

# I Am Who I Am

## A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

*Fostering respect and responsibility through age-appropriate sexuality education.*

**TARGET GRADE:** Grade 7

**TIME:** 50 Minutes

### **MATERIALS NEEDED:**

Laptop or desktop computer with PowerPoint on it  
PowerPoint presentation titled: "Understanding Gender Identity and Sexual Orientation"  
Regular letter-sized envelopes, one per student  
8 ½ x 11 sheets of blank paper, one per student  
LCD Projector and screen  
Myth/Fact Quiz – one per student  
Myth/Fact Answer Key – one copy for the teacher  
Homework: "Fix This" – one per student  
Whiteboard  
White board markers  
Pencils in case students do not have their own

### **LEARNING OBJECTIVES:**

By the end of this lesson, students will be able to:

1. Define the terms sexual orientation, gender identity and gender expression. [Knowledge]
2. Describe how each term is different from the others. [Knowledge]
3. Name at least two factual statements and two incorrect statements about sexual orientation and gender. [Knowledge]
4. List at least two respectful ways of communicating with or about LGBTQ individuals. [Knowledge]

### **A NOTE ABOUT LANGUAGE:**

Language is really important and we've intentionally been very careful about our language throughout this curriculum. You may notice language throughout the curriculum that seems less familiar - using the pronoun "they" instead of "her" or "him", using gender neutral names in scenarios and role-plays and referring to "someone with a vulva" vs. a girl or woman. This is intended to make the curriculum inclusive of all genders and gender identities. You will need to determine for yourself how much and how often you can do this in your own school and classroom, and should make adjustments accordingly.

### **PROCEDURE:**

**STEP 1:** Begin the class by explaining that you are going to be talking today about identity. Say, "Identity has to do with who we are. For example, one of my identities is... [choose an identity of yours that is unchangeable, i.e., race, ethnicity, ability. This identity should not be related to your sexual orientation or gender.]. Because we are talking about human sexuality, our class is going to be looking at parts of our sexual identity, including our sexual orientation and our gender identity."

*(2 minutes)*

**STEP 2:** Distribute a piece of paper and envelope to each student. Tell them that they are going to be asked to write down two things on their sheet of paper, without putting their name on it.

Ask them to write down what they've heard about what the term "sexual orientation" means. Tell them that if they haven't heard anything, they should just try to guess what it means.

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After about 4 minutes, ask them to write down what they have heard about the term “gender identity.” Again, tell them that if they haven’t heard anything, they should just try to guess what it means.

Once they are done, ask them to fold their sheet of paper into thirds (you may need to model this for them), put it in their envelope and seal their envelope. Tell them not to open it until they’re asked to.

*(8 minutes)*

**STEP 3:** Go through the PowerPoint, “Understanding Gender Identity and Sexual Orientation.”

*(12 minutes)*

**Note to the Teacher:** *This PowerPoint provides very basic information, so you may wish to allow additional time for questions. If these topics are newer or less familiar for you, you may wish to use your anonymous question box throughout class so you can look up any answers yo*



## Myth vs. Fact: Gender Identity and Sexual Orientation Quiz

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Please read the following statements and indicate whether you think each is a myth or a fact by circling the appropriate answer.

1. People can choose their sexual orientation.

MYTH      FACT

2. People can choose their gender identity.

MYTH      FACT

3. People can choose their gender expression.

MYTH      FACT

4. You can usually tell a person's sexual orientation just by looking at them.

MYTH      FACT

5. A girl who is really athletic is either a lesbian or transgender.

MYTH      FACT

6. A person can look like a boy or a man and feel on the inside like they are a girl or a woman.

MYTH      FACT

## Myth vs. Fact: Gender Identity and Sexual Orientation

### Answer Key

**Instructions:** Please read the following statements and indicate whether you think each is a myth or a fact by circling the appropriate answer.





