

Do Now

Gender, gender roles and transgender in focus



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Kerry is 18. Her mom still calls her, 'my little Tomboy.' Kerry doesn't object to the name – but does tell her mom that it's perfectly usual for girls to love football and UFC, hate wearing dresses and prefer beer to wine.

Her mom says, 'well in my day that's what you'd be. A Tomboy.'

**Discuss: What is a Tomboy?
Why does Kerry's mom call her a Tomboy?**



Why do you think many of us have the idea that boys prefer some things and girls often prefer other things?
*CLUES: Tradition Environment
Difference Culture Stereotypes*

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Gender roles – the role or behaviour learned by a person as appropriate to their gender, determined by the prevailing cultural norms.

Biological sex - Either of the two main categories (male and female) into which humans and many other living things are divided on the basis of their reproductive functions.

Transgender - a person whose gender identity does not correspond with the sex registered for them at birth.



Learning outcomes:

Describe how for some people gender identity does not correspond with their biological sex.
Evaluate expectations about gender roles.

Year 11 Health and Wellbeing – Entry and Exit Quiz

Please rate your confidence for each statement on a scale of 1 to 5:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can explain what unwanted, obsessive or compulsive behaviours are and how to spot them?
2. On a scale of 1 to 5, how confident do you feel that you can differentiate between everyday habits and mental health conditions such as OCD or impulse control disorders?
3. On a scale of 1 to 5, how confident do you feel that you can identify how mob mentality can influence people's behaviour and lead to criminal activity?
4. On a scale of 1 to 5, how confident do you feel that you can explain how social media can spread misinformation and escalate social unrest?
5. On a scale of 1 to 5, how confident do you feel that you can recognise the signs of reduced fertility in both males and females and know what support is available?
6. On a scale of 1 to 5, how confident do you feel that you can understand the impact of lifestyle choices (such as smoking, diet, stress) on reproductive health and fertility?
7. On a scale of 1 to 5, how confident do you feel that you can describe the difference between gender identity and biological sex?
8. On a scale of 1 to 5, how confident do you feel that you can explain what it means to be transgender and how to show respect and allyship towards trans people?
9. On a scale of 1 to 5, how confident do you feel that you can discuss sensitive topics in a respectful, non-judgemental way, recognising that everyone's identity and health journey is personal?
10. On a scale of 1 to 5, how confident do you feel that you can know where to go for help if you or someone you know is experiencing issues related to any of these topics?



Yr11 Health and Wellbeing Autumn 1 Knowledge Check





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Kerry's mom calls her a Tomboy because what she enjoys does not fit within the cultural norms that Kerry's mom grew up with.

Because Kerry also likes dressing in masculine clothing and is only attracted to women, one of her friends recently suggested she might be transgender.

What do you think?

Kerry herself doesn't think so. Let's see what she says.

I think being trans is about far more than what you wear and what you like doing! Being non-typically female or male does not make you trans.

Trans people usually report having a deep, uncomfortable dysphoria (feeling of unhappiness relating to the sex of their bodies), which may last years. They are often prepared to go through painful surgery and are committed to living as the opposite sex permanently.

I'm just a girl who likes girls and things that aren't that typical for my gender – and that's very common!



**So what's the actual difference between gender and sex anyway?
Let's watch the clip and complete the questions in your booklets.
We'll go through the answers together afterwards.
You only need to watch up to 2.40**



[Sex Assigned at Birth and Gender Identity: What Is The Difference? – YouTube](#)

What is often the first question asked when a baby is born?

How are babies assigned sex at birth? What is this called?

What is gender identity?

What is cisgender?

What is intersex?





[Sex Assigned at Birth and Gender Identity: What Is The Difference? – YouTube](#)

What is often the first question asked when a baby is born?

Is it a girl or a boy?

How are babies assigned sex at birth? What is this called?

A doctor looks for a penis or vulva. Sex assigned at birth.

What is gender identity?

One's internal sex of being male or female.

What is cisgender?

Someone whose sex assigned at birth matches their internal self.

What is intersex?

Someone who genitals or chromosomes that don't match typically male or female.



Who can match up the key terms and definitions?

