





# What is Gender?

## Definition of Gender

How society expects you to look and act in respect to your biological sex

Each culture has different displays of gender, which are *rooted* in beliefs and informal rules that guide society.

## Gender Pronouns

Please note that these are not the only pronouns. There are an infinite number of pronouns as new ones emerge in our language. Always ask someone for their pronouns.

Subjective	Objective	Possessive	Reflexive	Example
She	Her	Hers	Herself	She is speaking. I listened to her. The backpack is hers.
He	Him	His	Himself	He is speaking. I listened to him. The backpack is his.
They	Them	Theirs	Themselves	They are speaking. I listened to them. The backpack is theirs.
Ze	Hir/Zir	Hirs/Zirs	Hirself/Zirself	Ze is speaking. I listened to hir. The backpack is zirs.

transstudent.tumblr.com  
facebook.com/transstudent  
twitter.com/transstudent

For more information,  
go to [transstudent.org/graphics](http://transstudent.org/graphics)

**TSER**  
Trans Student Educational Resources

## Difference between Gender and Sex

### Gender

Internal understanding & experiences of gender identity

### Sex

A label given at birth based on genes, hormones, and body parts

\*Click here for more resources

## Gender Identity

How you see yourself; **not** how others see you

Does not need to fall into a strict *binary* category

It is how **you** define yourself in a gendered society



\*Click here for more resources on gender identity

## Gender Non-Binary

Gender binary is not a new thing  
Not fitting into **either** *female* or *male* gender binary structure

Other terms used:

- gender fluid
- genderqueer
- bigender
- agender

## Transgender

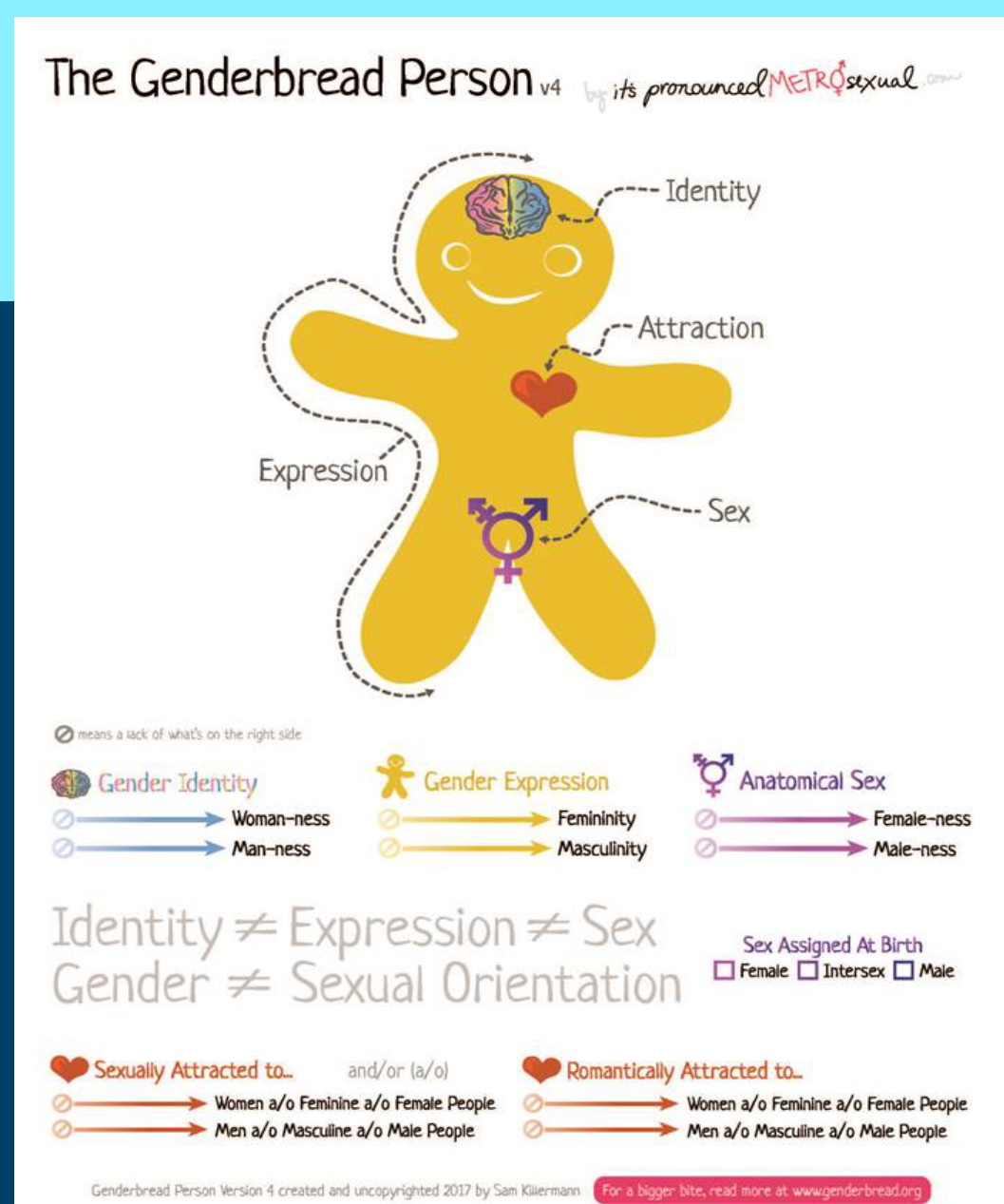
Individuals that identify as a **different** gender than they were thought to be at birth

