

## Class 2: Gender Identity

### Sex & Gender

- Sex: assigned male and female based on physical characteristics
- Gender: The internal sense that people have of who they are that come from the interaction of biological traits, developmental influences, and environmental conditions
  - What makes a boy a boy? What makes a girl a girl?
  - most children can easily label themselves either as a boy or a girl by age 3
  - they will continue to explore their gender identity through middle & late childhood, which will inform their sexual identity development in the teenage years.

### Societal Understanding of Gender Identity is Changing

- Gender is a social contract - it defines how each gender should dress, what each gender should do, and how each gender ought to behave.
- The damaging effect:
  - limits how each gender can express themselves
  - limits professional aspiration & contribution to the world
  - limits behavior
- Modern-Day Gender Identity is **fluid**
  - More than 2 ways of identifying gender
  - changing of gender identity
  - people use different pronouns

### How should we parent?

- Root yourself in the truth
  - What does the Bible say about sex & gender?
  - What are the areas that Bible kept silent?
- Be curious and have open conversations
  - reflective listening & ask questions
- Challenge societal Gender Norms
  - provide opportunities for exploration and conversations
  - jump in with biblical teachings
- teach your child how to respond to different beliefs
  - focus on what our family believes