

HOW TO INCORPORATE INCLUSIVE PRACTICES THROUGHOUT THE YEAR

Incorporating inclusive practices into teaching sexual health, and other subjects, serves to better reflect the diversity of your students and ensure that everyone can connect to the lesson. There are many ways you can work to create an inclusive classroom.

- When teaching every subject, use diverse and inclusive examples that include all genders, orientations, cultures, religions, family structures, racial identities etc.
- Use inclusive language: partner, sibling, caregiver, parent, person with a vulva, person with a penis, person who is pregnant, folks, everyone, everybody
- Refer to people by the pronouns they ask you to use
- Lead by example: be inclusive, open-minded, non-judgemental, be open to questions, answer questions honestly
- Don't separate by gender when making groups, teams, tables etc.
- Read, discuss and critically analyze age-appropriate news articles, books, short stories etc. by diverse authors
- Intervene when students bully one another or use oppressive language such as "that's so gay." Express that that language and/or saying is unacceptable and explain why. For example in response to "that's so gay" you might say "It's not okay to use that word like that. No matter what you mean by it, it's hurtful to people who are LGBTQ+ and others as well. I know you are intelligent and can come up with a more appropriate word for what you are trying to say."
 - Remember that when we say phrases like "That's so gay" to describe something we don't like or that we think is stupid, we are equating the word gay with something that is stupid. Challenge students to expand their vocabulary and use the words they really mean to say and not use words that are insulting and harmful for no reason.

Making Language More Inclusive...

Instead of this...	Try this...
Girls and women have uteruses and vulvas.	Some people who identify as women have uteruses and vulvas, some do not.
Boys and men have penises and testicles.	Some people who identify as men have penises and testicles, some do not.
All girls have periods/menstruate	Some people with uteruses menstruate
All boys experience nocturnal emissions	Some people with penises will experience nocturnal emissions
When a girl gets her period, it is a sign she is becoming a woman.	When a person with a uterus gets their period, it can be a sign that they are starting puberty.
When a boy starts producing sperm, it is a sign he is becoming a man.	When a person with a penis and testicles starts producing sperm, it can be a sign that they are starting puberty.
Please have your mom or dad sign this form	Please have your parent or guardian sign this form
During and after puberty, you might start to develop attraction to people of the opposite sex.	During and after puberty, you might start to develop attraction to other people. It is also okay if that doesn't happen yet.
You should only have sex with your boyfriend or girlfriend when you are in love with them.	You should only have sex with your partner(s) when you have agreed it is the right time and feel ready.
You should talk to your mom and dad about your sexual health and decisions.	You should identify people who you trust to talk to about your sexual health and decisions, which may include your parent(s) or guardians.
It takes a man and a woman to make a baby.	It takes a sperm and egg to create a pregnancy, and you need a uterus to grow it in.
Mothers produce breastmilk after childbirth.	People who are pregnant sometimes produce breastmilk after childbirth.
A mother experiences many changes within their body during pregnancy.	A person who is pregnant experiences many changes within their body during pregnancy.