## Intersex

A person born with reproductive anatomy that does not fit into the female and male boxes

**Different chromosomes than XX & XY**

\*Click here for more resources





# Societal Roles on Gender

## Gender Roles

How society *expects* each gender to act, dress, speak and present themselves

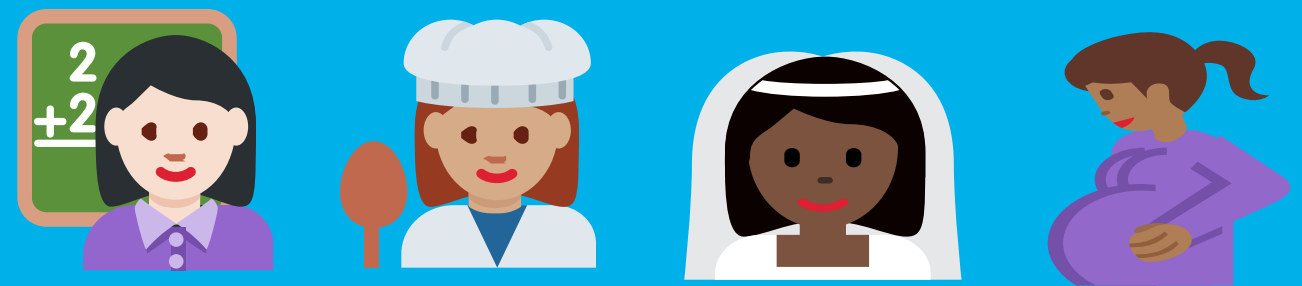
**40%**



of American primary breadwinners are mothers, with 37% making more money than their husbands

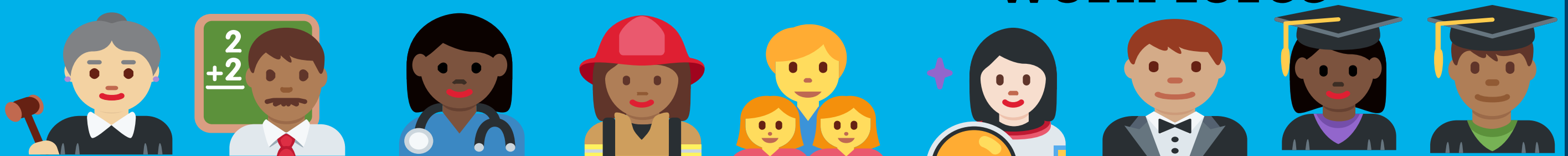


Western traditional gender roles rely on *feminine* and **masculine** roles to rule over actions



The idea of traditional roles still contribute to **gender inequality**

Gender roles are *shifting* in favor of gender equality, especially in the **work force**

