

■ Reproductive and Sexual Health Supplement

SUPPLEMENTAL LESSON 1

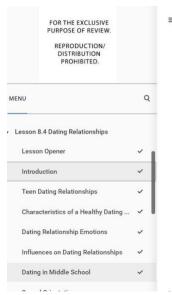
Gender Identity and Sexual Orientation

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

LESSON 8.4

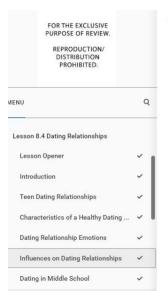


■ Chapter 8 Relationships and Social Health

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.





■ Chapter 8 Relationships and Social Health

LESSON 8.4

Sexual Orientation

Individuals who are attracted to people of the opposite sex identify as heterosexual. Those attracted to the same sex identify as heterosexual. 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.



Human Kinetics

FOR THE EXCLUSIVE PURPOSE OF REVIEW.

REPRODUCTION/ DISTRIBUTION PROHIBITED.

MENU

Lesson 8.4 Dating Relationships

Lesson Opener

Introduction

Teen Dating Relationships

Characteristics of a Healthy Dating ...

Dating Relationship Emotions

Influences on Dating Relationships

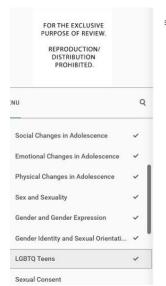
■ Chapter 8 Relationships and Social Health

LESSON 8.4

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).





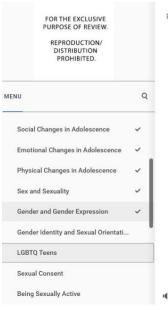
■ Reproductive and Sexual Health Supplement

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



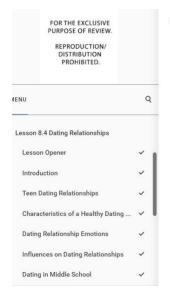
Reproductive and Sexual Health Supplement

SUPPLEMENTAL LESSON 1 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.



PREV NEXT)



■ Chapter 8 Relationships and Social Health

LESSON 8.4

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.



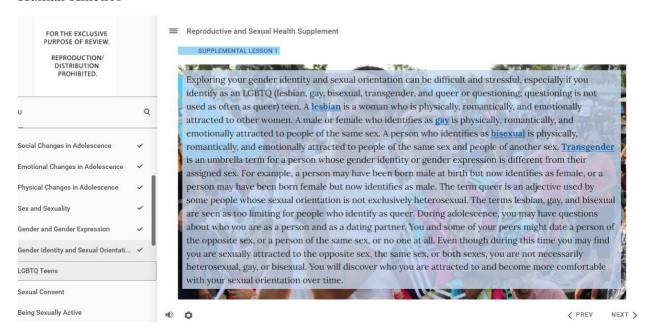
Human Kinetics

кергоаистіve and Sexual Health Supplement

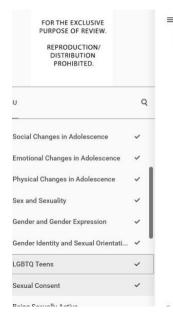
SUPPLEMENTAL LESSON 1

Support for LGBTQ Teens

- 1. Listen to LGBTQ teens and be a good friend.
- 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.



Human Kinetics on "consent" a topic the SBOE voted against teaching



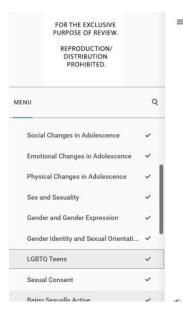
■ Reproductive and Sexual Health Supplement

SUPPLEMENTAL LESSON 1

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.





Reproductive and Sexual Health Supplement

SUPPLEMENTAL LESSON 1

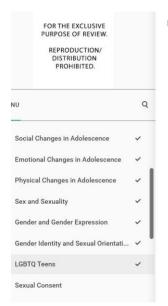
Being Sexually Active

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



■ Reproductive and Sexual Health Supplement

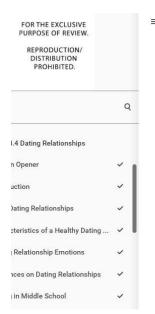
LGBTQ Teens

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 treat ment 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



Chapter 8 Relationships and Social Health LESSON 8.4

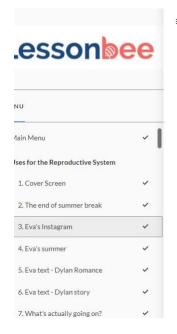
Diversity Matters

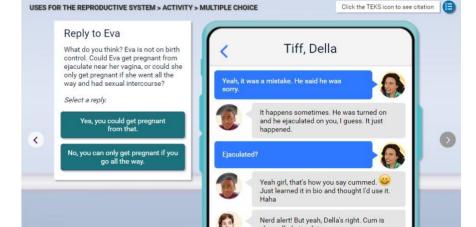
Public Schools and Sexual Orientation Distribution

Lessonbee Sexual and Reproductive Health - Texas 7 - 8

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





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