

# TITLE – SEXUAL ORIENTATION VS GENDER IDENTITY (PAGE )

DATE:  
31/3/25



## In today's lesson we will:

- Outline the key differences between a person's gender identity and their sexual orientation.
- Learn the difference between sex and gender through learning about the Gender Recognition Act.
- To challenge prejudices and stereotypes that are out there today.



TODAY'S  
BIG  
QUESTION

Why is it important for everyone to be able to be themselves and not be discriminated against?

# DEFINITIONS TO CLARIFY FOR TODAY'S LESSON

WRITE THE KEY WORD IN WITH THE CORRECT DEFINITION ON PAGE 17



- ☐ **"Discrimination"** Discrimination is unfair treatment of one person or group of people. It is treating someone unfairly based on one of 9 protected (by law) characteristics – age, disability, **gender reassignment**, marriage and civil partnership, pregnancy and maternity, race, religion or belief, **sex**, and **sexual orientation**
- ☐ **"Sex"** is the term we use to refer to a person's sexual anatomy (his or her sexual body parts). So, if a doctor were to say that a girl is female in terms of her sex chromosomes, her sex organs, and hormonal make-up, the doctor is referring to the girl's sex (her body)
- ☐ **"Gender"** is the term we use to refer to how a person feels about themselves as a boy/man, as a girl/woman or non-binary (neither male nor female). Gender identity is the term for how a person self-identifies.
- ☐ **"Gender reassignment"** is one of the protected characteristics and covers those who are trans and reassigning their sex by changing physiological or other attributes of sex as well as a person moving away from the sex they were born as, which includes those who are non-binary or anywhere on the spectrum.
- ☐ **"Pronoun"** Pronouns are words we use in everyday language to refer to ourselves or others. They can be an important way to express your gender identity. 'I', 'me', 'she/her', 'he/him' and 'they/them' are some examples of pronouns. 'They' has been used as a singular pronoun since 1375! We use a singular 'they', 'them' or 'their' often. For example, if you find a jacket that was left behind in the office, you may ask: 'Did someone leave their jacket here?' 'They' is considered a gender-neutral pronoun, compared to pronouns like 'he/him' or 'she/her' which are generally perceived as gendered terms.
- ☐ **"Sexuality or Sexual orientation"** this term refers to those you are attracted to and who you feel drawn to romantically, emotionally and sexually. Gender identity is who you are, and sexual orientation is who you are attracted to. For example; your gender identity may be a female and you may be physically attracted to females, you may be non-binary and attracted to males.



DISCUSSION  
QUESTION #1 FOR  
TODAY

USE THE SPACE AT  
THE TOP OF PAGE 18  
TO WRITE DOWN  
YOUR IDEAS

Have you ever been in a situation  
where everyone else disagrees or  
questions your choice over  
something?

Taste in music, food, sports,  
clothing etc...

How did it make you feel?





# Time to talk

We discuss ideas, not individuals. No one has to share personal experiences. Respect and kindness come first.

## Pair yourself A&B

### Discuss the following:

How do you think it must feel for someone who has their gender identity questioned and challenged?