Trans

Transition

Gender

Sex



the state of being male or female biologically.

adopt permanently the outward or physical characteristics of the gender one identifies with, as opposed to those associated with one's birth sex.

used to describe someone who feels that they are not the same gender as the physical body they was born with

the state of being male or female socially or culturally.



ANSWER BOX – BEHIND HERE

Gender, gender roles and transgender in focus



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So how many trans people are there in the UK?
Is the number really increasing? If so, why?

THORNDEN THREE GUIDED READING!

Follow the text as your tutor reads

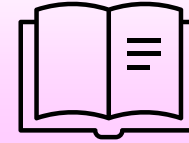
**There will be plenty of time for
any questions you have afterwards**



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According to the most recent data (2021), are around 48,000 transwomen, 48,000 transmen and 30,000 non-binary people in the UK. There may be more now (2024), with tentative estimates currently around 200,000 collectively. Because trans people self-identify and the number is increasing, it is very hard to pin down a precise figure. The charity, Stonewall, has claimed that more than a quarter of younger people now identify as LGBT following its sexuality survey, although this does not state exactly how many identify as 'T'. To clarify this information further, when we talk about young trans people, we are talking about people over the age of 18, as this is when we can legally begin to speak about a person having the possibility of officially being recognised as transgender.

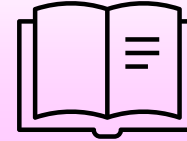
What we do know is there is currently an increasing number of young trans people (under 35) who identify as transmen (born female, identifying as male). In 2019 this was 26% of trans people under 35 years of age, compared to just 10% trans people over 35. Only 17% of young trans people were transwomen (born male) compared to 54% of the older trans population, although the 2021 census shows it's around the same amount between the genders if all age groups are considered. So, we can deduce that it is those born as female who are seeing the largest increase identifying as trans, and this is happening at a younger age. It is only the past few years that we have records of this numerical trend being the case.

According to The Times newspaper, the number of students identifying as non-binary has also increased, doubling from 1% to 2% of the student population in 2021.

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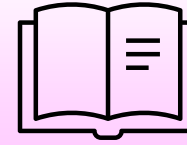
There could be many reasons for this. We are a much more accepting society than we were decades ago, and most people are aware of trans people now – therefore a person coming out as trans in the UK would face less discrimination and far more acceptance. People who may previously have struggled in private, can now transition openly – which in turn inspires others with the same feelings to openly transition (as there is far less in the way of poor reactions to be afraid of, and far more in the way of positive reaction). Helpful language has also been absorbed into common use – terms like gender dysphoria give trans people words to accurately describe their feelings, whereas previously they may not have been able to accurately describe the feelings they had, and so they risked being misdiagnosed (with a more generalised dysphoric disorder) or may have had to live in the knowledge that something was wrong, but not being able to fully communicate exactly how. Why are there more young female to male trans people in the UK specifically? We don't know exactly. Some critiques have been made that state that young girls are more susceptible to trends, which is where we've seen the term 'trans trend' come into use by some social commentators. Others have claimed that young females with autistic traits and/or young lesbians may be being mis-diagnosed. In order for us to see if young girls transitioning is indeed a trend, we would need to assess that (as with anything defined as a trend), and see if the same demographic eventually abandoned the trend upon growing older – which would require a very long-term study.

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As around half of people identifying as trans never take any form of medical intervention, this data would rely largely upon collecting personal statements – and as the increase in female to male transitioners is relatively new, we would have to wait a few years to see the results of collected data. It is notable that some American schools are reporting that in particular year groups almost 28% of their student populations currently identify as trans. This is in stark contrast to the 0.02% of the general population that identified as trans globally, prior to the rise of social media.

This leads us to another possible reason for the increase in numbers of those who identify as trans. There are also far more trans people in the media, especially on social media such as TikTok or Instagram. These famous trans people act as role models, especially for young people who are regular consumers of social media, whereas twenty years ago we saw hardly any trans people in the media (or if we did they may have been associated with novelty, overly sexualised in how the media presented them or not framed positively). Now we see many trans people who are famous for what they do (e.g fashion, sport, politics) rather than just for who they are – although we do still see some social media figures making this their entire niche with which to gain followers.

