

# **The Essentials of Change: Queer and Trans Youth**

**Awareness Campaign by the NHS GSA**

# What is GSA?

Gender and Sexuality Alliance is a club here at the high school that works for positive change to create a safer environment for queer and trans identifying individuals and their allies.

# Gender vs. Sexuality

## **Gender Identity**

A person's sense, and subjective experience, of their own gender.

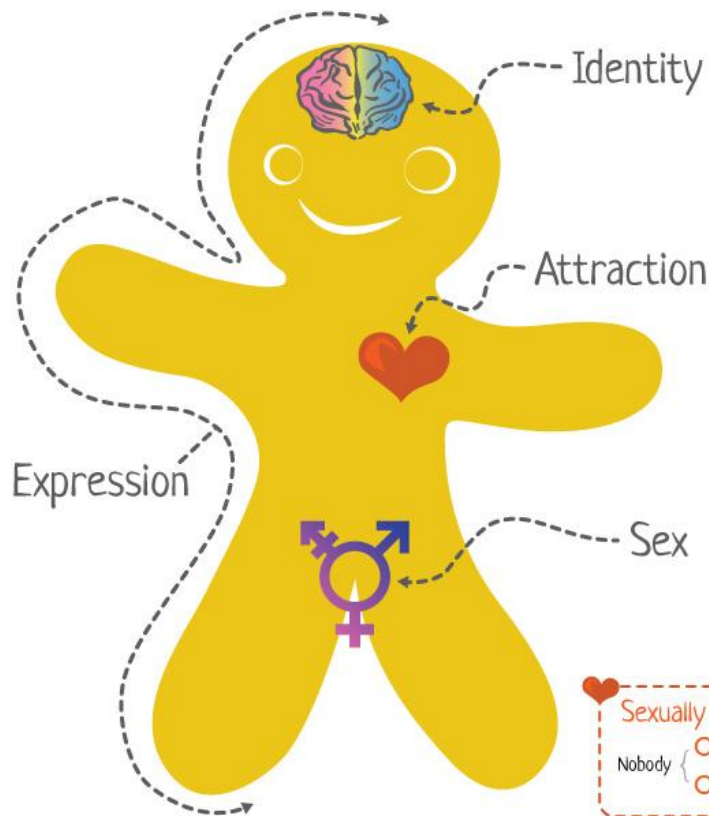
## **Sexual Orientation**

A person's identity in relation to the gender to which they are attracted.

# The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread. 4 (of infinite) possible plot and label combos

**Gender Identity**

Indicates a lack of what's on the right:

- Woman-ness
- Man-ness

How you, in your head, define your gender; based on how much you align (or don't align) with what you understand to be the options for gender.

**Gender Expression**

- Feminine
- Masculine

The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

**Biological Sex**

- Female-ness
- Male-ness

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair; hormones, chromosomes, etc.

**Sexually Attracted to**

Nobody {

- (Women/Females/Femininity)
- (Men/Males/Masculinity)

**Romantically Attracted to**

Nobody {

- (Women/Females/Femininity)
- (Men/Males/Masculinity)

For a bigger bite, read more at <http://bit.ly/genderbread>

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

# What is LGBTQ+?

L - Lesbian

+

G - Gay

Q - Questioning

B - Bisexual

A - Asexual

T - Trans

P - Pansexual

Q - Queer

And many more!

# Lesbian



Someone who identifies as female who is sexually attracted to other people who identify as female.

A person who identifies as female who is attracted to other females and shows more masculinity than femininity may identify as gay rather than lesbian.



# Gay



A person who identifies as male that is sexually attracted to other people who identify as male.

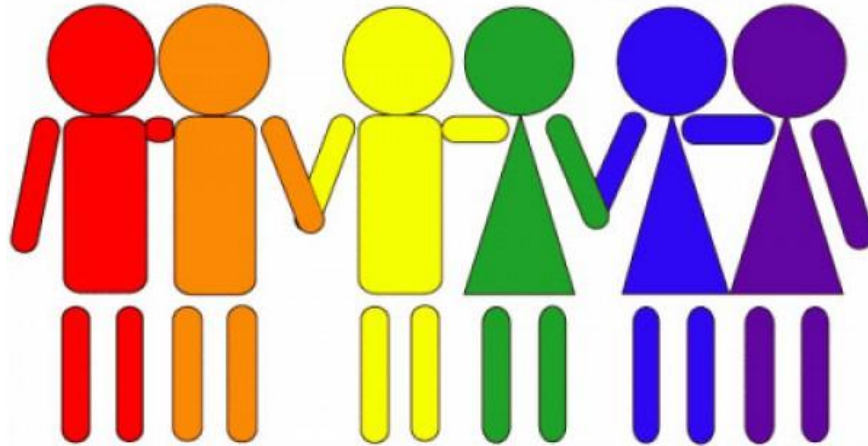
A person who is trans and is sexually attracted to males may refer to themselves as heterosexual or “straight,” as their personal preference.