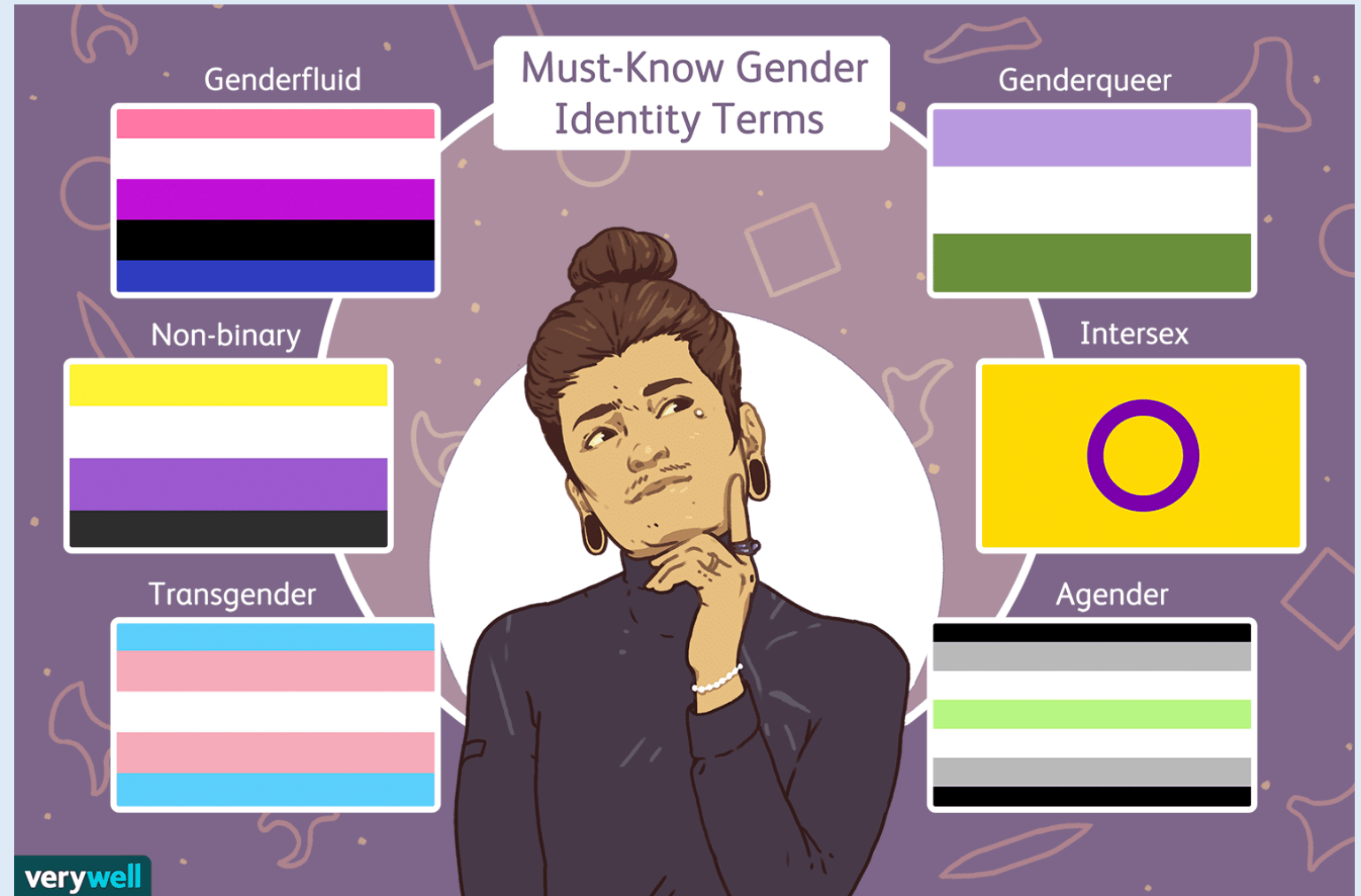
### Discussion prompts:

I think it might feel \_\_\_\_\_ if someone's gender identity was questioned.

- Someone might feel upset because \_\_\_\_\_.
- Being challenged about who you are could make a person feel \_\_\_\_\_.
- If people didn't accept my identity, I might feel \_\_\_\_\_.
- I imagine it would be hard because \_\_\_\_\_.
- Someone in this situation might feel worried about \_\_\_\_\_.
- It could affect someone's confidence by \_\_\_\_\_.
- Feeling accepted is important because \_\_\_\_\_.

# GENDER IDENTITY

Now we have looked at some key definitions and had a chance to empathise and put ourselves in the shoes of another. Let's educate and empower ourselves



## Gender-Queer =

Genderqueer means someone who doesn't follow binary gender norms.

**Cis gender** = you identify with the sex you were born as (a baby born with male anatomy identifying as a male)

**Gender Fluid** = Gender-fluid people are people whose gender changes over time. A gender-fluid person might identify as a woman one day and a man the next.

