

# Relationships - Puberty

# Learning Intentions

This lesson I will:

- Begin to look at physical and emotional changes that happen during puberty
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- Understand that puberty happens at a different pace for each individual
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# Classroom Code of Conduct

- We are going to start to talk about things that might make some people embarrassed or even uncomfortable
- This is okay
- But in order to be able to do this we need to establish a code of conduct about how we should all behave and act
- In your groups decide on the 3 most crucial elements that will be needed to make these lessons run well.

# Learning About

LGBTQ+

# What is LGBTQ+ ?

- LGBTQ+ is a catch-all term, it is a community of people who do not identify as heterosexual (straight) and/or are **gender non-conforming** (they have a different gender identity to the one they were assigned at birth).
- It can be written in a number of different ways, such as **LGBT+** or **LGBTQIAP+**, but it always represents the same group of people: those who don't identify as straight or the gender they were assigned at birth.

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L = Lesbian

G = Gay

B = Bisexual

T = Transgender

Q = Queer/Questioning

# Key Terms

Heterosexual/Heteromantic/Straight

Someone who is attracted to the opposite sex.

For example: A boy who is attracted to girls or a girl who is attracted to boys.

Homosexual/Homoromantic/Gay/Lesbian

Someone who is attracted to the same sex.

For example: A boy who is attracted to boys or a girl who is attracted to girls.

Bisexual/Biromantic

Someone who is attracted to two genders.

For example: A boy who is attracted to both boys and girls or a girl who is attracted to both girls and boys.

# Key Terms

## Pansexual/Panromantic

Someone who is attracted to two or more genders. Some people who are pansexual don't have a gender preference, they are attracted to someone because of who they are not because of what they are.

## Asexual/Aromantic

Someone who is not sexually attracted to anyone of any gender.

## Queer

A catch-all term for someone who isn't straight, many people use this when they are not sure what their sexual or romantic orientation is.

## Questioning

Someone who is still trying to figure out their sexual or romantic orientations. It is completely okay to be confused. You don't have to have it all figured out.

# So What Does the T Mean?



When you're born you will be one of three things:

- Male
- Female
- Intersex

This is your biological sex and it determines which reproductive organs you have and which hormones are released.

Gender is different. Gender refers to how you see yourself, who you identify as. It's not just a boy or a girl, it's a whole spectrum.



# So What Does the T Mean?



..... If someone is **transgender**, their gender identity is the opposite of their biological sex.

A **transman** is a man who was born as a woman, but this doesn't make him any less of a man.

A **transwoman** is a woman who was born as a man, but this doesn't make her any less of a woman.

**Agender** people don't identify as either a boy or a girl.

**Bigender** people and **genderfluid** people can identify as a combination of genders.

**Remember, if you're not sure which gender someone identifies as, call them "they".**

# Coming Out

You shouldn't ever feel pressured into coming out, if you're not ready to tell people then that's okay. Just wait until you are ready.

Coming out is really difficult. **True or False?**

Everyone's situation is different, so it's really tricky to offer advice that applies to everyone. But, if you ever need any advice on coming out, visit the **LGBTYouthScotland** website, talk to your guidance teacher (if you're comfortable telling them) or ask one of the members of the **Gender Sexuality Alliance** for advice, they are more than happy to help.

# How to Respond?

**Imagine your best friend has just come out to you as bisexual.**

Should this change the way you see them?

Should you assume that they have a crush on you because they like people of the same gender as you?

Should you let them know you're there to help if they need any support?

Should you tell all of your friends?

Should you let them know that nothing has changed between you two?

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# The Myths: True or False?

- Lesbian, gay and bisexual people can be identified by how they dress. **False**
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- There is no definable gay “lifestyle.” **True**
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- Your sexual orientation and your romantic orientation have to match. **False**
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- Asexuals aren’t real, they’re just people who haven’t found “the one” yet. **False**
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- Gender identity and sexual orientation aren’t linked. **True**
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- You can’t be lesbian, gay or bisexual and be transgender. **False**

Any  
Questions?  
s?