# Bisexual



A person who is sexually attracted to two or more genders.





# Pansexual, Omnisexual



A person who is sexually attracted to all (gender/sex not a factor).  
Attracted to personality rather than specific gender/sex.



# Trans: Part I



**Transgender:** Used most often as an umbrella term, and frequently abbreviated to “Trans.”

It describes a wide range of identities of people whose gender identity and/or expression differs from conventional expectations based on their assigned sex at birth.



# Trans: Part II



## Common definitions:

- Someone whose behavior or expression does not “match” their assigned sex (according to society)
- Sometimes a gender outside the male/female binary
- A disassociation with the gender identity assigned at birth

# Trans: Part III



**Non-binary:** An umbrella term for all who don't identify as just female or male. Some people identify simply as non-binary.

**Gender fluid:** People have different gender identities at different times.

**Genderqueer:** Is a non-normative gender identity or [expression](#). This can be an umbrella term, or a specific identity.

**Demigender:** Partly one gender, partly agender.

**Agender:** People find that they have no inner sense of their gender identity. That is, they have no gender.

**Bigender:** People have more than one gender identity, either at the same time, or sometimes changing between them.

# Queer



A broad, umbrella term for those who identify outside of the social norms in regards to gender or sexuality.

A LGBTQ+ individual may simply identify as queer in regards to gender or sexuality.

\*Initially used as a derogatory term, it has been reclaimed by the community as empowerment.

# Questioning

A person who is not sure of their sexual orientation, gender identity, or both.



# Asexual



A person who is not sexually attracted to anyone, regardless of gender or sex.

There are subcategories, such as grey-asexual and demisexual, in which people do not always feel sexual attraction, but do not identify as purely sexual or asexual.

# Why you should care: Part I

“All around you are people - people littered with scars from years of abuse, people sitting alone because there’s nobody to speak to, people whose tears are shed and ignored simply because of who they are. We aim to change that, and so should you.” -Alumni, 2015

**Ally**-Someone who supports the LGBTQ+ community.



# Why you should care: Part II

On average, a student will hear 26 anti-LGBTQ+ slurs per day. These may come from students or staff.

55% of LGBTQ+ students are assaulted based on their gender identity.

LGBTQ+ students are 3x more likely to skip school because they feel unsafe.

LGB+ Youth are up to 4x more likely to attempt suicide than their non-LGBTQ+ peers. Trans people are 9x more likely.

# How to be supportive

## Do

- Respect a person's chosen gender pronouns
- Recognize that heteronormativity and restrictive gender roles are a problem in today's society
- Get involved!
- Be aware of discrimination and slurs
- Recognize that coming out is a scary process
- Support your friends, family, and peers

## Don't

- Be afraid to ask questions!
- Base judgments on stereotypes
- Use slurs
- Bully, harass, or discriminate
- Purposefully misgender
- Be close-minded
- Hate someone for something they can't change

# Derogatory Names and Phrases

“When you say that word... do you realize what you say?”

“That’s so gay”

“Lesbo”

“Tranny”

“Lesbi-honest”

“Faggot”

“Shemale”

“Queer” (derogatory)

“No homo”

“He-She”

Etc.

**Using ANY of these terms can result in disciplinary action including suspension, expulsion, or police interaction.**

# Getting Involved

- Visit the gsafe website (<http://www.gsafewi.org>)
- Educate yourself
- Come to GSA- we meet every Thursday at 3:30 in room 322- the Career Center
- Participate in LGBTQ+ events like Day of Silence
- Stand up for yourself and others

# Helplines

Runaway Crisis Hotline: (920) 731-0557

Trevor Lifeline: (866) 488-7386

Outagamie Crisis Intervention: (920) 832-4646

Winnebago Crisis Intervention: (920) 722-7707

National Suicide Prevention: 1-800-273-8255

National Domestic Violence: 1-800-799-7233

TrevorText - Available on Fridays (4:00 p.m. - 8:00 p.m. ET / 1:00 p.m. - 5:00 p.m. PT). Text the word “Trevor” to 1-202-304-1200. Standard text messaging rates apply.

Crisis Text Line: Text “START” to 741-741

*Free, 24/7, confidential.*

# Open Forum

**Feel Free to Ask Questions!**