



**LGBTQ+ Inclusivity**  
**Content Knowledge Assessment**

This assessment is based on knowledge we believe educators should know when delivering sex education to youth. Participating in the assessment will help you identify what information you currently manage as well as current knowledge gaps to address. This document consists of an assessment, an answer key for the assessment, and resource(s) that can be used to address knowledge gaps for each question.

1. During a sex ed lesson a participant asks, “Can a woman get pregnant when she’s on her period?” Which of the following statements is the **most inclusive** way to respond?  
  
“ \_\_\_\_\_ can become pregnant at any time of their menstrual cycle, including when on their period.” (select the best answer)
  - a) A person with uterus/ovaries
  - b) All women
  - c) Female bodied people
  - d) Biological females
  
2. Which of the following describes gender **expression**? (select the best answer)
  - a) A personal experience of one’s gender, that may or may not correlate with sex assigned at birth
  - b) The way someone expressed their gender through their behavior and appearance (clothing or hair).
  - c) The gender(s) of someone’s romantic and/or sexual partner(s).
  - d) Wearing clothes and adopting mannerisms culturally associated with the opposite sex.
  
3. Which of the following describes gender **role**? (select the best answer)
  - a) How someone externally expresses their gender identity (such as with clothing or hair style).
  - b) The role someone takes within a romantic or sexual relationship.
  - c) The way society expects someone to behave, speak or dress based on their gender.
  - d) How someone feels about their own gender expression.
  
4. Someone whose gender **identity** corresponds to the sex they were assigned at birth is \_\_\_\_\_. (select the best answer)
  - a) Cisgender
  - b) Intersex
  - c) Transgender
  - d) Heterosexual



5. Which of the following definitions describes gender **identity**? (select the best answer)
  - a) How someone socially identifies their gender through pronoun usage.
  - b) Someone's medically identified gender based on appearance of genitals or sex assigned at birth.
  - c) Someone's gendered experience of romantic and/or sexual attraction.
  - d) Someone's internal sense of their gender that may or may not correlate with sex assigned at birth.
  
6. Someone who identifies as transgender \_\_\_\_\_ (select the best answer)
  - a) Does not identify with the sex assigned at birth.
  - b) Feels they are the opposite sex.
  - c) Dresses in clothing commonly associated with the opposite gender.
  - d) Identifies as a part of the queer community.
  
7. Someone who identifies as asexual may \_\_\_\_\_. (Select the 3 best answers)
  - a) Not experience sexual attraction to others.
  - b) Have little or no interest in having sexual intercourse.
  - c) Desire romantic relationships.
  - d) Frequently experience sexual desire for another person.
  
8. Gender affirming hormone therapy is used \_\_\_\_\_. (select the best answer)
  - a) To ease the symptoms of menopause.
  - b) As a highly effective form of birth control.
  - c) To align someone's body with their gender identity.
  - d) To start or delay puberty.
  
9. \_\_\_\_\_ describes how someone experiences discrimination based on how their oppressed identities interact with each other. (select the best answer)
  - a) Ethnocentrism
  - b) Intersectionality
  - c) Implicit bias
  - d) Intersexuality
  
10. Which of the following are examples of microaggressions? (select the 3 best answers)
  - a) Deliberate and intentional slights or insults against a marginalized group.
  - b) Policies or legislation that negatively impact marginalized groups.
  - c) Attempts to discredit or minimize experiences of someone from a marginalized group.
  - d) Comments meant to tear down a person's identity or dignity.



11. Which of the following statements are examples of how LGBTQ+ microaggressions might appear during a sex ed lesson? (select the 2 best answers)
- a) Scenarios explicitly include people of different gender identities or sexual orientations.
  - b) A student says gender identity and attraction are phases.
  - c) A student uses gender inclusive language when discussing reproductive and sexual anatomy.
  - d) A student says pronouns can be confusing and hard to understand.
12. Which of the following are forms of transphobia? (select the 2 best answers)
- a) Including pronouns in introductions.
  - b) Not addressing harmful comments around gender or identity.
  - c) Teaching that gender identity can be fluid.
  - d) Using terms like preferred pronouns or preferred name.
13. LGBTQ+ youth are \_\_\_\_\_ as likely as heterosexual and cisgender identified youth to be involved in or experience an unintended pregnancy. (select the best answer)
- a) Less than half
  - b) About a third
  - c) Equally
  - d) About twice



**Cultural Humility & Responsiveness  
Content Knowledge Assessment Answer Key**

Question #	Correct Answer
Question 1	b
Question 2	d
Question 3	c
Question 4	a
Question 5	d
Question 6	a
Question 7	a, b & c
Question 8	c
Question 9	b
Question 10	a, c & d
Question 11	b & d
Question 12	a & d
Question 13	d



**LGBTQ+ Inclusivity**  
**Professional Development Resource List**  
**(Resources correspond to the questions in the Content Knowledge Assessment)**

Q	Topic	Citation	Summary
1	Inclusive language, pregnancy	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">Teaching Sexuality and Answering Questions Self-Paced Course</a> Spark*ED, 2022	4 hour self-paced training course that provides a foundation for understanding how to deliver comprehensive sex education.
		<a href="#">Inclusive Language Tool</a> Planned Parenthood of the Great Northwest, Hawai'i, Alaska, Indiana and Kentucky, 2019	PDF Download providing general overview of inclusive language
		<a href="#">Gender, Sexuality, &amp; Inclusive Sex Education</a> <i>Healthy Teen Network</i> , 2016	In depth explanation of why inclusivity in language matters, and examples of how to be more inclusive as well as a long list of additional resources.
2	Gender expression	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">A Guide to Gender Identity Terms</a> NPR, 2021	A glossary of gender identity terms and what they mean.
		<a href="#">Definitions</a> Trans Student Educational Resources (TSER), 2022	Website with current definitions on genders, gender identity and sexual orientation.

