

Sexual Orientation

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand the many
different key terms and
concepts that are used

To explore and challenge
LGBTQ+ prejudices and
stereotypes

To understand the
damaging impact
homophobic language has
on people

NEW VOCABULARY

Asexual, Pansexual, Bisexual,
Queer, Heterosexual,
Homosexual, Demisexual,
Homophobic



STARTER ACTIVITY

What could be worrying these pupils?
Who could you speak to in school if you were feeling like this?
Why is it good to talk to someone about
something that is worrying you?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

There are **no stupid questions**
It's OK to get things wrong

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Sexual Orientation

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER

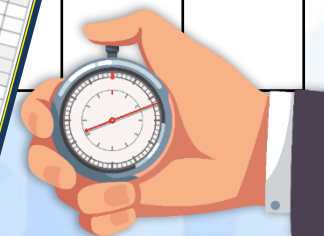


BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand and can describe the range of sexual orientations which exist										
I know the difference between sex, sexuality, and gender										
I understand what homophobic language is, why it is harmful, and what I can do to help stop it										



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

HANDOUT



What does LGBTQ+ mean?



Identify what each letter/symbol stands for and then explain what it means

L

G

B

T

Q

+

Other names for this population include GSM (Gender and Sexuality Minorities), GSD (Gender and Sexuality Diverse), and the extended acronym LGBTQ+IAP2S, which stands for Lesbian, Gay, Bisexual, Trans, Queer, Questioning, Intersex, Asexual, Pansexual, and Two-Spirit.

Draw the international symbol for the LGBTQ+ community and colour it in. What other terms linked to this topic would you like to know more about?

Task

Read through the handout and complete all the activities

TASK OR CHALLENGE

Challenge Questions

Why is identity important?

What does the saying 'Never judge a book by its cover' actually mean?

What is homophobia?

LGBTQ+ Community

- LGBTQ+ is an acronym, and a term used to refer to individuals who identify as members of the diverse and varied sexual orientations and gender identities which exist beyond heterosexual and cisgender identities.
- The LGBTQ+ community is incredibly diverse and intersectional, and it's important to respect the unique experiences and identities of each individual.

Did you know?

The acronym LGBTQ+ is also often shortened to LGBT+, or lengthened to LGBTIQA+ which stands for lesbian, gay, bisexual, transgender, intersex, queer/questioning, asexual and '+' meaning many other terms (such as non-binary and pansexual).

All of these are correct and encompass the whole community.



Task

Have you ever heard any of the acronyms for this community before?
If so, where did you hear it?
Why is it important to respect this community?

WHERE ARE WE AT?

Heterosexual

Homosexual

What is
Sexual
Orientation?
LGBTQ+

PLAY VIDEO

2 Minutes

**SEXUAL
ORIENTATION**

Bisexual

Queer

Pansexual

Demisexual

Asexual

Many people in the LGBTQ+ community face judgment and intolerance because of their identity. It is important to realise that individuals and groups may have different experiences and issues.

LESBIAN

GAY

BISEXUAL

TRANSGENDER

QUEER

**TASK
OR
CHALLENGE**

Task

What kind of things will impact this group of people as they go about their daily lives? *Think about stereotyping, prejudices, discrimination, or even difficult situations*

Challenge

Same as the task but also explain how they could overcome these things, or what is needed to help them overcome it.

Identity generally refers to the characteristics, qualities, or traits that define an individual or group of individuals and distinguish them from others. It encompasses a sense of self-awareness, self-perception, and self-identification, as well as social and cultural affiliations, beliefs, values, and attitudes.

SORTING ACTIVITY

Match the key word with it's correct meaning

Asexual

A person who is sexually attracted to people of both the same and opposite genders.

A

Bisexual

A person who is attracted to people regardless of their gender identity or biological sex.

B

Pansexual

A person who is sexually attracted to people of the opposite gender.

C

Queer

A person who does not experience sexual attraction to any gender.

D

Heterosexual

A person who is sexually attracted to people of the same gender.

E

Homosexual

A term used to describe sexual orientations that do not fit into traditional categories, or that are outside of societal norms.

F

Did you know?

It's important to remember that sexual orientation is a complex and fluid aspect of human sexuality, and not everyone will fit neatly into these categories.

What is the difference between sex, sexuality, and gender?



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).