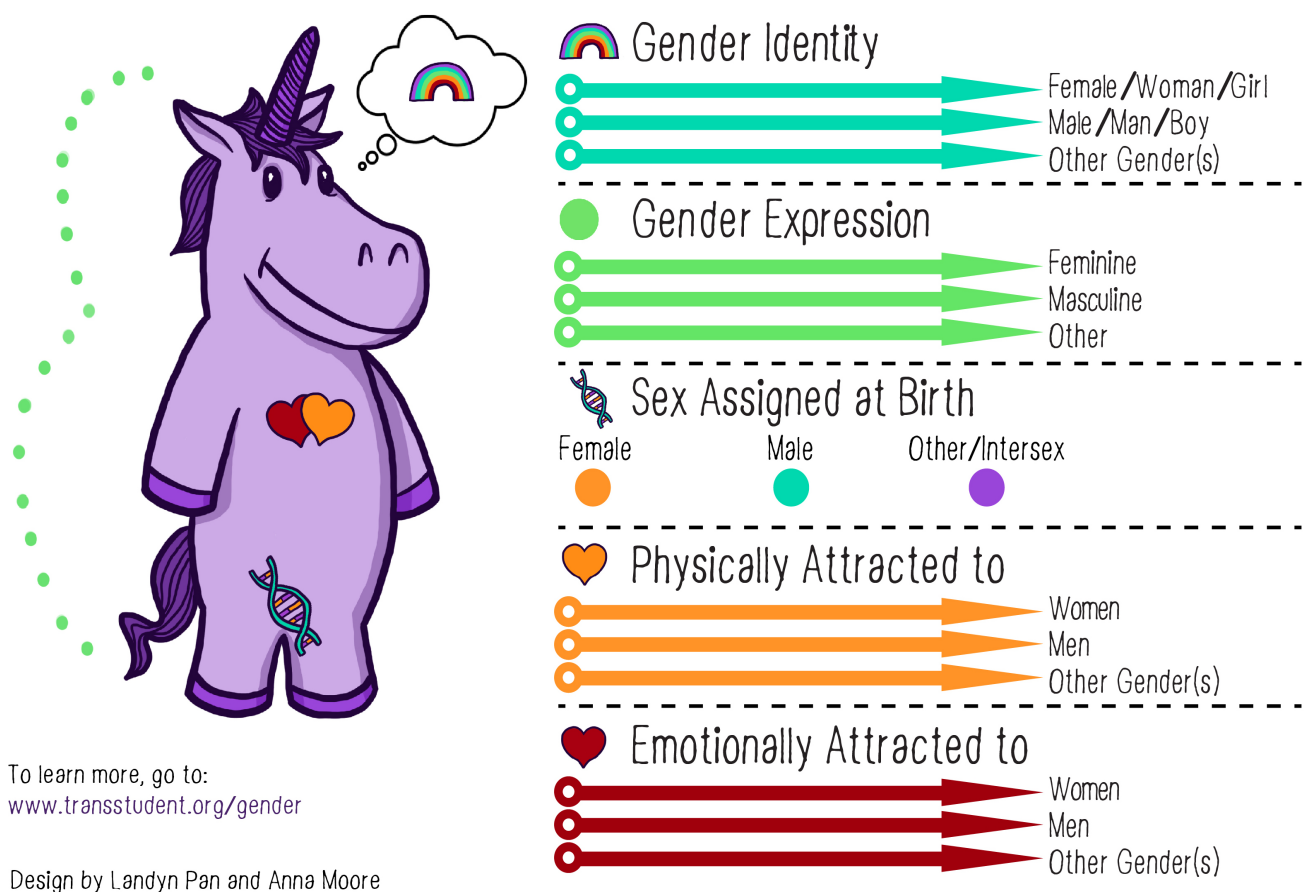


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## Gender Expression

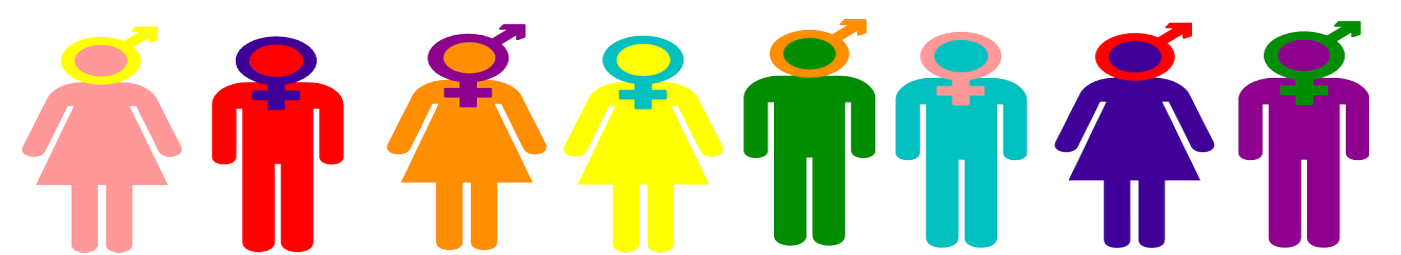
### The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