**GENDER IDENTITY KEY TERMS**  
MAKE NOTES OF WHAT THEY MEAN ON PAGE 18 OF YOUR BOOKLET

**Non-Binary** = a person whose gender falls outside the traditional male/ female binary

**Transgender** = An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

### Transgender man

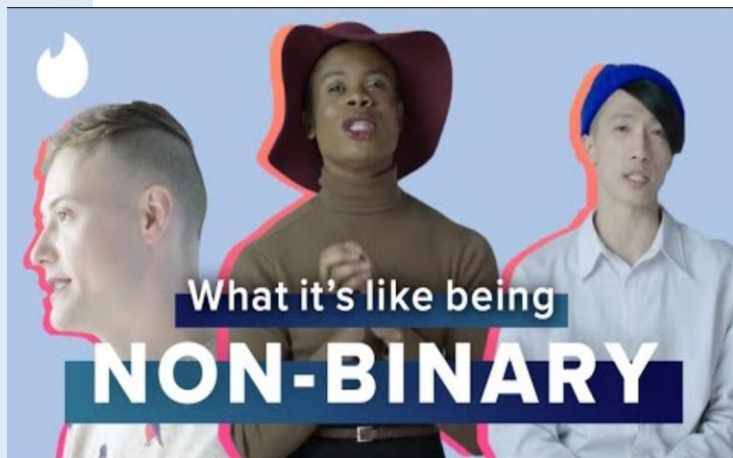
A term used to describe someone who is assigned female at birth but identifies and lives as a man. This may be shortened to trans man, or FTM, an abbreviation for female-to-male.

### Transgender woman

A term used to describe someone who is assigned male at birth but identifies and lives as a woman. This may be shortened to trans woman, or MTF, an abbreviation for male-to-female.

**Agender** = A person who does not identify with gender

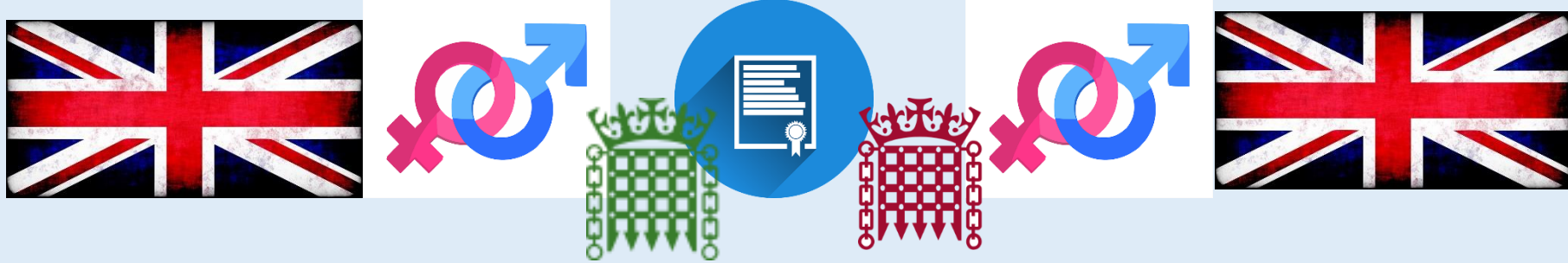
CLICK TO FIND OUT WHAT EACH TERM MEANS



[CLICK HERE TO WATCH VIDEO](#)



