsexual.com



Gender Identity



Woman-ness



Man-ness



Gender Expression



Feminine



Masculine



Biological Sex



Female-ness



Male-ness



Sexually Attracted to



(Women/Females/Femininity)



(Men/Males/Masculinity)



Romantically Attracted to



(Women/Females/Femininity)



(Men/Males/Masculinity)

“

There is a Kahoot! At the end of this presentation!



# **TERMS AND DEFINITIONS**



# Sexual Orientation

**Lesbian/ Gay:** Person sexually and/or romantically attracted to people of the same gender as themselves

**Bisexual:** Person sexually and/or romantically attracted to two or more genders.

**Pansexual:** Person sexually and/or romantically attracted to others regardless of gender; all genders

**Asexual/Aromantic:** Person who doesn't experience sexual/romantic attraction.

# Gender

---

**Transgender:** Someone who does not identify with their gender assigned at birth

**Nonbinary:** Someone who doesn't fall strictly into the gender binary (the belief that there are only 2 gender identities).

**Cisgender:** Someone who identifies with their assigned gender at birth

\*Gender and sex are different and separate from one another

**Queer:** This is a general term used to describe a person in the LGBT+ community, and can be applied to both sexuality and gender. This word is a reclaimed slur with a lot of complicated history - see article in Additional Resources if you want to learn more!

# Pronouns

- Common pronouns: he/him/his, she/her/hers, they/them/theirs
- Some people use a mixture of pronouns, such as he/they, or are comfortable with any pronoun
- Dictionaries (including Oxford and Webster) and style guides (including the Associated Press) say that “they” can be used as a singular pronoun for an individual
- Why is it important to respect people’s pronouns?

# Coming Out and Outing

**Coming out** refers to LGBT+ people revealing their LGBT+ identity to anyone - family, friends, coworkers, and even those they've just met! LGBT+ often come out many times over the course of their lives.

Coming out is very personal, and for some it can be dangerous to come out to certain people in their lives.

**Outing** refers to revealing the LGBT+ identity of someone to another person. You should never out someone without their express permission



# Personal Stories



# Scenarios



# Scenario #1

Your friend comes out to you as bisexual, how should you respond? How shouldn't you respond?

## Don't:

- Say "Cool, but.. I'm not into you, just saying"
- Invalidate their identity (ex. asking "Are you sure you're not just gay and confused?")
- Say bisexuality isn't real
- Tease them for it
- Refuse to be their friend
- Make a big scene about it (don't out them to anyone else!)

## Do:

- Congratulate them for coming out
- Continue being friends with them the same as before they came out
- Tell them you are there to support them
- Don't make a big deal about it



## Scenario #2

Someone asks your gender non-conforming friend, why do you identify as something that doesn't exist in nature? Aren't the only genders male and female?

### Don't:

- Agree with them
- Imply that identifying as non-binary/gender-fluid is something that isn't "real" or is a "life-style choice" to seem trendy

### Do:

- Correct their definition, explain that gender, like sexuality, is on a spectrum.
- Explain that gender is not binary and gender-nonconformity is common

“

Kahoot!

# Additional Resources

See Resources Page in Schoology for

- Mental Health and other Support resources
- Social group resources
- Additional reading on some of today's topics

# Thank You!

Please take our feedback survey!

GSA meetings on Mondays from 3:30-4:30

Join us at our next meeting (Tuesday, March 16) for an open forum for anyone who has questions or would like to learn more about the topics discussed in our lesson today