Expression can come in **many forms**

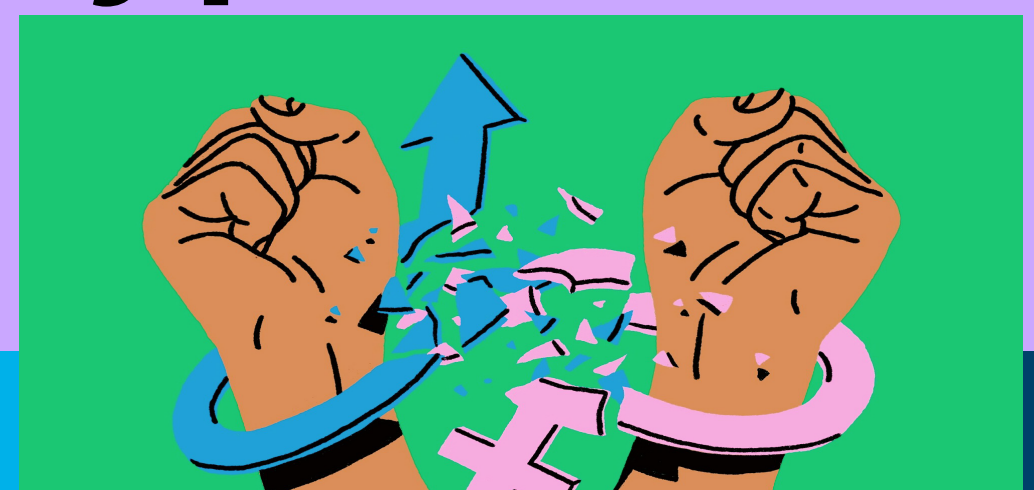
It **doesn't** need to line-up with your biological sex, gender identity, or sexuality



\*Click here for more resources

## Gender Stereotypes

Judgements and biases towards a group of people



Basic gender stereotypes involve:

**personality traits, domestic behaviors, occupations, & physical appearance**

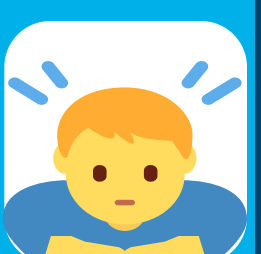
Layers of gender stereotypes fuels sexism throughout society



How to fight gender stereotypes:

**Speak Up**

**Point it out**



**Be a living example**

## Myths about gender

- Children are too young to know about their gender
- There are only two genders
- Being transgender or nonbinary is a sign of mental illness
- A person is only transgender if they declare it at a very young age
- We shouldn't talk to young children about gender diversity

\*Click here for more resources



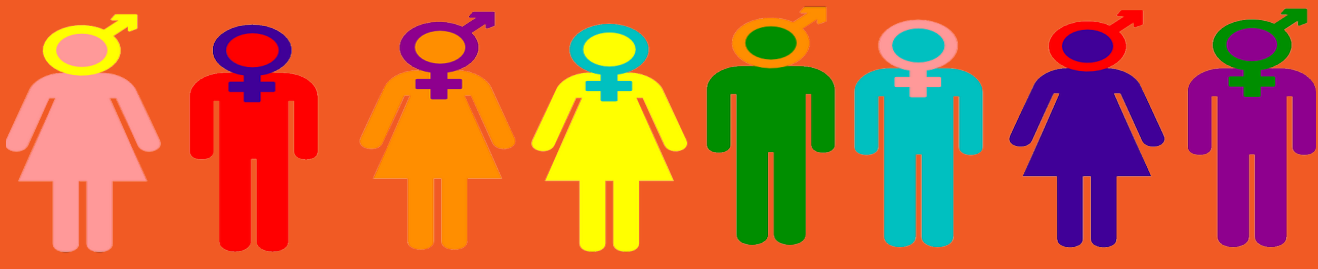
# What is Sexuality?

