

Inclusive Sex Ed – Language Activity

With your team, please read the following sentences and try to make them inclusive for diverse bodies, (a)sexualities, (a)romantic orientations, (a)genders. Try to write alternative sentences that would make as many groups as possible feel as though the statement includes them.

After the activity, we'll ask your group to share general tips on adapting the statements related to your theme and one or two things that you found challenging or surprising.

Avoid gendering *what bodies may do, or how they might develop*

1. Girls are starting to menstruate at a younger age.
2. Boys can get erections in nonsexual situations.
3. When guys shave their face, it's best to go in the direction that the hair grows.
4. Menstrual cups are an increasingly popular option for women.
5. During puberty, boys get wider shoulders and girls get wider hips
6. A girl can get pregnant even at her first period.
7. Men produce sperm and women produce ova.
8. When a mother is pregnant, her breasts start producing milk.
9. Female ejaculation isn't necessarily any more pleasurable than when a woman has an orgasm.
10. Boys grow hair on their testicles during puberty.

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Avoid gendering safer sex and contraception practices, or the people who use them

1. A woman can insert a female condom into her vagina hours before intercourse.
2. The pill is one of the most popular birth control options for women.
3. Dental dams are a great barrier for safer cunnilingus.
4. When a man penetrates another man with his fingers, he can make it safer with a glove!
5. More and more women are turning to IUDs for the price and effectiveness.
6. Men are less prone to urinary tract infections because they have a longer urethra.
7. Girls can get the HPV vaccine to reduce their risk of cervical cancer.
8. You're at risk for pregnancy every time you have unprotected sex.
9. Some hormonal birth controls recommend that women don't smoke while taking them.
10. Both boys AND girls should be comfortable enough to talk about and buy condoms before they have sex.

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Avoid gendering people with certain anatomy

1. Adams apples are part of what makes men's voices lower.
2. Women with larger breasts often have back pain.
3. A man's penis size has little to do with how much pleasure he can give when having sex.
4. Both men and women have anuses.
5. Once a woman has had sex and turned 25, she should get a PAP test every 3 years.
6. Women's clitorises are the only organ whose sole function is sexual pleasure.
7. Today we are going to learn about women's sexual anatomy.
8. Women should know their risks for pregnancy and STIs when engaging in vaginal sex, and how to reduce them.
9. If a man is not circumcised, he should rinse under his foreskin regularly.
10. Male genitals include testicles, a scrotum, a prostate, and a penis.

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Avoid gendering people you're speaking to, the people they're attracted to, or their *family members*

1. Do you have any brothers or sisters?
2. Your mom must be so proud.
3. Miss, you dropped your glove.
4. During puberty, you will start being interested in having a girlfriend or boyfriend.
5. This must be your big brother.
6. After about 9 months in her womb, your mom gave birth to you.
7. You were conceived when your daddy's sperm met your momma's egg.
8. Good morning boys and girls!
9. You'll understand when you have a boyfriend.
10. Do you get along more with your mom or dad?