# WHAT IS THE GENDER RECOGNITION ACT? Page 19



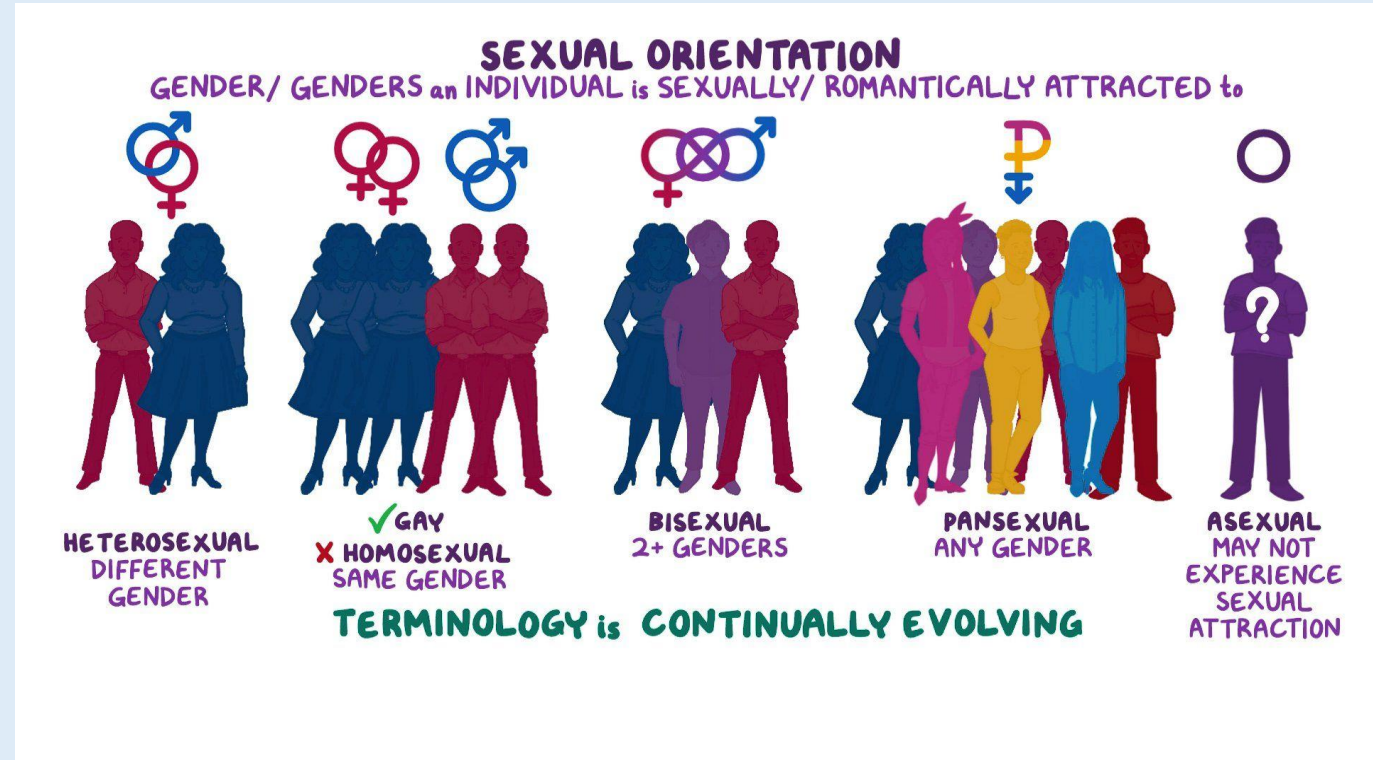
- ❑ As things stand, if you are legally recognised as male and wish to be legally regarded as female, the law for you is the 2004 Gender Recognition Act (GRA).
- ❑ It allows for the issuing of a gender recognition certificate subject to conditions: you need to live as another gender for at least two years, and have your transition confirmed by a doctor, who either diagnoses gender dysphoria (a medical condition) \*or\* affirms that you've had surgery to change your sexual characteristics.
- ❑ Some find this law unreasonable. They object to having what they see as a matter of personal identity 'medicalised': why should they need a doctor's approval to be recognised as the person they feel themselves to be?

## Task

What is the Gender Recognition Act?

What is the Process someone would have to follow to gain a Gender Recognition Certificate?