SEXUALITY

Refers to a person's sexual orientation or preference. This can include attraction to people of the opposite sex, the same sex, or both sexes. It can also refer to a person's sexual behaviours or practices.

GENDER

The term we use to refer to how a person feels about himself as a boy/man, or herself as a girl/woman. Gender identity is the term for how a person self-identifies in terms of being a boy/man or girl/woman. When you say "I'm a man", you are stating your gender identity.

Sometimes your gender and sex don't match up, but often they do! People often confuse your gender with your sexuality, and these are also two completely different things.

Task

Why do people get sex, gender, and sexual orientation mixed up?

Do you believe that young people are born with a specific set of traits that apply to their gender, or do they learn them through parenting and society? (Nature Vs Nurture)

WHAT IS HOMOPHOBIC LANGUAGE?

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 often used to refer to something or someone as inferior. Phrases such as 'those socks are super gay!', for example, may be used to insult someone or something, but without referring to actual or perceived sexual orientation.

Ryan's story -
the impact of
homophobic,
biphobic and
transphobic
bullying

PLAY VIDEO

4 Minutes



Stand Up! -
Don't Stand
for
Homophobic
Bullying

PLAY VIDEO

4 Minutes

Homophobic language 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.

**IMPORTANT
INFORMATION**

How might people feel when they have to hide their identity from others?

A



B



C



D



E



F



Task

Describe how each picture could relate to a feeling of someone who is afraid to tell their family and friends that they are gay.

EXTENSION

Which picture best represents a positive feeling?

Which pictures represent negative feelings?

Why do people feel they have to hide their identity/ 'Stay in the closet'?

What can be done to make young people feel more confident about their LGBTQ+ identity?

What can you do to help?

Educate yourself: Learn about the LGBTQ+ community and the challenges they face, including bullying. This can help you better understand the issues, and be more effective in addressing them.

Speak up: If you witness homophobic bullying, speak up and let the bully know their behaviour is not acceptable. Use clear, firm language, and try to remain calm.

Support the victim: Let the victim know that they are not alone, and that you are there for them. Be a listening ear and offer any support you can.

Report the bullying: If you witness bullying, report it to a teacher, counsellor, or other trusted adult. They can take the appropriate action to address the situation.



Organize: Consider forming a student group or organization dedicated to promoting acceptance and diversity in your school. This can help raise awareness and create a supportive community.

Be a role model: Lead by example, and demonstrate kindness and acceptance towards all people. This can inspire others to do the same.

Task

Why is it important to stand up against homophobic bullying?

What could happen if nothing is done when homophobic bullying occurs?

HOW?						
WHAT?						
WHERE?						
WHO?						
WHY?						
<div> <div>PAIR & SHARE</div> <div>THOUGHTS & FEELINGS</div> </div>		<div>SECOND</div> <div> <div>DID?</div> <div>MIGHT?</div> <div>COULD?</div> <div>CAN? / WILL?</div> <div>IS? DOES?</div> </div>				



Using the grid above to help you, come up with three questions about the image

2 Minutes



What Do You Think?



"Religious beliefs should not be used as an excuse to discriminate against LGBTQ+ individuals."

Talking Points



I think that ...
I don't think... is right because...
My opinion is...
I would argue the same because...
I disagree with... because...
Building on what... said. I think...
An alternate way of looking at this is...
I sort of agree, however....
I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



What Do You Think?



"Children raised by same-sex couples are just as well-adjusted and happy as children raised by heterosexual couples."

Talking Points



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What Do You Think?



"It is very offensive to the LGBT community to describe something as gay when you mean rubbish"

Talking Points



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I don't think... is right because...

My opinion is...

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REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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3 Minutes

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HOMEWORK SUGGESTION

Homework Explained

Write a short paragraph about what you can do to be an ally to LGBTQ+ individuals in your school and community, and another identifying at least two ways in which schools can support and create a safe space for students identifying as LGBTQ+.

DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.theproudtrust.org/> This is a youth charity that supports LGBT+ young people in the UK
- ☐ <https://anti-bullyingalliance.org.uk/> This is a coalition of organizations and individuals who work together to combat bullying in all its forms, including homophobic bullying.
- ☐ <https://www.childline.org.uk> Support and Advice for young people
- ☐ <https://www.gov.uk/report-hate-crime>

RELATIONSHIPS
& SEX EDUCATION

SEEKING
SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

