



Queer Inclusive Sex Ed 201

Aspen Ruhlin
they/them/theirs
Client/Community Advocate



Community Agreements

- ★ Take space, make space
- ★ Come with good intentions, acknowledge/address impact
 - impact≠/=intent! It is possible to accidentally cause harm
- ★ Honor identity

Learning objectives

- ★ Gain an in-depth understanding of why LGBTQ+ students need comprehensive sex education
- ★ Learn more about specifically being inclusive of intersex individuals
- ★ Leave the workshop with a deeper-understanding of how queer-inclusive sex education benefits everyone, including those who aren't a part of the LGBTQ+ community

Who's prioritized? Who's getting left out?

- ★ Cisgender, heterosexual people are centered
 - Within this, cishet men have sex framed more positively
- ★ Pregnancy and STIs are the primary focus
 - How are these framed?
- ★ Who and what get ignored?
 - LGBTQIA+ people
 - Pleasure
 - Masturbation
 - Butts

"boys and girls" → "students"

"Female anatomy" "male anatomy" →
"anatomy of [body part/s]"

Shifting language

"women" "men" → "people
with [relevant body part]"

A note on language

- ★ Is it possible to use gendered language and be inclusive?
 - Not just possible, but necessary! You need to be mindful with your language.
 - Ex: “Women can take birth control” is unnecessarily gendered, but “Our society frames men as always having high sex drives, which isn’t true” is necessarily gendered
- ★ Trans people sometimes use non-medical terms for their body parts. Cis people also do this. Why is it only seen as weird when trans people do it?
 - It’s important to know the medical terms for body parts, and it’s also important to honor the language an individual uses for themselves
- ★ The importance of inclusive language is often focused on trans people, but it’s also important for intersex people.

Intersex-what's that?

Poll time! Go to menti.com and enter code
9305 6042

WHAT IS INTERSEX?

IS IT A PART OF THE LGBT ACRONYM?

IS IT PEOPLE WITH BOTH MALE AND FEMALE PARTS?

IS IT WHEN PEOPLE HAVE SEX INTERNATIONALLY?

Intersex people are born with any combination of **sex characteristics that do not fit the "typical" idea of a male or female body.** This could include variations in hormones, internal anatomy, genitals, and chromosomes.

0.05% TO 1.70% of the population is born with an **intersex trait.** The upper number makes being born intersex as common as being born a redhead!¹



→ Intersex = hermaphrodite?

The word *hermaphrodite* is outdated and is usually considered offensive. (Though some intersex groups have reclaimed it.)

Hermaphrodite usually means having complete reproductive organs of two sexes, and even if some intersex people are born with ambiguous genitalia, very few have both ovarian and testicular tissue.

