

Framework for Gender Inclusive Schools

When someone with the authority of a teacher describes the world and you're not in it, there is a moment of psychic disequilibrium, as if you looked into a mirror and saw nothing

--Adrienne Rich

Gender inclusive schools...

- Recognize that gender impacts all students
- Interrupt binary notions of gender
- Normalize gender diversity
- Question limited portrayals of gender
- Support students' self-reflection
- Teach empathy and respect

Entry Points

When focusing on the intentional development of gender inclusive school settings, it is helpful to think in terms of four discrete entry points: **Personal**, **Structural**, **Interpersonal**, and **Instructional**. Depending on the context, any one of these may prove the best starting point for this work.

Personal entry points focus on educators' own understandings of gender. It involves reflection about how each person's experiences and beliefs about gender impact the work they do with students. Using tools such as *My Gender Journey*, this entry point is really a foundation of learning upon which teachers build their gender inclusive practices, in the process applying a lens of gender awareness to all they do in their classrooms.

Structural entry points are institutional steps that create a foundation for gender inclusive practices to take hold. Structural entry points demonstrate to your community that the institution recognizes and honors gender diversity and actively works to reflect a more complex understanding about gender. Such approaches include:

- Policies/administrative regulations emphasizing gender as an area of diversity protected and supported by the school
- Systematic staff training that builds the capacity of teachers and other staff to honor the gender diversity of all students
- Student information systems allowing families to specify a child's gender marker, preferred name and pronouns
- Identified staff members functioning as leads around gender diversity work or issues
- Gender neutral restroom/facilities that provide options for privacy without stigmatizing any students
- Readily available written materials and information about gender diversity
- Signage/imagery celebrating gender diversity
- Procedures/forms that demonstrate a non-binary understanding of gender

Interpersonal entry points are the various ways in which individual interactions and communications are utilized to reinforce the school's commitment to gender inclusion. Supported by many of the structural components, these relational aspects nonetheless require intentional behaviors in the day-to-day interrelationships of a campus. They literally voice a school's commitment to honoring the gender diversity of all students. Frequently language-based, teachers operating from this entry point:

Use language that challenges binary notions of gender

- *There are lots of ways to be a boy or a girl or even something else; isn't that great?*
- *Toys are toys, hair is hair, colors are colors, and clothes are clothes*
- *Is there only one way to be a boy or girl? Can boys and girls like the same things?*
- Rather than "boys and girls," "ladies and gentlemen," etc., refer to pupils as "students," "children," or another non-gendered term for the group.

Help students understand the difference between patterns and rules

- *Who says only girls wear dresses? Do all-girls wear them? Do all boys wear dresses? Do some?*
- *What patterns have you observed about expectations for you about gender from peers? The media?*
- *Sure, boys might do certain activities more than girls or vice versa. But that doesn't mean all boys do those things or are supposed to wear that girls don't or shouldn't do that!*

Question limited portrayals of gender

- *Who decided what things are for boys and what things are for girls?*
- *Sometimes this stuff is confusing. We get messages that some things are for boys and some things are for girls. But these messages are just some people's ideas. They may not be right for you.*

Recognize that gender is more about our identity than anything else

- *No one gets to tell another person how to feel on the inside.*
- *How someone feels about their gender comes from their hearts and their minds (and not their pants!)*
- *Some bodies are thought of as "boy" and some thought of as "girl" but that's not true for everyone.*

Support processes of reflection

- *Who we are or who others think we are on the outside is not always who we are on the inside; think of all the wonderful things about yourself that no one else knows about by just looking at you!*
- *Being a boy or a girl or something else is not about what you like or what you wear or your body. It is something that each of us figures out for ourselves based on how we feel inside*

Teach empathy and respect

- *How do you think you would feel if people were always asking you about your own gender?*
- *No one likes to be pointed out by others. Does it feel good if you think others are talking about you?*
- *Have you ever been teased? How does it feel when you are teased or treated as an outsider?*

Normalize gender diversity

- *Ideas about gender are changing all of the time.*
- *History is full of examples of gender diversity! There have been gender diverse people in every culture and religion, from all over the world and throughout time.*

Instructional entry points are specific ways in which teaching and learning are used to instill greater awareness and understanding about gender. Whether standing alone or integrated into other aspects of instruction, these approaches are the most direct way to impact students. In some ways, instructional approaches are the most easily accomplished. Teachers in their classrooms can have a great deal of autonomy for what takes place there. Yet at the same time, in an era of increasingly scripted curricula or environments in which controversial subjects are highly scrutinized and regulated, instructional methods for creating gender inclusion can have the highest stakes for teachers or other educators. Instructional approaches include:

- Designing lesson plans to expand understandings of gender diversity
- Exploring curriculum areas or units for inserting gender diversity issues or topics
- Using literature that has themes raising gender diversity issues
- Utilizing the arts to explore gender
- Using the social-emotional curriculum to surface gender related themes
- Examining the media and popular culture for gender related messages
- Assigning open ended projects that include gender related topics, readings, or news
- Arranging for transgender or other gender expansive people to present in classrooms
- Analyzing data about various trends related to evolving understandings of gender
- Inviting guest speakers who work for greater gender equity in education, law or other fields
- Using video or other media that present specific ideas about gender
- Creating space for students to articulate their own understanding and beliefs about gender
- Integrating gender into curriculum areas through story problems, writing prompts, readings, art assignments, research projects and more

Responding to Concerns: Teaching about Gender

Why should my child learn about gender at school?