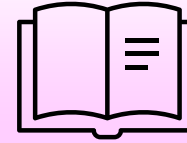
Additionally to this, some social commentators have suggested that an increase in misogyny and the rise of easy access to online pornography and 'Only Fans' culture has made young girls less enthusiastic about embracing their femininity, as they are put off by the idea that their gender is valued largely by their sexuality.

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Of course – all of these ideas may be true to a degree, and some may be lesser so. We would need far more research into this relatively new phenomenon to have solid answers.

Most people in the UK are ambivalent about the increase in trans people. Fortunately, most people in the UK are rational and reasonable people and they are of the attitude that anyone can do what they want if it makes them happy, it's legal and it's not harming others. We see this in how progressive British attitudes are now compared to say, thirty years ago. We now celebrate same sex-marriage, same sex adoption and we have the Gender Recognition Act – so discrimination against trans people is illegal in most cases. These ideas seem normal now and are usually celebrated – but weren't by everyone at the time they began to gain popularity. Now most people accept the fact trans people exist, because Britain is a socially progressive country. Developments in both medical interventions and in societal attitudes have allowed people who may have lived uncomfortable (or downright unhappy) lives before to flourish, be successful and be their authentic selves – and our accepting attitudes towards people who are traditionally seen as 'different' in our society is something British people should be proud of.

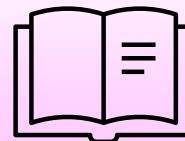
Some people, however, worry about the age at which some minors may choose medical intervention – in case they regret it in later life. The age for accessing medical NHS gender identity treatment is decided on by the NHS, not the Gender

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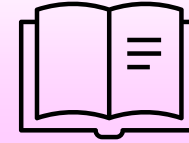
Recognition Act – and surgical treatment is not available to people under 18 in England. You can only officially and legally become trans as an adult here, yet that has not stopped some families flying their children abroad for often dangerous and life-changing medical procedures. Cross-sex hormones and puberty blockers are, now, illegal in the UK for minors, as medical research has begun to show us that these may present long-term harms. There has been a huge debate in Scotland about whether minors of the age of 16 should be able to legally change their gender. This strikes some people very as young to be making such a big decision – as to put this in perspective, this is before you can legally drive, vote in England, get a tattoo, or drink alcohol. Some social commentators have suggested it is very irresponsible of parents to fly their children abroad for any procedure that we have decided in Britain is illegal for minors, as this was a decision, most would say, that is based on harm-reduction, rather than ideology. It is surgical medical procedures that worry those against the idea of children transitioning most. This is why in Britain, you can only legally (and officially) transition as an adult, aged 18 or above.

There have recently been many more cases of de-transitioners (people who were trans, but now wish to, or have, transitioned back to their birth sex). Many of the de-transitioners had medical intervention, or hormonal interventions, at a young age and now feel they made the wrong decision. One famous case is that of Keira Bell, who began taking puberty blockers at the age of 13 before taking testosterone and having a double mastectomy (both breasts removed).

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She now has the voice of a male, which cannot be changed, and has been told she is most likely infertile. There are thousands of detransitioners, with the number increasing – again, like for trans people, we don't have the exact figures. The more the increase in trans people, the more we also see the increase in de-transitioners. Many of the people concerned about this are parents, who can't bear the idea of their children going through the same amount of pain the thousands of de-transitioners like Keira Bell have gone through.