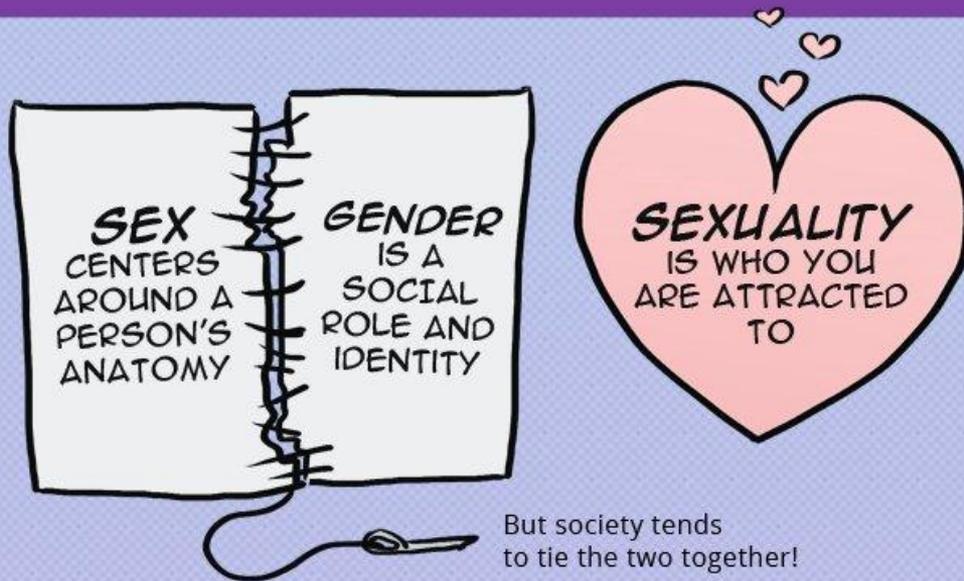


True hermaphroditism is only common in invertebrates. There are 65,000 species in the animal kingdom that function as true hermaphrodites!²



Inter... sex or gender?*

* Two very different things!



The words sex and gender are often (incorrectly) used interchangeably. Being intersex affects the sex characteristics a person is born with. Intersex people can identify with any gender and sexual orientation.

➔ What can intersex look like?

MY INTERSEX VARIATION IS **GONADAL DYSGENESIS**. I FOUND OUT AT AGE 15 WHEN I STILL HADN'T GOTTEN A PERIOD. I HAVE XY CHROMOSOMES AND I HAVE TO TAKE ESTROGEN TO HELP MY BONE HEALTH BECAUSE I WAS BORN WITHOUT OVARIES.

MY INTERSEX VARIATION IS **CONGENITAL ADRENAL HYPERPLASIA (CAH)**. I FOUND OUT AT BIRTH. CAH IS ONE OF FEW INTERSEX VARIATIONS WITH ADDITIONAL MEDICAL CONSIDERATIONS, BECAUSE IT AFFECTS THE BODY'S ABILITY TO PRODUCE STRESS HORMONES. I HAVE XX CHROMOSOMES. I TAKE TESTOSTERONE AND I IDENTIFY AS TRANSGENDER.

MY INTERSEX VARIATION IS **COMPLETE ANDROGEN INSENSITIVITY SYNDROME (CAIS)**. THAT MEANS MY BODY DEVELOPED IN A WAY THAT IS "TYPICALLY" FEMALE, BUT I WAS BORN WITH XY CHROMOSOMES AND INTERNAL TESTES INSTEAD OF OVARIES. MY BODY IS INSENSITIVE TO TESTOSTERONE, SO IT CONVERTS IT TO ESTROGEN INSTEAD.

MY INTERSEX VARIATION IS **PARTIAL ANDROGEN INSENSITIVITY SYNDROME (PAIS)**. THAT MEANS I ONLY PARTIALLY RESPONDED TO TESTOSTERONE IN THE WOMB. (BECAUSE OF THIS, PEOPLE WITH PAIS MAY HAVE AN AMBIGUOUS SEX AT BIRTH.) MY PARENTS FOUND OUT I HAD PAIS WHEN I WAS BORN. I HAVE XY CHROMOSOMES AND I IDENTIFY AS TRANSGENDER.

MY INTERSEX VARIATION IS **COMPLETE ANDROGEN INSENSITIVITY SYNDROME (CAIS)**. THAT MEANS MY BODY DEVELOPED IN A WAY THAT IS "TYPICALLY" FEMALE, BUT I WAS BORN WITH XY CHROMOSOMES

MY INTERSEX VARIATION IS **PARTIAL ANDROGEN INSENSITIVITY SYNDROME (PAIS)**. THAT MEANS I ONLY PARTIALLY RESPONDED TO TESTOSTERONE IN THE



Doctors often encourage surgical removal for female-identified intersex people who have internal testes. However, this is NOT medically necessary and has more to do with society's views on sex and gender. Removing hormone producing organs makes a person reliant on the medical industry for external hormones! Similar to other LGBT groups, intersex people struggle for bodily autonomy. We may have to fight against surgeries we don't want.

