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 during 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 person's experience of their gender that may or may not correlate with sex assigned at birth
   b. The way someone expresses their gender through their behavior and appearance (e.g., clothing or hair style).
   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 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. Which of the following definitions describe 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.

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5. 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

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. Finish the following sentence: "Puberty Blockers..." (select all that apply)
    a. Delay the onset of puberty
    b. Allow someone time to explore their gender identity
    c. Are reversible
    d. Have been used safely for decades

10. _____ 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

11. 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 that tear down a person's identity or dignity.

12. 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.

13. 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.

14. 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. More than twice

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Content Knowledge Assessment Answer Key

Question #	Correct Answer
Question 1	a
Question 2	b
Question 3	c
Question 4	a, d
Question 5	d
Question 6	a
Question 7	a, b & c
Question 8	c
Question 9	a, b, c, d
Question 10	b
Question 11	d
Question 12	b & d
Question 13	b & d
Question 14	d

LGBTQ+ Inclusivity: Content Knowledge Assessment Resources

Q	Topic	Citation	Summary
1	Inclusive language, pregnancy	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		Teaching Sexuality and Answering Questions Self-Paced Course Spark*ED	4-hour self-paced training course that provides a foundation for understanding how to deliver comprehensive sex education.
		Inclusive Language Tool SparkED.net, LLC	PDF download providing general overview of inclusive language
		Gender, Sexuality, & Inclusive Sex Education Healthy Teen Network, 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	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		A Guide to Gender Identity Terms NPR, 2021	An article about gender identity terminology with a glossary of terms and definitions, as well as questions and answers about pronouns.
		Definitions Trans Student Educational Resources (TSER), 2022	Website with current information and definitions on genders, gender identity and sexual orientation.

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3	Gender Roles	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		What are gender roles and stereotypes? Planned Parenthood Federation of America	Brief description of gender roles, how gender stereotypes affect people, and how to challenge stereotypes.
		Teaching Transgender Toolkit. Eli R. Green and Luca Maurer, 2020	Teaching Transgender Toolkit includes a glossary of transgender terms.
4	Gender Identity/ Cisgender	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		Intersex 101: Everything you need to know InterAct	2-page fact sheet
		A Guide to Gender Identity Terms NPR, 2021	A glossary of gender identity terms and what they mean.
		Teaching Transgender Toolkit. Eli R. Green and Luca Maurer, 2020	Teaching Transgender Toolkit includes a glossary of transgender terms.
5 & 6	Transgender	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		A Guide to Gender Identity Terms NPR, 2021	An article about gender identity terminology with a glossary of terms and definitions, as well as questions and answers about pronouns.
		Teaching Transgender Toolkit. Eli R. Green and Luca Maurer, 2020	Teaching Transgender Toolkit includes a glossary of transgender terms.
7	Asexuality	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		Understanding Asexuality The Trevor Project,	Article with information on what asexuality is, frequently asked questions, and the spectrum of asexuality.

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8	Gender affirming hormone therapy	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		Overview of gender affirming treatments and procedures 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.
		Transgender Health Program: Hormone Therapy OHSU,	Provides an overview of gender affirming hormone therapy treatment and effects.
		Gender-affirming Care Saves Lives Columbia University, Dept of Psychiatry, 2022	Article discusses the importance of providing access to gender-affirming care.
9	Puberty Blockers	About Puberty Blockers Doernbecher Children's Hospital	Handout on puberty blockers with information on types, changes, risks, and access.
		Get the Facts: Gender Affirming Care for Young Children National SOGIE Center, Unicorn Solutions, et al	Factsheet provides evidence-based information about what gender affirming care looks like for children.
10	Inter-sectionality	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		Kimberle Crenshaw on Intersectionality, More Than Two Decades Later Columbia Law School, 2017	Article on intersectionality and the impact of the shift in the lens through the last twenty years.
11 & 12	Micro-aggressions	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		Intro to Cultural Humility & Responsiveness Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver culturally responsiveness sex education.

		What Do You Say to "That's So Gay" & Other Anti-LGBTQ Comments? Human Rights Campaign Foundation, Welcoming Schools, 2019	Two-page info sheet on how to respond to microaggressions.
		What are Microaggressions? Catharsis Productions, 2020	2-minute YouTube video describing what microaggressions are.
		Eliminating Microaggressions: The Next Level of Inclusion Tiffany Alvoid, TedXOakland, 2019	9-minute YouTube video providing more in-depth information on what microaggressions are.
13	Transphobia	LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
		Your line of questioning is transphobic CSPAN excerpt, July 12, 2022	2-minute video excerpt of 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.
		What's transphobia? Planned Parenthood Federation of America	Article on what transphobia is, how it can show up, and how to address it.
		Internalized Homophobia The Rainbow Project	Article on what internalized homophobia is, and explanation of different ways internalized homophobia can manifest.
14	% of unplanned pregnancies by sexual orientation	Teen Pregnancy Rates Among LGBTQ Youth Might Be Higher Than You Would Expect Alia Gehr-Seloover, 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
LGBTQ+ Inclusive and Affirming Sex Ed Self- Paced Course Spark*ED	3-hour self-paced training course that provides a foundation for understanding how to deliver inclusive and affirming sex education.
Teaching Sexuality and Answering Questions Self-Paced Course Spark*ED	4-hour self-paced training course that provides a foundation for understanding how to deliver comprehensive sex education.
LGBT Inclusive Curriculum Guide GLSEN, Inc. Gay, Lesbian & Straight Education Network, 2012	This article summarizes best practices for developing an inclusive classroom or group.
Gender & Sexuality Identity Teaching Tolerance, 2022	Provides an introduction to gender and sexuality identity. Site allows users to navigate through gender and identity resources and articles on teaching the subject.
LGBTQ-Inclusive Sexual Health Education GLSEN, Inc. Gay, Lesbian & Straight Education Network,	Articles, lesson plans, and research on best practices for teaching LGBTQ inclusive sex education.
Teaching Transgender Toolkit. 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.

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