## Sexuality

It surrounds sexual feelings and attraction

## Sexual Orientation

Who you are attracted to  
Who you want a relationship with



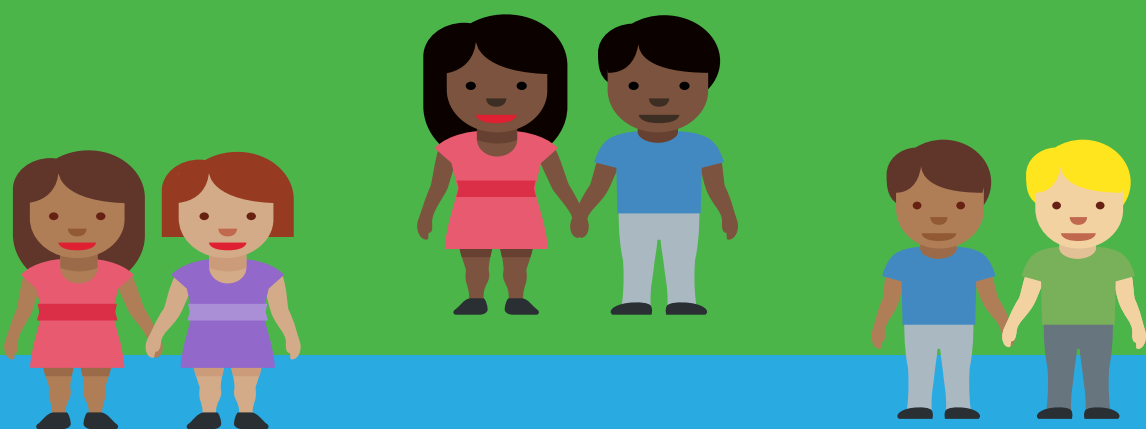
Feeling drawn to someone romantically, emotionally and/or sexually

# Coming Out

## *What is Coming Out?*

A term used when someone wants to share their sexual orientation or gender identity that does not fit with societal norms

Usually referring to members of the LGBTQ+ community



## *Tips*



- Plan ahead by practicing what you will say
- Test out the waters by asking questions related to LGBTQ+ to see peoples response
- Find a safe location and environment to come out
- Find supportive people that will be there for you
- Utilize resources that help you

*Remember: You can come out anyway you like!*

**\*Click here for more resources on Coming Out**



# LGBTQ+ Terms

**Asexual**– people that experience little to no sexual attraction (they can still desire romantic relationships)

**Bisexual**– people who are attracted to more than one gender

**Demisexual**– people that do not experience sexual attraction to others unless a strong emotional or romantic relationship has been formed

**Gay**– people who are attracted to the same-sex or gender (used as both an umbrella term and to refer to men in relationships with men)

**Graysexual**– people that experience sexual attraction to others but not always (the inbetween of asexual and sexual identity)

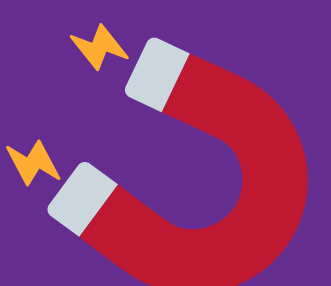
**Lesbian**– women who are attracted to women

**Pansexual**– people who are attracted to people of all genders identities and expressions

**Queer**– a term used to describe people that are not straight or cisgender

**Questioning**– a person who is unsure or exploring their sexuality

**Transgender**– Individuals that identify as a different gender they were thought to be at birth (referring to gender not sexuality)



**\*Click here for more resources**



# Relationship Tips

## Characteristics of Healthy Relationships



Mutual respect

Honesty

Individuality

Compromise

Understanding

Self-confidence

Trust

Good communication

Healthy sexual relationship

Being a role model

Problem solving

Anger control



[\\*Click here for more resources on healthy relationships](#)

## Setting Boundaries

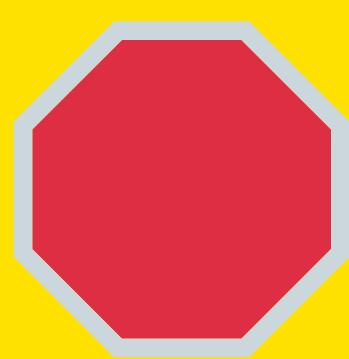


Setting and respecting boundaries is *essential*



Let your partner(s) know what you DO and DO NOT want

You can **set boundaries** at *any time*!



Emotional, physical, and digital boundaries can be used to help you heal from past trauma and protect



You *deserve* your boundaries to be respected!

your mental health



[\\*Click here for more resources](#)



# Dating

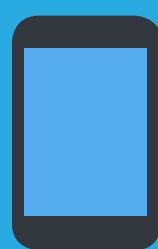


Ask *yourself* what you are looking for

Look for healthy relationship signs while talking to someone



Make your intentions **clear** and **communicate**!