- School is a place where children are taught to respect one another and to learn to work together regardless of their differences. Learning about gender diversity is part of that work. Creating a more tolerant, inclusive, and accepting school environment teaches all children to recognize and resist stereotypes. We teach children to stand up for others, to resist bullying, and to work together.
- We also know that many children whose gender is seen as different than what is expected of them can face very difficult circumstances. Too often teasing, bullying, and violence are common experiences for a gender-expansive child. A growing number of school districts and states (17 as of 2014) specifically prohibit bullying and harassment of students based on gender expression or identity. Furthermore, various federal, state and municipal laws protect students from discrimination because of their gender. Proactive education and training to help students understand gender diversity more fully helps school districts meet those legal obligations while working to create a safer, more supportive learning environment for all students.

Isn't my child too young to be learning about gender?

- Children are already learning about it. Messages about gender are everywhere, and children receive very clear messages about the “rules” for boys and girls, as well as the consequences for violating them. By learning about the diversity of gender, children have an opportunity to explore a greater range of interests, ideas, and activities. For all children, the pressure of “doing gender correctly,” is greatly reduced, creating more space for them to discover new talents and interests.
- Whether in or out of school, children will encounter other children exhibiting wide ranges of gender expression. This is normal and, with a little reflection, we can all recognize it as something we encountered during our own childhoods. Tomboys or shy, sensitive boys are commonly recognized examples of children who buck societal expectations of gender expression. These children, and all children, deserve a safe, supportive learning environment in which they can thrive and empower themselves.

If you are talking about gender, aren't you discussing reproduction and sexuality?

- The simple answer is “no.” When we discuss gender, we talk about what people like to wear, the activities they engage in, and how they feel about themselves. This is not sexuality. Sexuality involves physical intimacy and attraction. Gender is about self-identity. Gender identity is a person’s internal sense of where they fit on the gender spectrum. This includes all kids, “typically” gendered or not.
- If responding to questions that arise about physical sex, the discussion uses phrases such as “private parts,” and even if anatomical terms come up, nothing specific to human reproduction or sexuality is taught. For the most part, children are simply not raising these questions. While as adults, we struggle to separate the ideas of gender and sexuality (primarily because many were taught that they are one and the same), children have an ability to grasp the complexity of gender diversity because sexuality does not factor in to complicate their understanding.

Ideas about gender diversity go against the values we are instilling in my child at home. Are you trying to teach my child to reject these values?

- Absolutely not. Our children encounter people with different beliefs when they join any community. While one aim for learning about diversity is to become more accepting of those around us, not everyone is going to be best friends. That does not mean that they can't get along and learn together. The purpose of learning about gender diversity is to demonstrate that children are unique and that there is no single way to be a boy or a girl. If a child does not agree with or understand another student's gender identity or expression, they do not have to change how they feel inside about it. However, they also do not get to make fun of, harass, or harm other students whose gender identity they don't understand or support. Gender diversity education is about teaching students to live and work with others. It comes down to the simple agreement that all children must be treated with kindness and respect.

Won't my child get confused if we speak about more than two gender options?

- Experience show that, with enough information, children of any age are able to understand that there are more than the two gender categories currently recognized by our society. When it is explained to them in a simple, age appropriate manner, gender diversity is an easy concept for children to grasp.
- When you discuss gender with your child, you may hear them exploring where they fit on the gender spectrum and why. This shows that they understand that everyone may have some variation of gender expression that fits outside of stereotypical norms. Their use of language or their personal placements along this spectrum may surprise you. We encourage all parents to approach these discussions with an air of openness and inquiry.

Don't gender-expansive kids have lots of problems? Is gender nonconformity a product of abuse, emotional problems, neglect, divorce, or detached, or over-involved parents?

- No. While it is true that some transgender and gender-expansive people do experience a tremendous amount of societal abuse and parental rejection, this is not the cause of their gender identity or expression. As a result, when not supported, children whose gender expression or identity is considered atypical often suffer from loneliness, lower self-esteem, and other negative feelings. Statistics reveal the devastating impact these youth face when placed into a non-supportive or hostile setting.
- A gender-expansive child's emotional distress is a response to the mistreatment they have likely faced from those around them. It is not at all uncommon to see a gender-expansive or transgender child's distress greatly reduce or disappear when they're provided with a more positive environment.

Won't allowing children to express non-traditional genders cause them to be teased or harassed?

- While there is a great deal of data suggesting that gender-expansive youth do face teasing, there is a growing body of knowledge that points to the impact gender-expansive education can have on reducing that treatment. If children are being treated badly because of who they are, the answer is not to try and prevent them from being themselves. Rather, we should instead ask what needs to be done to address the teasing. Providing educational programming and training that expands students' understanding about stereotypes and limitations of self-expression can go a long way to preventing teasing.

