

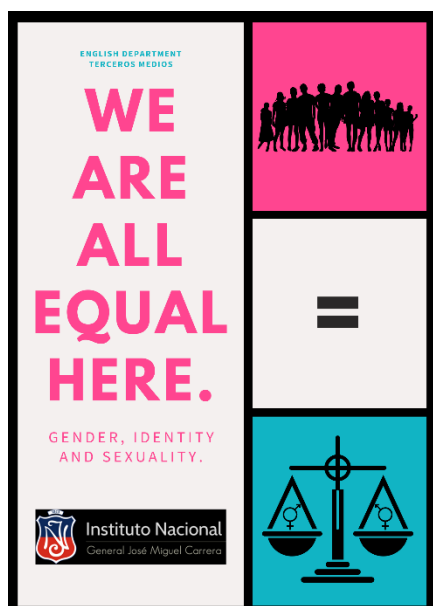
Unit 3 – Sexuality, Gender and Identity: Experiences and Emotions.

Worksheet 1

General Objectives: To understand, analyse and evaluate cases and situations that are related to sexual education, social construction of gender roles, and diversity of sexual orientation and gender identity. To sympathize to other people by means of the recognition of experiences and emotions within ourselves and others.

Language Objectives: To understand and express information related to past experiences and events (Past Narrative Tenses -Simple past, Past Continuous, Past perfect Simple and Continuous), and their present consequences (Present Perfect) in our lives, in relation to the topic. To understand and express emotions and feelings (Vocabulary) caused by past experiences and events, in relation to the topic. To understand and express hypothetical or unreal situations (2nd and 3rd conditionals) for expressing empathetic and sympathetic behaviour.

Disclaimer: Definitions studied during this unit will be based on the American Psychological Association (APA) documents found on medical and LGBTQ+ Orientation sites on the Internet. Comprehension exercises and discussions will be based on journalistic articles from serious online newspapers, on the one hand, and people's personal testimonies regarding their experiences.



Activity 1: Previous knowledge

To begin with the unit, we ask you to answer the following questions with what you know or believe the correct answer is.

1. What is sexuality?

2. What is sex?

3. What is gender role?

4. What is gender identity?

5. What is sexual orientation?

6. What is LGBTQ+?

Activity 2: Reading comprehension

Now read the following definitions and compare them to your previous answers. After that, answer the comprehension exercises and the reflection questions.

Sexuality related terms – basic definitions

Sexuality: "...a central aspect of being human throughout life encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, legal, historical, religious and spiritual factors." (WHO, 2006a)

Sex: Sex refers to the biological characteristics that define humans as female or male. While these sets of biological characteristics are not mutually exclusive, as there are individuals who possess both, they tend to differentiate humans as males and females. *In general use in many languages, the term sex is often used to mean "sexual activity", but for technical purposes in the context of sexuality and sexual health discussions, the above definition is preferred.*

Gender: It's a social and legal status, and set of expectations from society, about behaviours, characteristics, and thoughts. Each culture has standards about the way that people should behave based on their gender. This is also generally male or female. But instead of being about body parts, it's more about how you're expected to act, because of your sex. Behaviour that is compatible with cultural expectations is referred to as gender-normative; behaviours that are viewed as incompatible with these expectations constitute gender non-conformity.

Gender identity: It is how you feel inside and how you express your gender through clothing, behaviour, and personal appearance. It's a feeling that begins very early in life. It's one's self-identification as male or female, both or neither. Although the dominant approach in psychology for many years had been to regard gender identity as residing in individuals, the important influence of societal structures, cultural expectations, and personal interactions in its development is now recognized as well. Significant evidence now exists to support the conceptualization of gender identity as influenced by both environmental and biological factors. Some related concepts that will be discussed later in the unit are cisgender, transgender, gender-fluid, and gender-queer, among others.

Sexual orientation: It refers to the sex of those to whom one is sexually and romantically attracted. Categories of sexual orientation typically have included attraction to members of one's own sex (gay men or lesbians), attraction to members of the other sex (heterosexuals), and attraction to members of both sexes (bisexuals). Some people identify as pansexual or queer in terms of their sexual orientation, which means they define their sexual orientation outside of the gender binary of "male" and "female" only. While these categories continue to be widely used, research has suggested that sexual orientation does not always appear in such definable categories and instead occurs on a continuum.

LGBTQ+: LGBTQ is an acronym for lesbian, gay, bisexual, transgender and queer or questioning. These terms are used to describe a person's sexual orientation or gender identity. The "**plus**" sign represents other sexual identities including pansexual, asexual and omnisexual.

Sources: https://www.who.int/reproductivehealth/topics/sexual_health/sh_definitions/en/
<https://www.apa.org/pi/lgbt/resources/sexuality-definitions.pdf>

Reading comprehension Exercise: decide whether the statements are True or False and justify each of your answers.

1. _____ Sexuality and sex are the same.

2. _____ Sex officially refers to the sexual act.

3. _____ Sex and gender are always correspondent.

4. _____ LGBTQ+ includes heterosexuals.

5. _____ Sexual orientation is different from sexuality.

6. _____ LGBTQ+ refers to different sexual orientations.

7. _____ Gender is biologically determined.

Reflection questions:

1. How different/similar were your answers to the given definitions?
2. What can you identify as a cause for you knowing/not knowing these definitions?
3. Do you believe these definitions are correct? Why?
4. Do you think it's important to talk about a topic like this? Why?
5. Do you believe we are accepting of sexual diversity in our culture? Why?
6. Do you know any culture that is accepting of sexual diversity? Which ones? How are they accepting?
7. Where does the conception that "there is a strong and a weak sex" come from? Do you agree? Why?
8. Think about the gender roles that are most commonly assigned to people in our society. Do you personally conform to them? How does that make you feel? How do other people make you feel about that?
9. Do you believe that gender roles are fair in our society? Why?

Extra Activity:

Watch the video: Hear Kids Honest Opinions on Being a Boy or Girl Around the World, by National Geographic on Youtube.com

<https://www.youtube.com/watch?v=2B3ea7IGwLA>

-  What differences can you identify between boys' and girls' opinions?