Communicate your dating style and what that means to you (ie. *monogamous* or *polyamorous* relationship)

It can be scary to put yourself out there, remember you are worthy of *love*

Get *tested* between each partner



## How to meet people

Dating Apps



Discord Chat rooms

Online Gaming

Social Media



Through mutual friends



School Groups



*Remember: Prioritize your safety and comfort*



**Take Relationship Check-Up Quiz**

**Am I in a healthy relationship? Find Out**

If you do not feel safe in your relationship, people are here to help

**Text 'LOVEIS' to 22522**

[\\*Click here for more resources](#)



# Consent

## What is Consent?

**Permission** for something to happen



Yes

**Agreement** to do something

NO



**Knowing** and **respecting**  
boundaries of others along  
with their **own**

**Important** to learn at  
an early age

## Sexual Consent

**All** participants **agree** to  
the sexual contact

Consent must be **given**  
with **each** sexual activity,  
**every single time**

CONSENT

IT'S SIMPLE AS TEA



\*Click here for more resources

## Teaching Consent

### Teach at Every Age

#### Early Education

- Develop a shared vocabulary
- Lay the social-emotional groundwork
- Teach kids that it's OK to express hurt
- Model consent and empower students

#### Elementary School

- Break it down
- Discuss with students what they know
- Focus on tone of voice
- Keep the conversation open

#### Middle School

- Define and talk about sexual harassment
- Emphasize talking with a trusted adult
- Start talking about romantic relationships

#### High School

- Consent is for everyone
- Talk about consent and alcohol
- Think about consent across disciplines

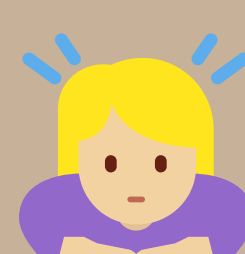
## CONSENT



Freely Given  
Reversible  
Informed  
Enthusiastic  
Specific

Planned Parenthood\*

Sexual contact **without**  
**consent** is **sexual assault**



When asking for consent  
**be clear** with your  
**boundaries**

Make sure you **respect**  
**others** boundaries

You **can always** say **NO**



**Talk with your kids**

\*Click here for more resources on teaching consent



# What is Domestic Violence?

## Domestic Violence (DV)

Violence that typically involves **abuse** of *spouse, partner, family member* or *friend*



Abuse can come in *different forms* that have **prolonged effects** on **survivors** of DV

Every minute, **20** people are *physically abused* by an **intimate partner**

Can happen *once* or *several times*

## Forms of DV



[\\*Click here for more resources](#)

***Dating Violence***– violence that happens when someone is dating or in a social relationship with another person

***Intimate Partner Violence (IPV)***– patterns of abusive behavior towards one partner in a relationship, used to maintain power and control (can be one or multiple forms of DV)

***Physical abuse***– using physical violence to control people, physical harm coming in different forms but always causing harm that extends past physical abuse, one of the most recognized forms of DV (ex. punching, strangling, kicking, pushing, murder)

***Emotional abuse***– manipulating someone through emotional triggers with the use of psychological tactics to control them (ex. gaslighting, threatening to harm other family members, ignoring feelings of partner)