Won't discussing gender encourage my child to be transgender?

- Being transgender is not something that a person chooses. Studies show that although parents cannot make their child gay or transgender, they can deeply influence how their children feel about themselves. Parental pressure to enforce gender conformity can damage a child's self-esteem and is a high predictor of negative health outcomes and risk-taking behaviors for youth. Transgender youth currently have an extremely high attempted suicide rate: some estimate it being as high as 50 percent. Discussing gender will have the effect of removing much of the pressure students face to fit into narrowly defined expectations that few if any can actually meet.

If transgender people are so "normal", why are some families so private about it?

- A family with a transgender child will decide together how much they wish to share with others. Many transgender children prefer to live their lives as the gender that reflects their internal gender identity without using the word "transgender." For example, the child would identify themselves as a girl or boy as opposed to a transgender girl or boy.
- Some children and families are open and share this with everyone in their lives. Others choose to maintain a sense of complete privacy, while still others find a blend of these two approaches. In most families, this decision will be determined jointly by the child and guardian(s), often in collaboration with a medical, mental health, or other professionals experienced in this area.
- If a family honors their child's wish for privacy, this can have the appearance of secrecy. In reality, it may be an effort to avoid potential stigmatization or to simply keep a very personal topic private.

How can I correct or modify the impression I have already given my child about gender?

- It is powerful to let children know when we don't know the answer to something, and to let them know that adults as well as children are always learning. Having conversations with your children that reflect your growing understanding is wonderful. It does not undermine your parenting. If you were to discover that you had unknowingly taught your child another form of misinformation about other people, you would correct the impression you had mistakenly given them. With gender it is no different. Gender diversity is something that both society and science are constantly exploring and understanding more deeply.

I don't really feel like I know how to answer my child's questions.

- Once again, explain that you are learning about this too. It is important, however, to monitor and understand your own feelings before you initiate this kind of conversation. Children can pick up on your feelings towards a subject. So, if you are still feeling uncomfortable about the concept of gender diversity, then consider taking additional time to increase your understanding. Read, talk to others, and further educate yourself. When you have a greater understanding and increased awareness, then you will likely feel more confident to talk with your children.
- Answer children's questions simply, and let them take the lead in how deep the conversation goes. Most children are satisfied with this approach. They will guide the conversation from there and rarely ask the complex questions that occur to adults. You may be surprised at how simply children navigate this terrain. Some parents have found responses such as, "Hmmm, I am just learning about that myself. Let me tell you what I know, and then if you would like to learn more, maybe we could do that together," to be helpful in opening up pathways for further discussion.

Using Gender Inclusive Language with Students

- There are lots of ways to be boys or girls or something else. Isn't it great?!?!
- There are lots of different types of clothes. Kids get to wear what feels comfortable to them and makes them feel good.
- Toys are toys, hair is hair, colors are colors, and clothes are clothes
- Who decided that some things are for boys and some things are for girls?
- Is there only one way to be a boy or girl? Can boys and girls like the same things? Do all boys like the same things? Do all girls like the same things?
- No one gets to tell another person how to feel on the inside. You know yourself better than anyone else does.
- Sometimes this stuff is confusing. We get messages that some things are for boys and some things are for girls. But these messages are just some people's ideas. They may not be right for you. Each of us gets to decide what we like and don't like. We just can't be unkind to others about the things they like.
- Kids can do or be or like or want anything because they are individuals with hopes and likes and dreams. This is not **because** of their gender. It is because they are people.
- Gender is a lot more than our bodies. It is about how we show other people things about our gender (maybe our clothes, or our hair, or the toys we like) and how we feel on the inside.
- Who you are is not about what others tell you, but something you determine for yourself (even when you get messages that say otherwise).
- Certain types of bodies are thought of as boy and certain types as girl, but that's not true for everyone.
- Who we are (or who others think we are) on the outside is not always who we are on the inside; think of all the wonderful things about yourself that no one else knows about by just looking at you!!
- Someone's feelings about their gender come from their hearts and their minds.
- Being a boy or a girl or something else is not about what you like, or what you wear, or your body. It is something that each of us figures out for ourselves.
- Gender expression is about the things we like or make us comfortable. There may be some patterns we notice, but these are not rules. More girls might wear dresses than boys, but does that mean all girls wear dresses? Or that boys can't wear dresses?
- Each one of us has a gender. Kids can be boys, girls, both, or neither.
- History is full of examples of gender diversity!
- There have been gender diverse people in every culture, every religion, all over the world and throughout time.
- You should be careful about thinking you know someone's gender just by looking at them. And even if you do know a person's gender, don't assume you know the things they like to do or wear, or play with.
- Have you ever been teased? How does it feel when you are teased or treated as an outsider?
- No one likes to be pointed out by other kids. Does it feel good when you think someone is talking about you?
- How do you think you would feel if people were always asking you about your own gender?