→ Why intersex awareness?



Intersex Awareness Day is **October 26th!** It honors the anniversary of the first public intersex protest outside of a Boston conference held by the American Academy of Pediatrics in 1996.³

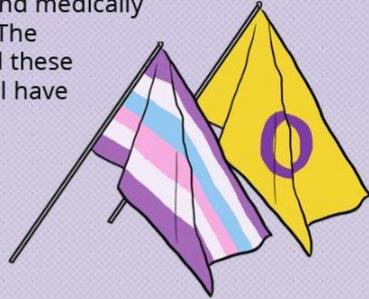
We celebrate this day so that every intersex child can be free to make their own choices.

“Intersex rights are human rights.”

Kimberly Zieselman, Executive Director, InterAct

Still today, in America and abroad, intersex children are subject to nonconsensual and medically unnecessary genital surgeries. The United Nations has condemned these harmful procedures, but we still have a long way to go.⁴

We’re fighting for bodily autonomy, recognition, and demedicalization. For many, intersex is an identity. We’re the “I” in LGBTQIA: intersex, not invisible.



There are two intersex flags to choose from: (left) created in 2009 by Natalie Phox, and (right) created in 2013 by OII Australia.⁵

→ Resources

and subject to nonconsensual and medically unnecessary genital surgeries. The United Nations has condemned these harmful procedures, but we still have a long way to go.⁴



We’re fighting for bodily autonomy, recognition, and demedicalization. For many, intersex is an identity. We’re the “I” in LGBTQIA: intersex, not invisible.

There are two intersex flags to choose from: (left) created in 2009 by Natalie Phox, and (right) created in 2013 by OII Australia.⁵

→ Resources

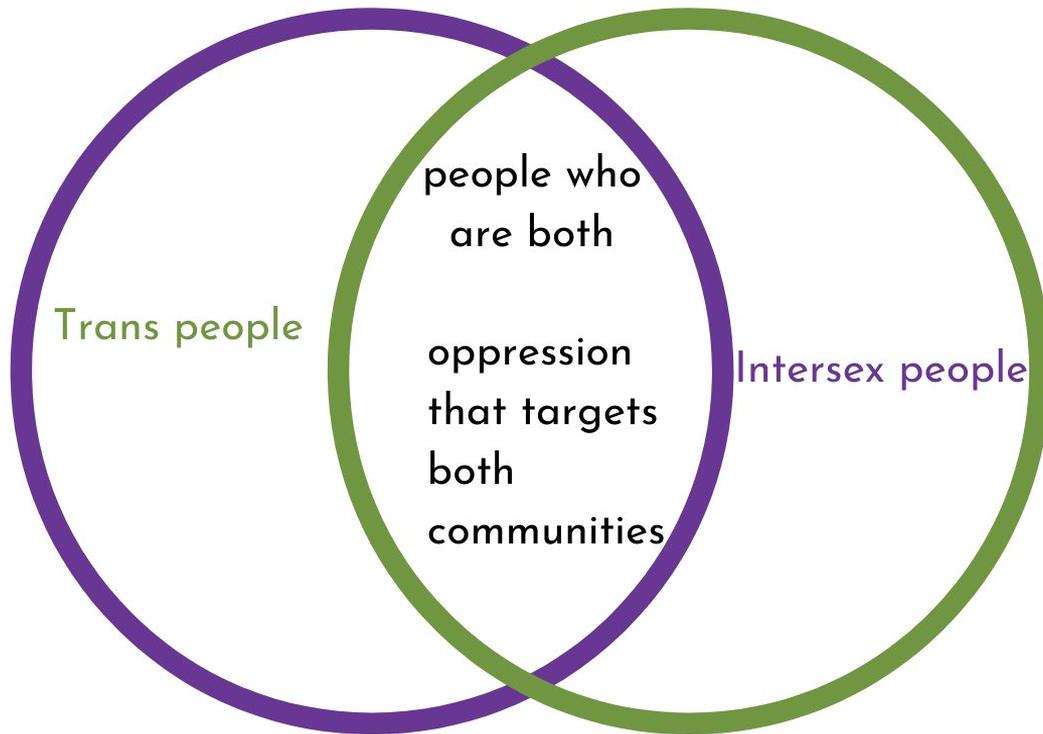
You’re not alone! There are lots of us out there.