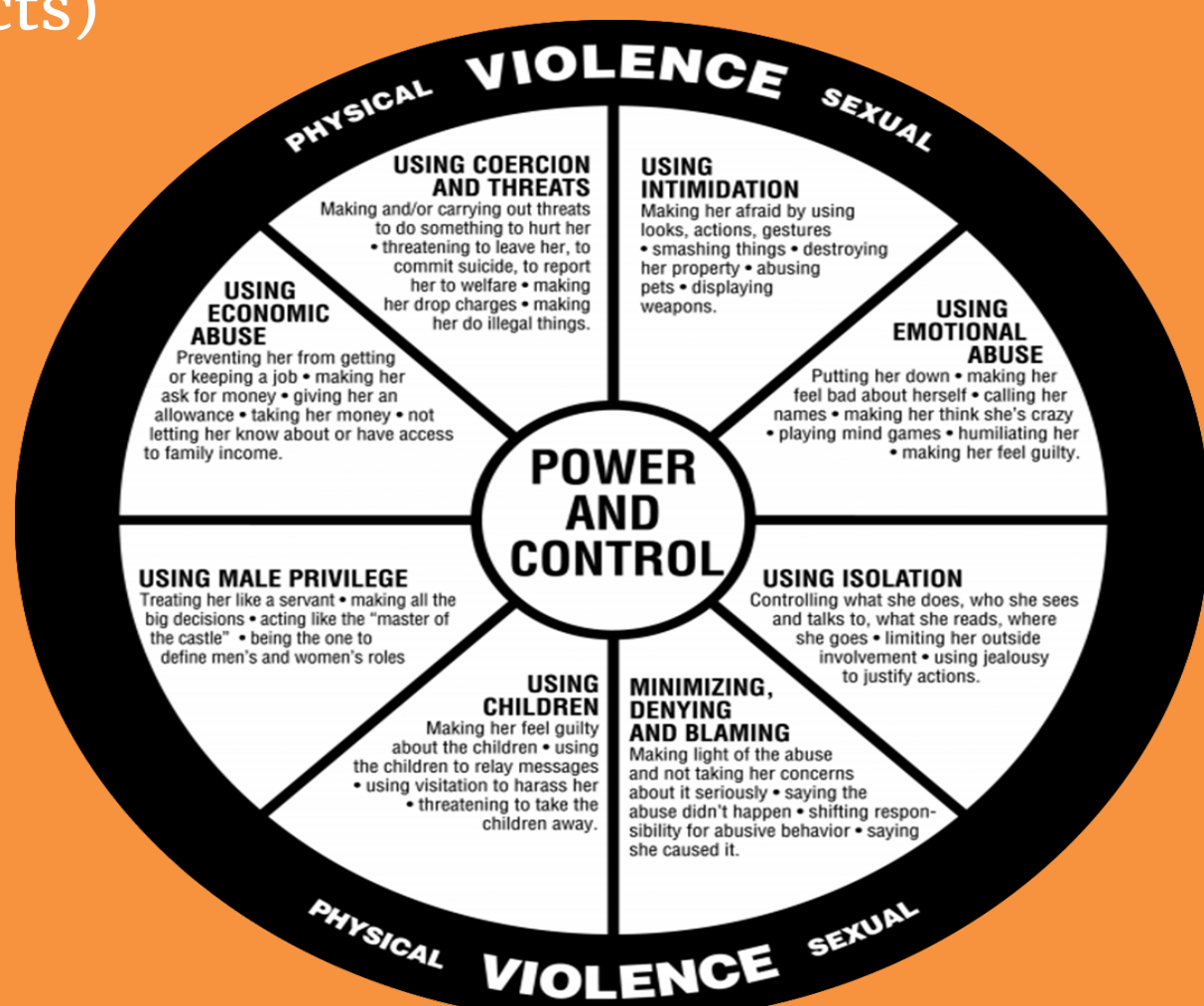
***Verbal abuse***– verbally assaulting a partner, child or family member by using slurs, curse words, and contributes to emotional abuse

***Economic/Financial abuse***– abuse that controls financial ability to make decision and make an individual financially dependent on abuser (ex. restricting funds, only abusers name on accounts, controlling ability to work)

***Religious abuse***– preventing someone from seeking or using their religious freedoms for support

***Reproductive abuse***– controlling partners reproductive autonomy (ex. sabotage birth control, reproductive coercion)

***Sexual abuse***– forcing non-consensual contact and/ or acts on another person, this abuse can happen to anyone at any age (ex. reproductive abuse, sexual assault, human trafficking, forcing a partner strip and/or perform sex acts)



## Power & Control Wheel

*Control* is used to maintain **power** over others

*Manipulation* is used to *form* and *repeat* the **cycle of violence**

[\\*Click here for more resources](#)

## Resources



**NCADV | National Coalition Against Domestic Violence**  
**Resources to National Crisis Organizations and Assistance**

**The Trevor Project** -Trained counselors 24/7. Helping young people in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at **1-866-488-7386**. **Text START to 678-678** .

**National Domestic Violence Hotline**

Plan for safety. **Call 1.800.799.SAFE (7233)**. Live Chat.