3	Gender Roles	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">What are gender roles and stereotypes?</a> Planned Parenthood Website	Brief description of gender roles, how gender stereotypes affect people, and how to challenge stereotypes.
		<a href="#">Teaching Transgender Toolkit.</a> Eli R. Green and Luca Maurer, 2020	Teaching Transgender Toolkit includes a glossary of transgender terms.
4	Gender Identity/ Cisgender	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">Intersex 101: Everything you need to know</a> InterAct	2 page fact sheet
		<a href="#">A Guide to Gender Identity Terms</a> NPR, 2021	A glossary of gender identity terms and what they mean.
		<a href="#">Teaching Transgender Toolkit.</a> Eli R. Green and Luca Maurer, 2020	Teaching Transgender Toolkit includes a glossary of transgender terms.
5 & 6	Transgender	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">A Guide to Gender Identity Terms</a> NPR, 2021	A glossary of gender identity terms and what they mean.
		<a href="#">Teaching Transgender Toolkit.</a> Eli R. Green and Luca Maurer, 2020	Teaching Transgender Toolkit includes a glossary of transgender terms.
7	Asexuality	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">Understanding Asexuality</a> The Trevor Project,	Brief article describing the asexuality spectrum.

8	Gender affirming hormone therapy	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">Overview of gender affirming treatments and procedures</a> Madeline B. Deutsch, Center of Excellence for Transgender Health, 2016	Research article on guidelines for primary and gender-affirming care of transgender and non-binary folks. Written with a more medical audience in mind. Provides information on gender affirming hormone therapy, medical and surgical interventions.
		<a href="#">Gender-affirming Care Saves Lives</a> Columbia University, Dept of Psychiatry, 2022	Brief article describing the importance of providing access to gender-affirming care.
9	Inter-sectionality	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">Kimberle Crenshaw on Intersectionality, More Than Two Decades Later</a> Columbia Law School, 2017	
10 & 11	Micro-aggressions	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
<a href="#">Intro to Cultural Humility &amp; Responsiveness</a> Spark*ED, 2022		3 hour self-paced training course that provides a foundation for understanding how to deliver culturally responsiveness sex education.	
<a href="#">What Do You Say to “That’s So Gay” &amp; Other Anti-LGBTQ Comments?</a> Human Rights Campaign Foundation, Welcoming Schools, 2019		2 page info sheet on how to respond to microaggressions.	
<a href="#">What are Microaggressions?</a> Catharsis Productions, 2020		2 minute YouTube video describing what microaggressions are.	

		<a href="#">Eliminating Microaggressions: The Next Level of Inclusion</a> Tiffany Alvoid, TedXOakland, 2019	9 minute YouTube video providing more in-depth information on what microaggressions are.
12	Transphobia	<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		<a href="#">Your line of questioning is transphobic</a> CSPAN excerpt, July 12, 2022	2 minute video excerpt of the July 12, 2022 Senate Judiciary Committee Hearing on Abortion Access and the Law. Berkely Law Professor Khiara Bridges responds to Congressman Hawley’s comments about inclusive language.
		<a href="#">What’s transphobia?</a> Planned Parenthood Website	Description of transphobia and how to address it.
		<a href="#">Internalized Homophobia</a> The Rainbow Project	Concise explanation of different ways internalized homophobia can show up.
13	% of unplanned pregnancies by sexual orientation	<a href="#">Teen Pregnancy Rates Among LGBTQ Youth Might Be Higher Than You Would Expect</a> Alia Gehr-Selover, Healthy Teen Network, 2014,	Article on the rates of pregnancy among LGBTQ youth, explores why LGBTQ youth may have elevated rates of pregnancy, explores ways that educators and advocates can help.





### LGBTQ+ Inclusivity: General Resources

Citation	Summary
<a href="#">LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course</a> Spark*ED, 2022	3 hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
<a href="#">Teaching Sexuality and Answering Questions Self-Paced Course</a> Spark*ED, 2022	4 hour self-paced training course that provides a foundation for understanding how to deliver comprehensive sex education.
<a href="#">LGBT Inclusive Curriculum Guide</a> GLSEN, Inc. Gay, Lesbian & Straight Education Network, 2012	This article summarizes best practices for developing an inclusive classroom or group.
<a href="#">Gender &amp; Sexuality Identity</a> Teaching Tolerance, 2022	Provides an introduction to gender and sexuality identity. Site allows user to navigate through gender and identity resources and articles on teaching the subject.
<a href="#">LGBTQ-Inclusive Sexual Health Education</a> GLSEN, Inc. Gay, Lesbian & Straight Education Network,	Articles, lesson plans, and research on best practices for teaching LGBTQ inclusive sex education.
<a href="#">Teaching Transgender Toolkit.</a> Eli R. Green and Luca Maurer, 2020	A toolkit available for purchase intended to inform readers on best practices of working with transgender youth and teaching youth about transgender topics.