AISDSD Support Group
aisdspd.org
InterAct Youth
interactyouth.org
The Interface Project
interfaceproject.org

Pidgeon on Everyday Feminism
everydayfeminism.com/?s=pidgeon
Intersexperiences YouTube
youtube.com/user/Emilord
OII Intersex Network
oiinternational.com

This infographic was created by InterAct Youth
Art by member Hann Lindahl - hannlindahl.tumblr.com

1. *How Common is Intersex? An Explanation of the Stats.* OII USA, Hida Vilorio: <http://oii-usa.org/2563/how-common-is-intersex-in-humans/>
2. Jarne P, Auld JR. “Animals mix it up too: the distribution of self-fertilization among hermaphroditic animals”
3. *The 14 Days of Intersex.* OII Australia, Gina Wilson: <http://starobserver.com.au/opinion/the-14-days-of-intersex/64300>



Butts—we all have one!



- ★ If you're talking about penetrative vaginal sex, you need to be talking about penetrative anal sex.
 - If you're not talking about penetrative vaginal sex...we have some issues to address
- ★ Many people think that teaching about anal sex in sex education is particularly graphic. It's not.
- ★ How do I talk about it?
 - Find good diagrams that show the relevant body parts
 - Talk about how, like all types of sex, it's something that some people are into, and people should only do things they're into
 - Discuss the importance of lube, going slow, and understanding your body
 - Also true for vaginal sex!
 - The rectum doesn't have an "end" like the vaginal canal—only ever insert something with a flared base!
 - Anal sex and STI testing—swab where you swoon

Masturbation

- ★ Healthy, normal, and should be discussed
- ★ While minors can't legally obtain sex toys, that doesn't mean they don't get creative. Discuss the importance of being safe about what goes inside the body/around mucous membranes regarding material, flared base, etc.
- ★ Don't make it gendered and weird
- ★ Pleasure is important in solo sex and partnered sex