# SEXUAL ORIENTATION



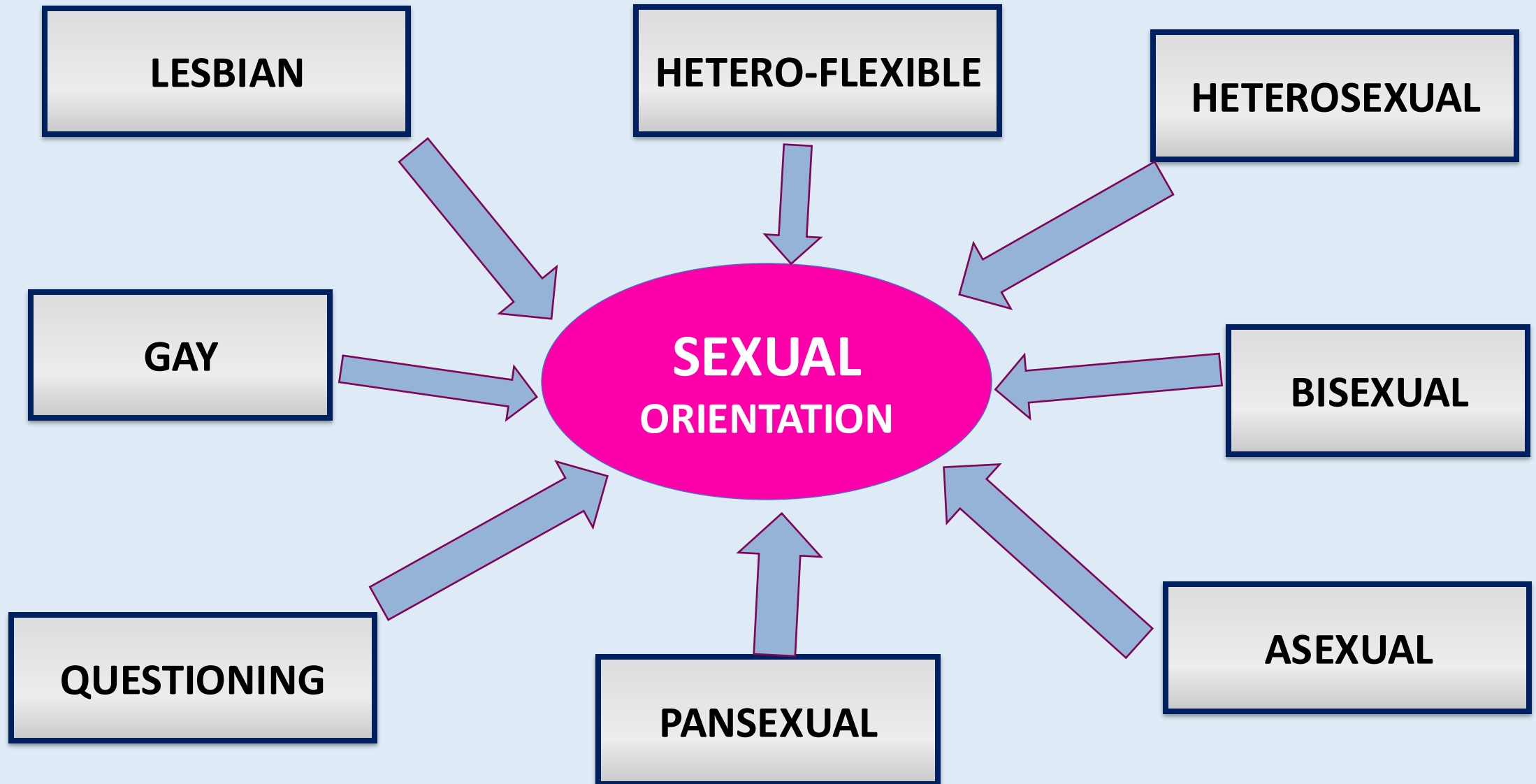
Now we have looked at how we can be more understanding of how we identify, let's look at how this is different to a person's sexual orientation.

**REMEMBER - "Sexuality or Sexual orientation"** this term refers to those you are attracted to and who you feel drawn to romantically, emotionally and sexually. Gender identity is who you are, and sexual orientation is who you are attracted to. For example; your gender identity may be a female and you may be physically attracted to females, you may be non-binary and attracted to males.



## WHAT DO WE MEAN BY SEXUAL ORIENTATION? - PAGE 19

[CLICK HERE TO FIND OUT ABOUT SOME OF THESE TERMS \(YOU CAN STOP AFTER 5 MIN 30\)](#)