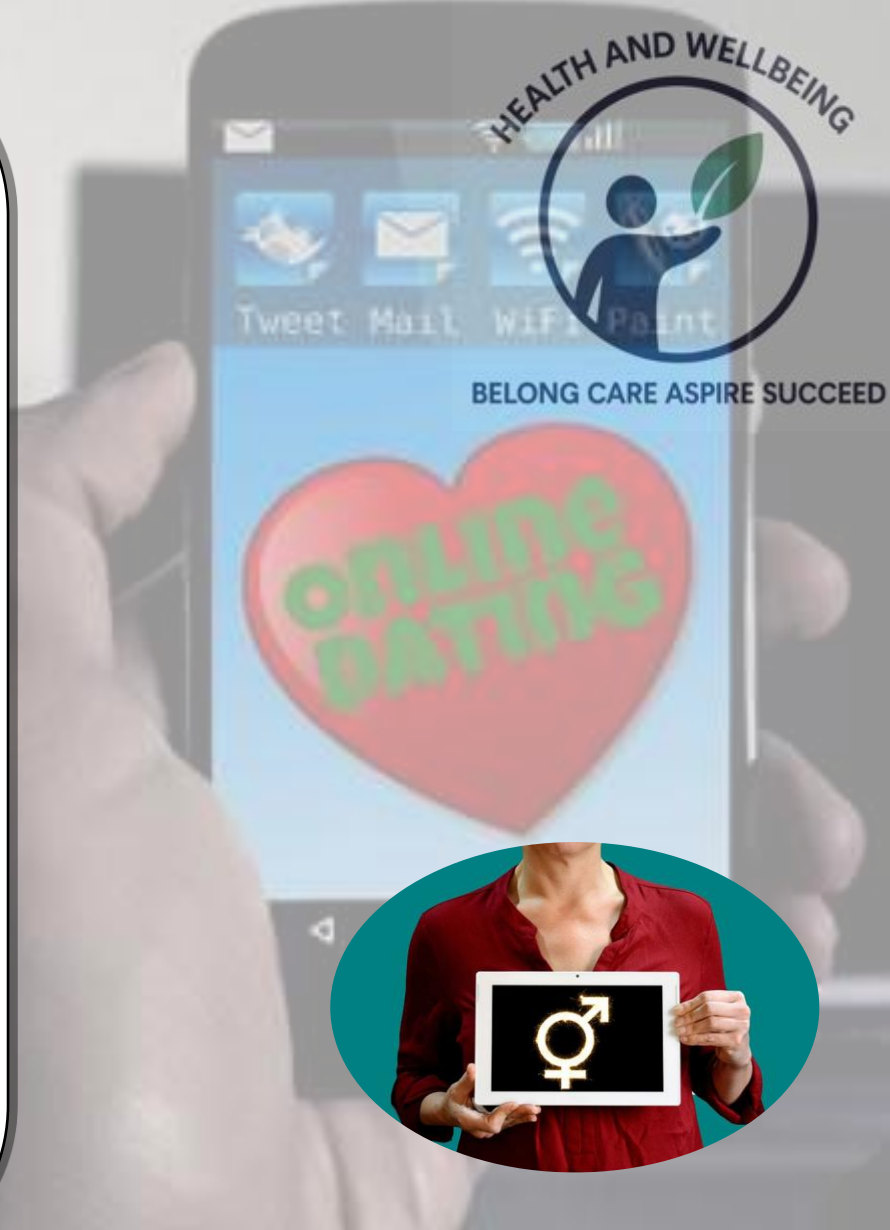
In UK law individuals are considered to be the sex that is registered on their birth certificate – either male or female. There is provision for transgender people to change the sex on their birth certificate, but there is currently no provision for those who do not identify as male or female (people who identify as non-binary). There is however a petition currently aimed at Parliament changing this, so that non-binary would be recognised as a legal option on a birth certificate – at 100,000 signatures, this would have to be debated in Parliament. This is a very controversial idea, as we know there are only two main biological sexes (and of course there are intersex people at around 1% of the population, but the vast majority of intersex people opt to live as male or female rather than non-binary). This is a societal issue which we can't currently predict with accuracy how it will play out, as the debate is unfortunately intrinsically linked to ideology and culture wars, when really we should all be prioritising the physical and mental health of our fellow human beings.

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It can be confusing learning all these new terms, and being a teenager is a confusing enough time as it is!

DISHING OUT ADVICE

Read the messages from those who have not received the information you have had. Then, using the info from today's lesson, answer their questions in your booklet, explaining as clearly as you can.



I have no idea what the difference is between sex and gender. What is it?
Aimy

I love wearing nail varnish, shopping and dancing. I'm happy being a boy, but could I be transgender?
David

What are transpeople? Olly

I know my chromosomes aren't typically male or female – but I can't remember the medical term for it.... Lana

My friend thinks she's trans – but she's not sure. How would she even know? Ali



I'm 18 and when I hear stories from trans people it resonates so much. I have felt mentally tortured for years being seen as a girl – I KNOW I'm not one. I would walk on hot coals to be a boy. Should I talk to someone about my feelings? Taz

I cross-dress. I've always done it – does that make me transgender? Rob

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>



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