



Our Whole Lives

LIFESPAN SEXUALITY EDUCATION

**Under Your Wing:
Our Whole Lives Sexuality Education Video Series
for Parents and Caregivers of Young People Ages 9-12**

Gender

Key Messages for Parents and Caregivers:

- People learn about gender roles, identity, and expression from family, peers, religious traditions, culture, media, school, sexuality education programs, and society at large.
- Children are exposed to many stereotypes about gender and need opportunities to explore those ideas with trusted adults so they can be aware of how stereotypes may influence our thoughts.
- Our society holds many misunderstandings and fear about people who do not fit neatly into perceived gender norms.
- You can help children embrace diverse gender experiences with respect.
- You can focus on listening to children's thoughts and opinions and correcting any misinformation.
- When a child is transgender, nonbinary, genderqueer, or questioning their gender identity, having a community of supportive, understanding, nonjudgmental people is very helpful.
- Avoid insisting that your child look, behave, or identify according to a set way of expressing gender.

Specific Resources on Gender for Parents and Caregivers:

- Nonbinary Wiki
nonbinary.org
- Unitarian Universalist Association – Sexual Orientation and Gender Identity 101
uua.org/lgbtq/identity
- Gender Diversity
genderdiversity.org
- Gender Spectrum
genderspectrum.org
- Planned Parenthood –What’s Intersex?
<https://www.plannedparenthood.org/learn/gender-identity/sex-gender-identity/whats-intersex>
- InterAction for Health and Human Rights – Intersex for parents
<https://interaction.org.au/parents/>
- interAct Advocates for Intersex Youth – Frequently Asked Questions
<https://interactadvocates.org/faq/>
- Amaze – Gender Identity: Gender Roles and Stereotypes
<https://amaze.org/video/gender-identity-gender-roles-stereotypes/#parents>
- Amaze – Range of Gender Identities
<https://amaze.org/video/gender-identity-range-gender-identities/#parents>
- United Church of Christ – Love is Louder
<https://www.ucc.org/loveislouder/>

*For more general resources for parents/caregivers on sexuality, see the Resource List on the Under Your Wing Introduction page.