Find out definitions on the next slide

# WHAT DO WE MEAN BY SEXUAL ORIENTATION?

**LESBIAN** – a female who is attracted to other females only

**HETERO-FLEXIBLE** – mostly heterosexual but finds the same sex attractive

**HETEROSEXUAL** – attracted to the opposite sex

**GAY** – a male who is attracted to other men

**BISEXUAL** – sexually attracted to both men and women

**QUESTIONING** – exploring and may be unsure of their sexual identity as of yet

**PANSEXUAL** – attracted to all genders

**ASEXUAL** - doesn't find any identity sexually attractive

**SEXUAL  
ORIENTATION**

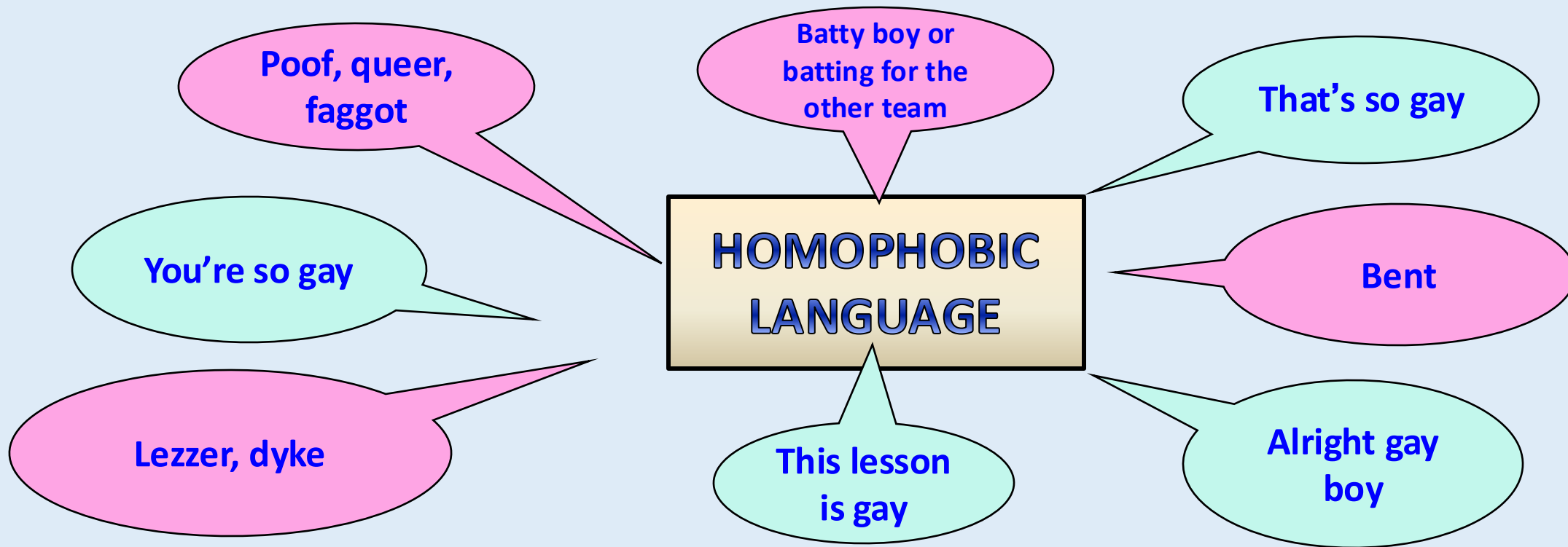
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graph TD; L[LESBIAN] --> SO((SEXUAL ORIENTATION)); HF[HETERO-FLEXIBLE] --> SO; H[HETEROSEXUAL] --> SO; G[GAY] --> SO; B[BISexual] --> SO; Q[QUESTIONING] --> SO; P[PANSEXUAL] --> SO; A[ASEXUAL] --> SO;
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The diagram features a central pink oval with the text 'SEXUAL ORIENTATION' in white. Surrounding this central oval are eight rectangular boxes, each containing a sexual orientation term and its definition. Light blue arrows point from each of these boxes towards the central oval, indicating that all these orientations are part of the broader concept of sexual orientation.

# WHAT IS HOMOPHOBIC LANGUAGE?

[CLICK HERE TO WATCH A VIDEO SHOWING THE IMPACT AND HOW WE CAN ALL STAND UP! \(STOP AFTER 6 MIN 15\)](#)

Homophobic language is derogatory language that is often aimed towards perceived lesbian, gay and bisexual people, or those thought to be LGBTQ+. In addition, homophobic language is also often used to refer to something or someone as inferior. Phrases such as 'you're such a lemon!' or 'those socks are super gay!', for example, may be used to insult someone or something, but without referring to actual or perceived sexual orientation.



The language above **is NOT acceptable** and cannot be dismissed as harmless "banter" **EVEN IF THIS IS NOT YOUR INTENTION!** Be very careful about the language that you use as it can be very hurtful and incredibly upsetting for others to hear you liken the term gay to something that is wrong or inferior

## REFLECTION POINT PAGE 20

**Your best friend of 10 years tells you one day that they don't feel right in their own body and want to be known by a different name. What would you say to them and how would you support them?**

# How would you help?



Complete your EXIT  
TICKET questions on  
page .....

These link to the key  
knowledge you need  
to know for this block  
of work