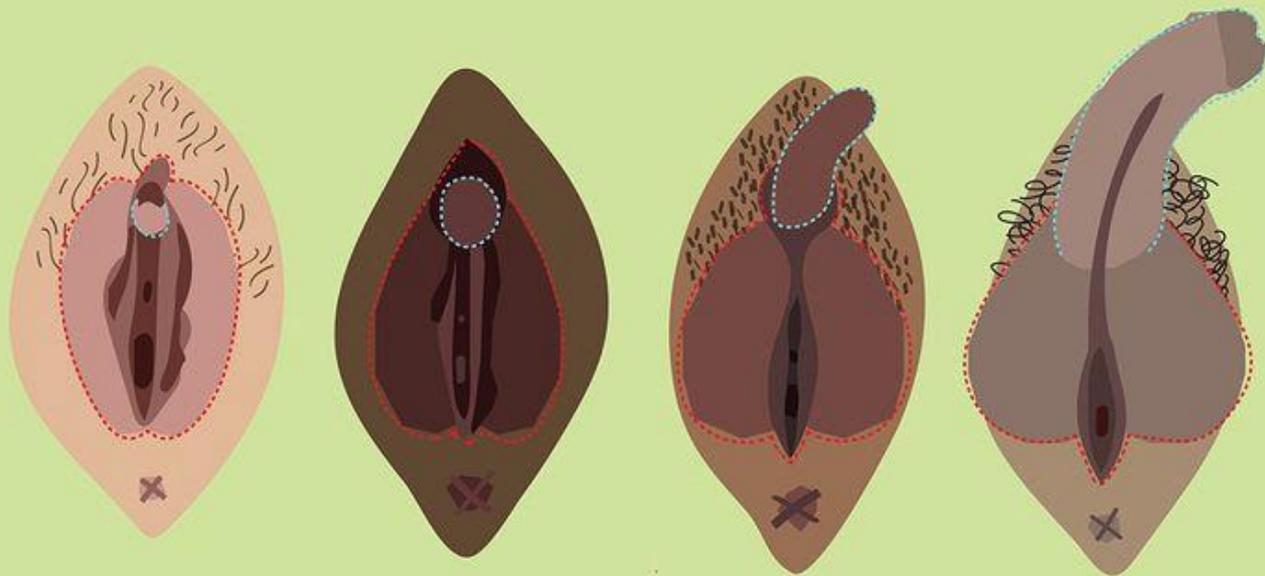
Birth control

- ★ Yes, many queer people have pregnancy prevention as a concern
- ★ There are hormonal birth control options that can work for trans folks, including those using gender-affirming hormone therapy
- ★ Gender-affirming hormone therapy is **NOT** a contraceptive method!
- ★ Talk about abortion as normal healthcare

Anatomy Diagrams

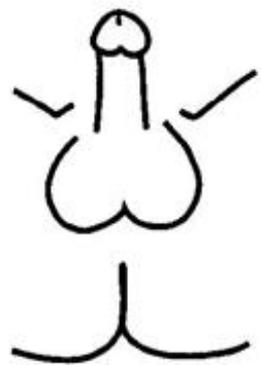
- ★ Be honest about what's missing
- ★ Acknowledge when things are labeled in a gendered way
- ★ Use a variety of imagery that showcases differences in color/shape/size
- ★ Talk about how this is *one example*, and bodies are built so many different ways
 - This is often ignored when talking about/showing the vulva especially

Examples of Intersex Genital Area

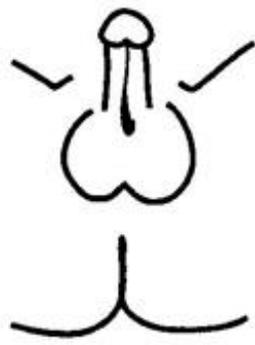


Phalloclitoris (large clitoris/small penis)

