

Human Kinetics

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MENU	Q
Social Changes in Adolescence	✓
Emotional Changes in Adolescence	✓
Physical Changes in Adolescence	✓
Sex and Sexuality	✓
Gender and Gender Expression	✓
Gender Identity and Sexual Orientati...	✓
LGBTQ Teens	
Sexual Consent	

Reproductive and Sexual Health Supplement

SUPPLEMENTAL LESSON 1

Gender Identity and Sexual Orientation

Your **gender identity** is how you see yourself and what you call yourself. Your identity may be the same as your assigned sex, or it may be different. You may see yourself as a woman, a man, a combination of both, or as neither. Terms you may hear to describe gender include **cisgender**, which describes people whose assigned sex is the gender they identify with; gender nonbinary, which describes people who do not identify exclusively as male or female; and gender nonconforming, which describes people whose physical appearance or behaviors do not align with the societal expectations of their gender.



Human Kinetics on middle school student becoming sexually active

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Lesson 8.4 Dating Relationships	
Lesson Opener	✓
Introduction	✓
Teen Dating Relationships	✓
Characteristics of a Healthy Dating ...	✓
Dating Relationship Emotions	✓
Influences on Dating Relationships	✓
Dating in Middle School	✓

Chapter 8 Relationships and Social Health

LESSON 8.4

Dating in Middle School

In middle school, dating can mean different things to different people. Dating can mean you hang out together at lunch and hold hands when you walk down the hall; it can mean you text each other a lot throughout the day and evening; it can mean you think you are falling in love and this is the person you want to spend forever with; or it can mean you are in a serious relationship and are being sexually active. There is a big difference between holding hands in the hall and being sexually active, yet both of those dating relationships can happen in middle school. You need to think things through before doing either, because there are big responsibilities that come with being in a dating relationship.



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Sexual Orientation

Individuals who are attracted to people of the opposite sex identify as **heterosexual**. Those attracted to the same sex identify as **gay or lesbian** (gay may be used by both males and females while lesbian is only used by females). Those who are somewhere else on the continuum may identify as bisexual or queer. People who identify as **bisexual** are attracted to people of the opposite sex and the same sex. Those who identify as queer often find that how they express their sexuality and gender changes over time and that they do not fit one identity.



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Sexual Orientation

Middle school can be when teens begin to acknowledge their **sexual orientation**. Sexual orientation is a person's sense of identity based on emotional, romantic, or sexual attraction to other people. Sexual orientation ranges along a continuum from exclusive emotional, romantic, or sexual attraction toward your opposite sex to exclusive emotional, romantic, or sexual attraction toward your same sex and anywhere in between (including not being attracted to anyone at all, which is known as asexuality).



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LGBTQ Teens

Dating is something you will experience, regardless of whom you choose to date. If you identify as LGBTQ, you might struggle with expressing yourself because you are afraid of being bullied or ridiculed for who you are and whom you want to be with. Many of your peers will identify as heterosexual, or straight, and you may often feel unsure about how you yourself feel, based on whom you want to date. You may feel you have to hide who you are to be accepted by your peers and the adults in your life. You need to know that there is nothing wrong with you and you have the same right to date and love whom you want to, just as any other teen does. Regardless of whom you date, being in a relationship is the same whether you identify as straight or as LGBTQ. Relationships are about getting to know the person, sharing common interests, being able to talk to each other, being attracted to each other, and maybe even falling in love.



Human Kinetics on gender identity

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Gender and Gender Expression

Gender refers to the social norms related to how you are expected to act, careers you should have, and roles and expectations of you based on your assigned sex. **Gender expression** is how you express your gender through the presentation of yourself and your behavior. This is often expressed through physical appearance, such as hair or clothing styles, and your mannerisms and the activities you enjoy.



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Sexual Orientation

Regardless of your sexual orientation, your desire to be in a dating relationship is exactly the same. While there isn't a right age or a right gender to begin dating there may be some social expectations that suggest everyone should date at least once in middle school. That's not really the case: in middle school some teens may date one or two people, some may not date at all, and some may date multiple people throughout middle school. Other students wait until high school or even after high school to begin dating. When you decide to begin dating and whom you decide to date should be your decision. The most important thing to know about dating is that there isn't any reason to rush into it. Having great friends, focusing on school activities, and doing things you are interested in is what middle school and even high school should be about.



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Support for LGBTQ Teens

1. Listen to LGBTQ teens and be a good friend.
2. Demonstrate kindness and inclusion. Speak up if you hear anti-LGBTQ comments or witness bullying or harassment.
3. Let LGBTQ teens be authentic around you.
4. Create safe spaces in your school for LGBTQ teens.
5. Be an ally for LGBTQ teens and speak up to support them.