# Ways to Identify, Prevent, & Stop DV

## Helping Others

DV can happen out in *public* not just behind closed doors

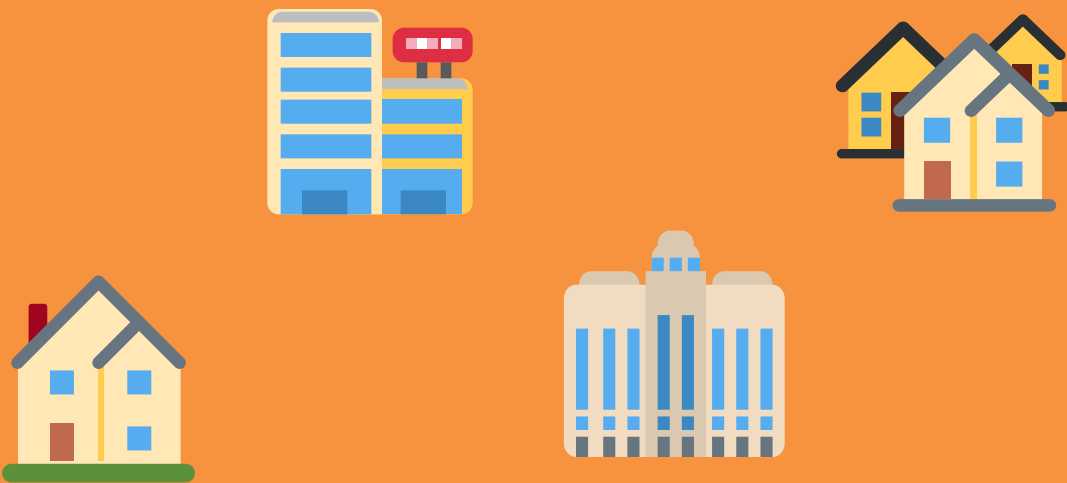
When **intervening** make sure you are *safe!*



*If you know a person experiencing DV you can support them:*

- reach out to them
- listen
- encourage them to get help
- provide resources
- do not pressure them
- drive them places
- emotional support
- be there for them

\*Click here for more resources

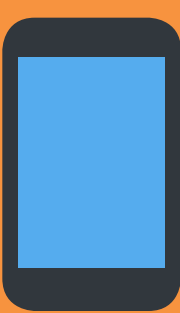


You Can Help!

See if the person needs *help*



Call the **police** and ask for a *welfare check*



Call *DV hotline* to ask for **advice**

Risk Factors of Intimate Partner Violence (IPV)	Protective Factors of IPV
<p><b>Individual factors:</b> things that effect the individual through their life</p> <p><b>Relationship factors:</b> strains on the relationship</p> <p> <b>Community factors:</b> poverty poor neighborhood support low-social capital</p> <p><b>Societal factors:</b> gender norms income inequality cultural norms</p> 	<p><b>Relationship factors:</b> high quality friendships social support</p> <p></p> <p><b>Community factors:</b> neighborhood collective efficacy coordinated resources available</p>  

## Preventing Suicide

*Talk* about it!

Continue the *conversation*



*Be aware* of the signs

*Show* that you **care** and are there to **help**

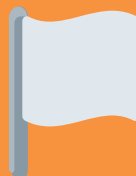
**Suicide** is the 2nd leading cause of *death* among young people *ages 10 to 24*



\*Click here for more resources

Signs of Suicide

Unimportant  
Trapped  
Hopeless  
Overwhelmed  
Unmotivated  
Alone  
Irritable  
Impulsive  
Suicidal





# Rape & Sexual Assault

**Remember!!**

It is **NOT** your fault!

Make sure you are **safe**

**Don't** do anything to *change* your appearance

Get **medical care**

Find **support**

Seek out **resources**

**Think** about talking to the police

[\\*Click here for more resources](#)

## Reporting and the Criminal Justice System

Reporting a sexual assault  
is **your choice**

It is **important** to seek help **after**  
**experiencing** sexual assault

There are *people* at **every**  
**step** to **help you**  
through the process

Some survivors find it *helpful* to  
**report** and **seek justice**



When you **report**, you help  
*prevent future violence*  
and **help other survivors**

### How to report sexual assault

Report whichever way **you**  
feel **comfortable** with

~ **Call 911**

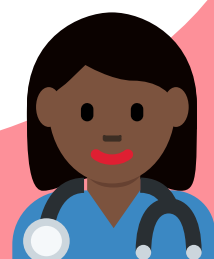
~ **Contact the local police**  
**department**

~ **Visit a medical center**

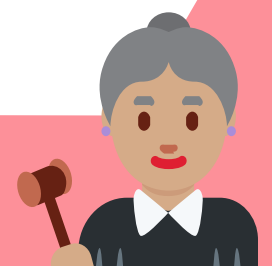
[\\*Click here for more resources](#)



What to expect in a  
sexual assault forensic  
exam



Find out  
the laws  
in  
your state



**Remember!!**

Recovery can take **time**

It is **important** to remember it is **not** your fault

**Therapy** is a **safe** and **confidential space**

**Telling loved ones** can help with your recovery

It is **okay** to **ask** for help

[\\*Click here for more resources](#)