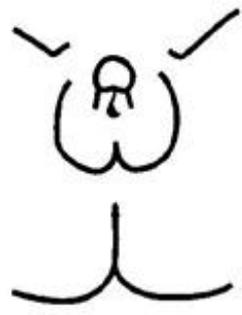
Labia/Scrotum



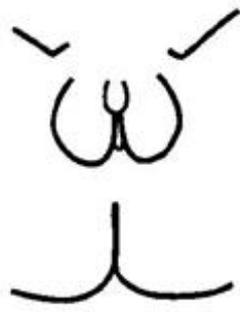
1



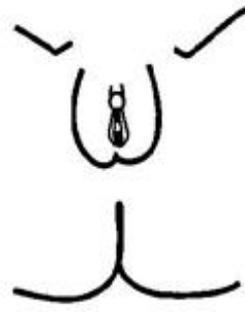
2



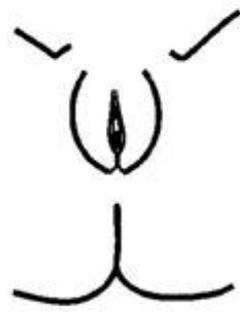
3



4

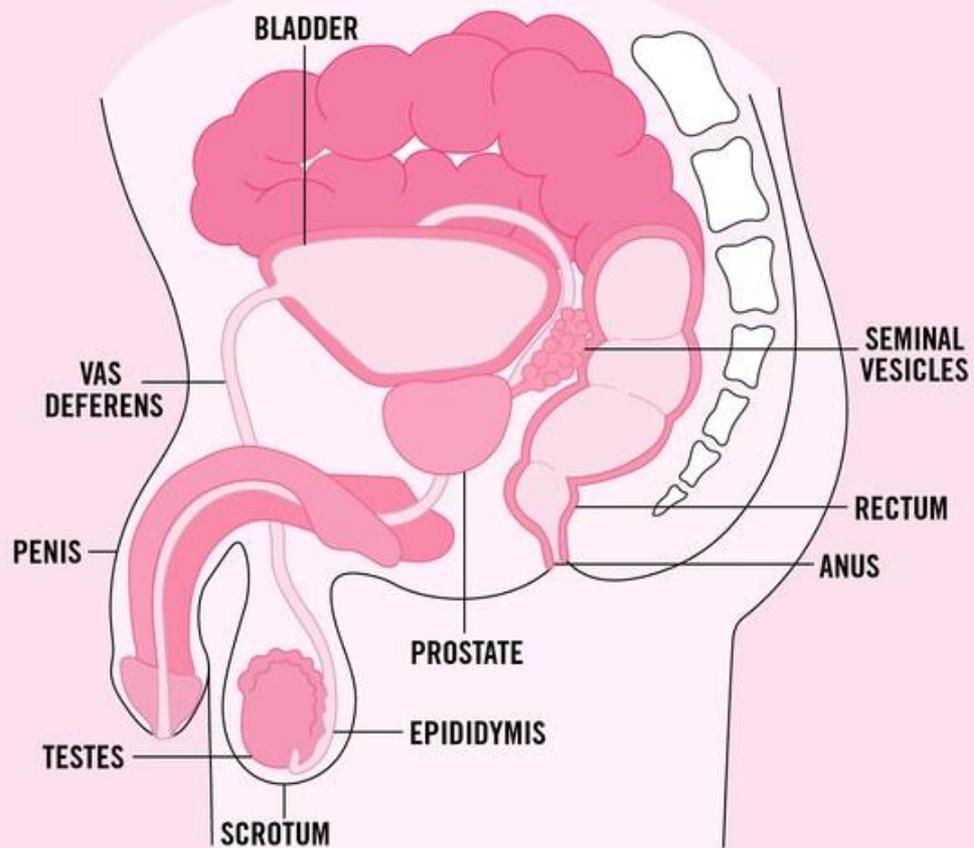


5

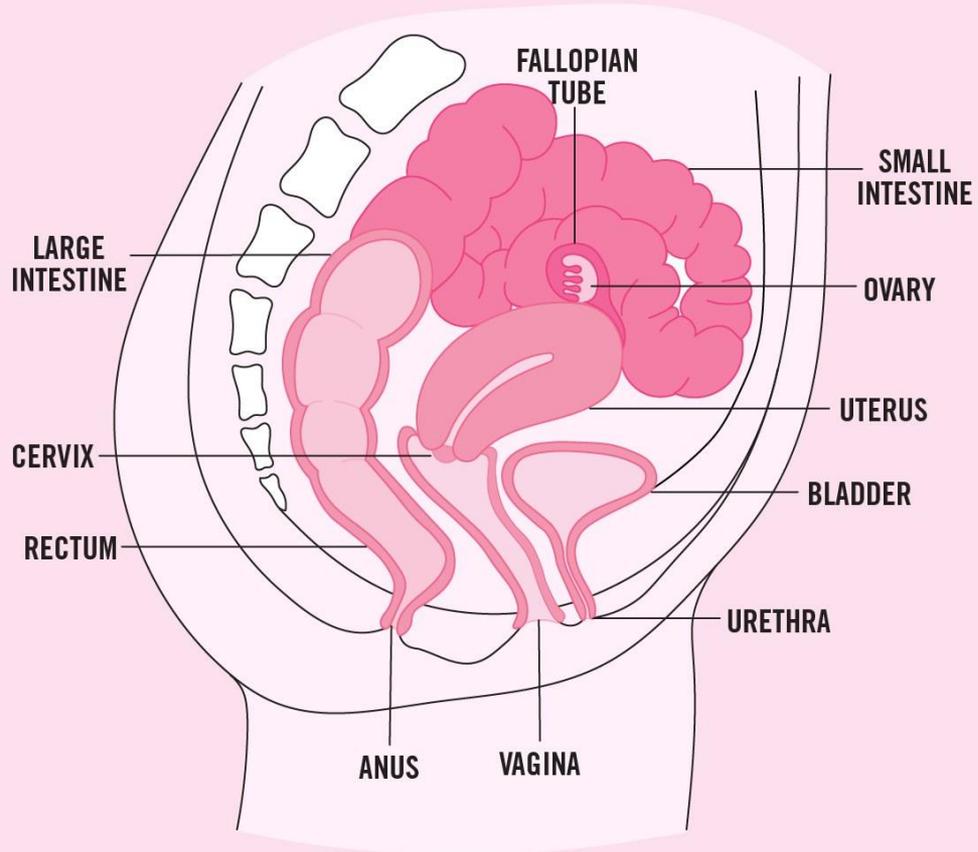


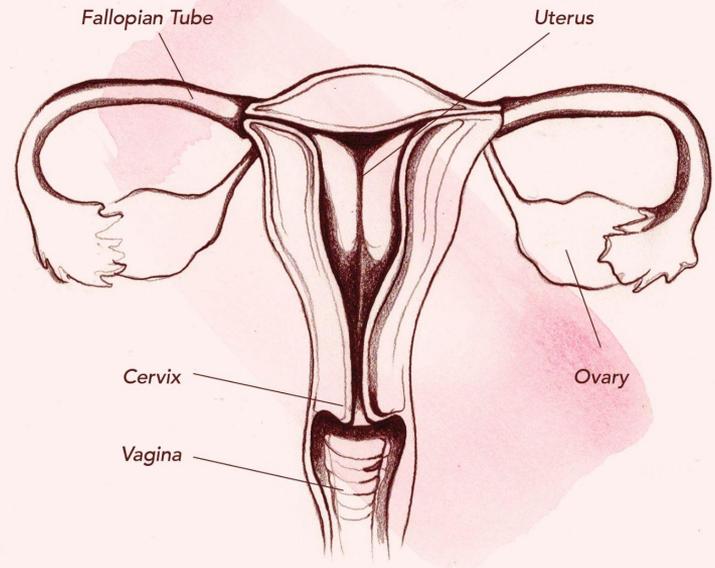
6/7

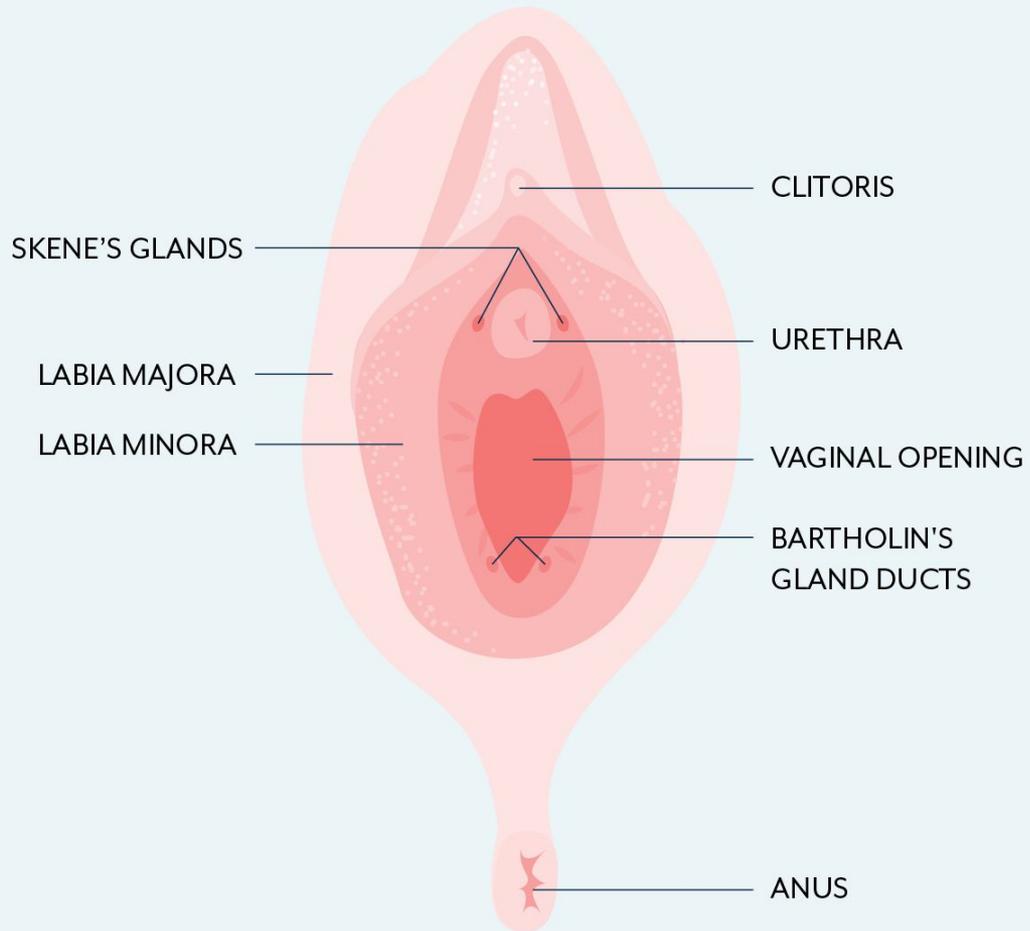
ANATOMY OF A PROSTATE OWNER



