

Getting AIR Series

ACCEPTANCE. INCLUSION. RESPECT.

Exploring Trans And Gender Non-Binary Identities

A factsheet for parents

About

ISDN in partnership with Columbia's Program for the Study of LGBT Health presents the Getting AIR Series (Acceptance, Inclusion, and Respect) - Exploring Transgender and Gender Non-Binary Identities for Grades 10, 11, and 12.

The purpose of Getting AIR is to develop opportunities for students to learn more about diversity in gender identity and expression, connect with peers, and receive social support. To achieve this goal, we bring together students from participating schools using an online platform.

Getting AIR consists of facilitated online group discussions via Zoom teleconferencing and a collection of short videos with first-person accounts of transgender and non-binary youth and adults.

Pre-registered students from multiple, participating schools will come together in live, facilitated online discussion groups. Each session will last one hour, and each discussion group will meet 3 times during school year 2018-19. Online discussion groups will be co-facilitated by faculty from ISDN and Columbia's Program for the Study of LGBT Health.

Keywords

The words to describe gender identity and expression change over time and vary in their meaning. Below, we provide current definitions of common terms. However, we want to emphasize the importance of listening to people's unique experience of gender and respect their preferred names and pronouns.

Gender identity

The internal sense of being male, female, or an alternative gender.

Gender expression

Appearance, behaviors, and personality features considered masculine or feminine in a given culture.

Sex

Sex is assigned at birth as either male or female, typically based on the appearance of the external genitalia. Gender identity, on the other hand, is self-defined based on one's internal sense of self.

Transgender

A word used to describe a person whose gender identity differs from the sex they were assigned at birth.



Genderqueer (or gender non-conforming)

A term used to describe someone whose gender identity and/or gender presentation varies from the norm. Sometimes, the word genderqueer is used to defy normative gender categories. The word "queer" is a re-appropriation of a traditionally pejorative term.

Non-binary

A term used to describe a person whose gender identity and/or gender expression is neither male nor female, man or woman, masculine or feminine, but rather a mixture of both, ambiguous, or different altogether.

Genderfluid

A term to describe a person whose gender identity and/or expression fluctuates depending on the time or situation. Their identities are not static, but rather more fluid.

Questioning

A word to describe a person who is questioning or exploring their gender.

Transitioning or gender affirmation

Some children and adolescents, in consultation with their parents and specialists, may change their gender role and expression to become more congruent with their gender identity. Sometimes people use the word "transitioning" to describe this process, while others think of it as simply expressing or affirming their gender identity. For some, transitioning or gender affirmation includes such medical interventions as hormone therapy or surgery.

Sexual orientation

Sexual orientation refers to a person's attractions to others, which may be boys or men, girls or women, transgender or gender non-conforming persons, or any combination of the above. Attraction is not only about sex. It can be sexual, romantic, physical, emotional, and spiritual. Transgender, genderqueer, and non-binary youth may identify in terms of their sexual orientation as gay, lesbian, bisexual, or straight. Some people use broader terms to describe their sexual orientation, such as queer or pansexual.

For more information visit:

www.lgbthealthprogram.com



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