

Do Now

Gender, gender roles and transgender in focus



BELONG CARE ASPIRE SUCCEED

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

Belong - Care - Aspire - Succeed

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





BELONG CARE ASPIRE SUCCEED

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



ANSWER BOX – BEHIND HERE

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.

Understanding Gender Identity in Modern Britain

What Do We Mean by Gender Identity?

For most people, their gender identity matches the sex they were registered as at birth. For some people, however, their sense of who they are does not align with their birth sex.

A person who identifies differently from their birth sex may describe themselves as transgender. Others may identify as non-binary, meaning they do not feel their identity fits entirely within the categories of male or female.

In recent years, awareness of gender identity has increased significantly. The 2021 Census was the first to ask a question about gender identity and found that around 262,000 people in England and Wales identified differently from their birth sex.

Why Are More People Identifying This Way?

There is no single explanation.

Some researchers suggest that increased awareness and social acceptance have made people feel more comfortable expressing feelings that may previously have remained private.

Others point to greater visibility of transgender people in the media, changing cultural attitudes and the influence of online communities.

What is clear is that society is still learning about this topic and research continues to develop.

Do you think greater visibility and acceptance encourage people to be more open about who they are? Why or why not?

Why Is This Topic Debated?

Different Perspectives

Gender identity has become one of the most discussed social issues of the last decade.

Many people argue that individuals should be free to live in a way that reflects their identity and that society should work to reduce discrimination and prejudice.

Others raise questions about issues such as:

1. healthcare and medical treatment
2. sport and competition
3. legal recognition
4. safeguarding and support for young people

These debates often involve genuine concerns from different groups and can sometimes become highly emotional.

Understanding Disagreement

In a democratic society, people will not always agree.

However, disagreement should never become discrimination.

It is possible to:

1. support equal treatment for everyone
2. listen to different viewpoints
3. ask questions respectfully
4. disagree without being disrespectful

Why do some social issues become more controversial than others?

Respect, Evidence and Critical Thinking



Thinking Critically

Social media often presents issues as if there are only two sides and one side must be completely right. In reality, most social issues are more complex.

Good critical thinkers:

1. check evidence carefully
2. consider different viewpoints
3. avoid making assumptions
4. recognise that people's experiences can be very different
5. are willing to change their views when presented with new information

What Does This Mean for Us?

Regardless of personal beliefs:

- ✓ Everyone deserves to be treated with dignity and respect.
- ✓ Bullying, harassment and discrimination are never acceptable.
- ✓ People should feel safe expressing their views appropriately.
- ✓ Difficult conversations are more productive when people listen as well as speak.

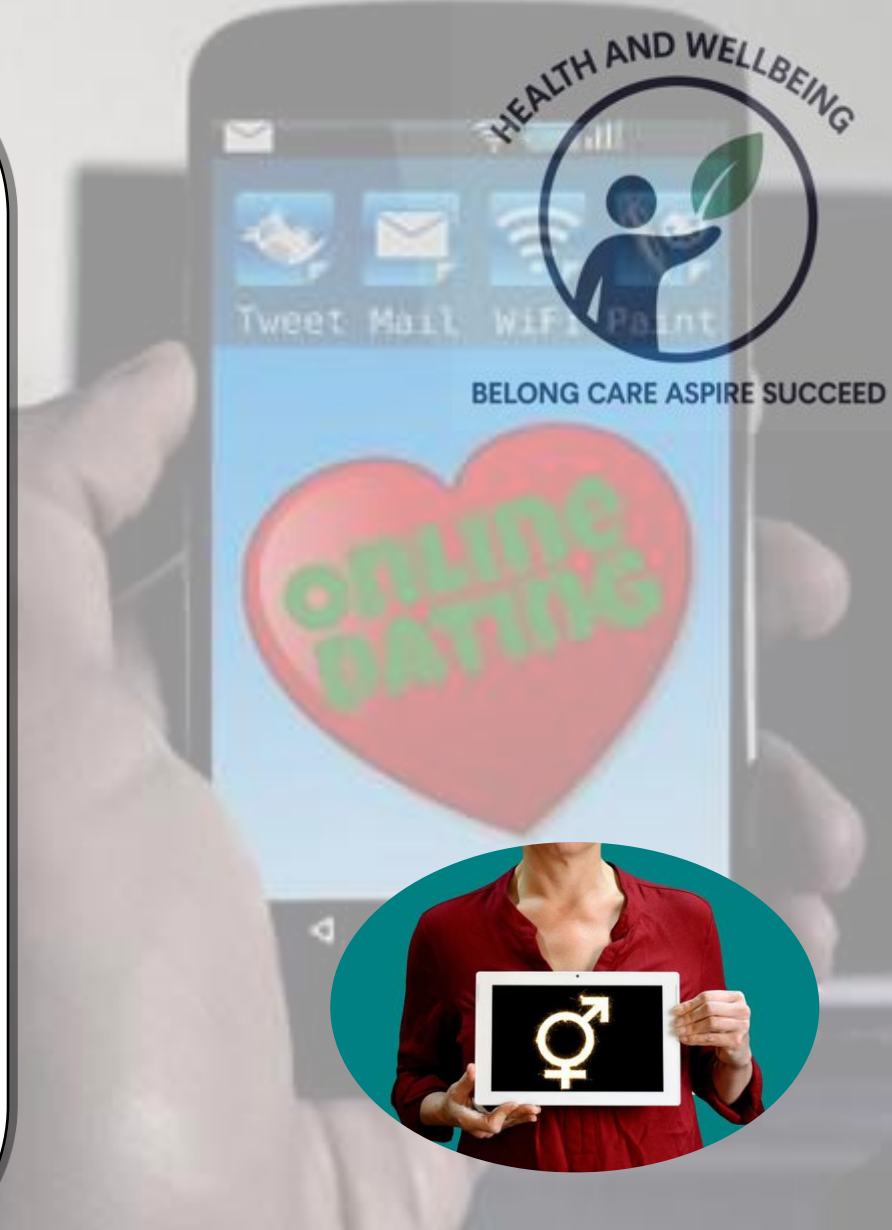
One of the most important skills you will need as an adult is the ability to discuss complex issues thoughtfully, respectfully and with an open mind.

How can we have honest conversations about difficult topics whilst ensuring that everyone feels respected and included?

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.



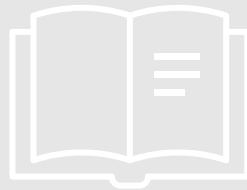
I have no idea what the difference is between sex and gender. What is it?
Aimy

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/>