ANATOMY OF A NON-PROSTATE OWNER

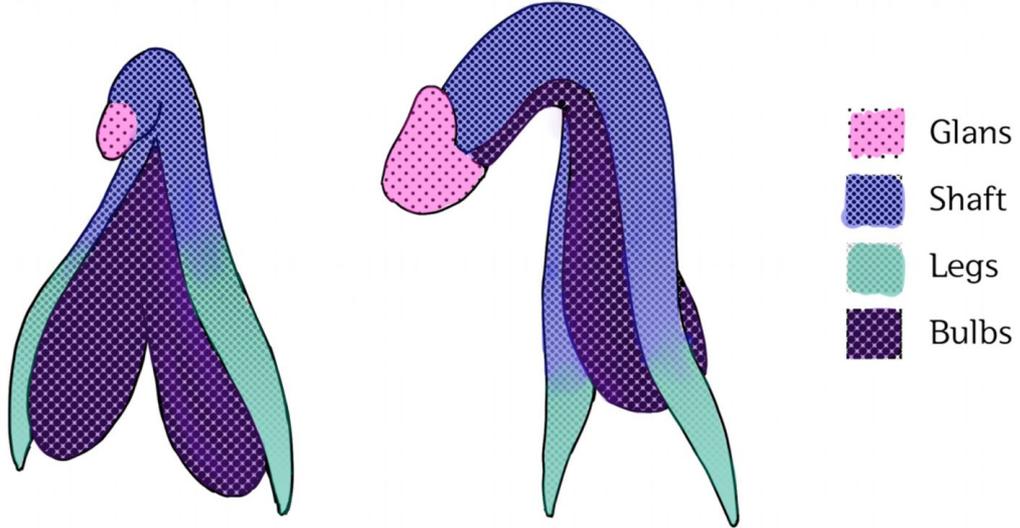






CLITORIS

PENIS



Same Jell-O, Different Molds #2

**CREDIT IMAGE AND WORDS: BARBARA CARRELLAS
(URBAN TANTRA)**

Questions!