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Adolescence ✓

Sex in Adolescence ✓

Gender Expression ✓

Sexual Orientation and Sexual Orientation ... ✓

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Exploring your gender identity and sexual orientation can be difficult and stressful, especially if you identify as an LGBTQ (lesbian, gay, bisexual, transgender, and queer or questioning; questioning is not used as often as queer) teen. A **lesbian** is a woman who is physically, romantically, and emotionally attracted to other women. A male or female who identifies as **gay** is physically, romantically, and emotionally attracted to people of the same sex. A person who identifies as **bisexual** is physically, romantically, and emotionally attracted to people of the same sex and people of another sex. **Transgender** is an umbrella term for a person whose gender identity or gender expression is different from their assigned sex. For example, a person may have been born male at birth but now identifies as female, or a person may have been born female but now identifies as male. The term **queer** is an adjective used by some people whose sexual orientation is not exclusively heterosexual. The terms lesbian, gay, and bisexual are seen as too limiting for people who identify as queer. During adolescence, you may have questions about who you are as a person and as a dating partner. You and some of your peers might date a person of the opposite sex, or a person of the same sex, or no one at all. Even though during this time you may find you are sexually attracted to the opposite sex, the same sex, or both sexes, you are not necessarily heterosexual, gay, or bisexual. You will discover who you are attracted to and become more comfortable with your sexual orientation over time.

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Human Kinetics on “consent” a topic the SBOE voted against teaching

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Sexual Consent

Consent is an agreement between you and your partner to have physical contact with each other, which may or may not be sexual contact. You should ask for consent to hold their hand, to give them a hug, to kiss or touch them in any way, or to have some type of sexual contact. It is very important that everyone in the relationship feels comfortable with and wants to participate in what is happening. Everyone has physical boundaries that need to be respected at all times. You may have heard the phrase “no means no,” which is very true, yet consent should also be about what you want to do, not just what you don’t want to do. Consent should include communicating what you want to do and respecting your partner’s response, regardless of what it is. Consent should be a clear yes. If your partner seems hesitant, doesn’t respond, or responds with a “maybe” or “I guess so,” that is not a yes. Regardless of how well you know someone or what you may have always done with them, you should always ask for their consent when it comes to any type of physical contact.



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Being Sexually Active

During adolescence and throughout adulthood, you may explore sex and sexuality through touching your own body and genitals for sexual pleasure, known as [masturbation](#), which is perfectly normal. Masturbation tends to be something you may feel embarrassed or guilty about because it is a subject that isn't talked about much. You may have heard that masturbating is bad for you, yet that is not true. Masturbation can be used to relieve sexual tension and experience pleasure, and it is a safe alternative to other types of sexual activity.

Influences on Your Sexual Activity

You and your partner being attracted to each other physically can lead to kissing and touching each other to show your affection. Sometimes, your kissing and touching can lead to sexual activity, including vaginal, anal, or oral sex. You may be influenced to be sexually active from your own expectations, from your friends, or from the media. This influence may be pressuring you to be either sexually active or not. You may experience an internal influence about sexual activity due to your beliefs, values, and emotions. You may also question whether you are the only person not being sexually active, which is never the case.

Human Kinetics on LGBT discrimination

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LGBTQ Teens

Over the past few years, some media, celebrities, and professional athletes have had a positive influence on gender identity, gender roles, and sexual orientation. The media are showing more LGBTQ people on screen living normal lives, just like everyone else. More women, people of color, and LGBTQ people are running for political offices, entering male-dominated fields in sports and science, and speaking out for equality in all aspects of their lives.

Unfortunately, you also live in a world that doesn't always understand how people who identify as LGBTQ can be in a relationship and love each other. Sometimes, LGBTQ people are treated poorly, threatened, discriminated against, and fired from their jobs for whom they love. While much of this poor treatment comes from outside their family, it may also come from within their own family. To avoid this type of treatment, many LGBTQ people hide their sexual orientation.



Human Kinetics on LGBT advocacy

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8.4 Dating Relationships

8.4.1 Open Relationships

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8.4.5 Issues on Dating Relationships

8.4.6 Dating in Middle School

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Diversity Matters

Public Schools and Sexual Orientation Distribution

It is against the law to discriminate based on sexual orientation. Public schools can't single out lesbians, gays, bisexuals, transgender, or queer/questioning (LGBTQ) students for negative treatment just because the school officials disapprove of or feel uncomfortable around people whose sexual orientation is different from theirs. Discrimination based on perceived sexual orientation violates a person's constitutional rights, as well as discrimination based on your friendship, family relationship, or other association with lesbians, gays, bisexuals, transgender, and queer/questioning people.

Lessonbee materials example

Lessonbee

NU

Main Menu

Uses for the Reproductive System

1. Cover Screen
2. The end of summer break
3. Eva's Instagram
4. Eva's summer
5. Eva text - Dylan Romance
6. Eva text - Dylan story
7. What's actually going on?

Lessonbee Sexual and Reproductive Health - Texas 7 - 8

USES FOR THE REPRODUCTIVE SYSTEM > ACTIVITY > MULTIPLE CHOICE

Click the TEKS icon to see citation

Reply to Eva

What do you think? Eva is not on birth control. Could Eva get pregnant from ejaculate near her vagina, or could she only get pregnant if she went all the way and had sexual intercourse?

Select a reply.

Yes, you could get pregnant from that.

No, you can only get pregnant if you go all the way.

Tiff, Della

Yeah, it was a mistake. He said he was sorry.

It happens sometimes. He was turned on and he ejaculated on you, I guess. It just happened.

Ejaculated?

Yeah girl, that's how you say cummed. Just learned it in bio and thought I'd use it. Haha

Nerd alert! But yeah, Della's right. Cum is also called ejaculate.

Ok, fine. He ejaculated on me or whatever and now I'm stressed. Could I get pregnant from that?