



# The Gender Galaxy

for

**Paraprofessionals**

with Lark M. Doolan

pronouns : he/him

# Today's Itinerary

- Intro
- Why this matters
- Gender Literacy and the Gender Galaxy
- Reflection
- Graceful Allyship
- Q&A → [Lark@QueerHumboldt.org](mailto:Lark@QueerHumboldt.org)

Lark Doolan (he/him)

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Executive Director



Member of the  
Two-Spirit Dry Lab



Health Equity Advisory Committee Member



Nor Cal Regional Policy Fellow





## FACILITATOR ASKS

- Listen for what's helpful
- Accept lack of closure
- Minimize distractions
- Start where you are but don't stay there
- Make peace with discomfort\*

# Feelings Come and Feelings Go :

Hopeful

Dismissive

Validated

Surprised

Nervous

Sad

Ashamed

Resistant

Relieved

Excited

Curious

Overwhelmed

Grateful

Angry

Frustrated

Thoughtful

# VOCABULARY

**Cisgender**

**TGI**

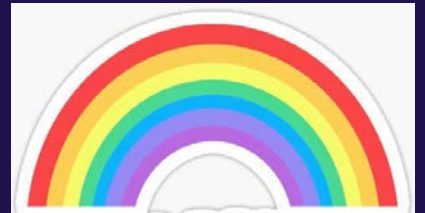
**Transgender**

**Non-binary**

**2S/LGBTQIA+**

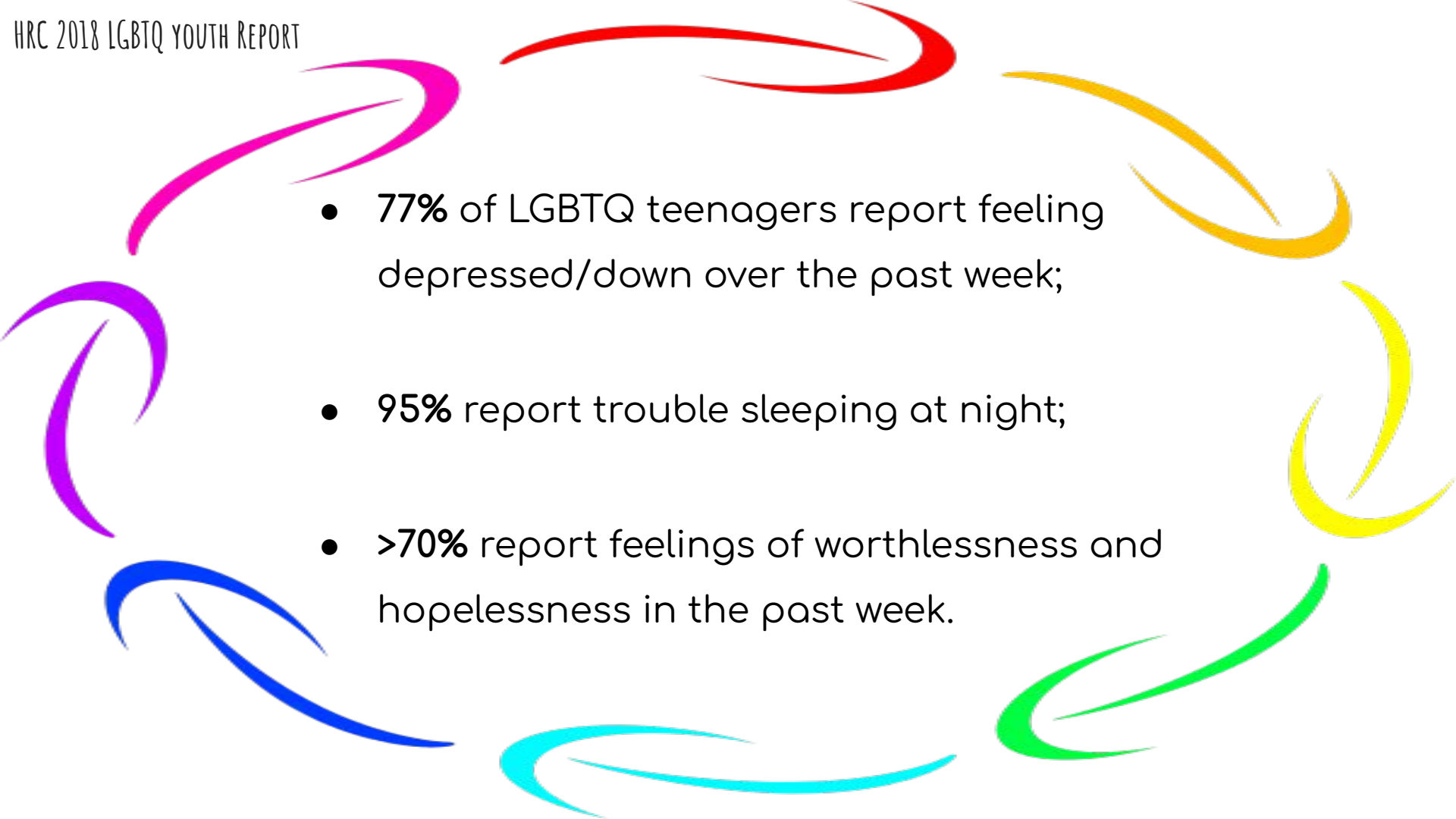
**Queer**

**SO/GI/E**



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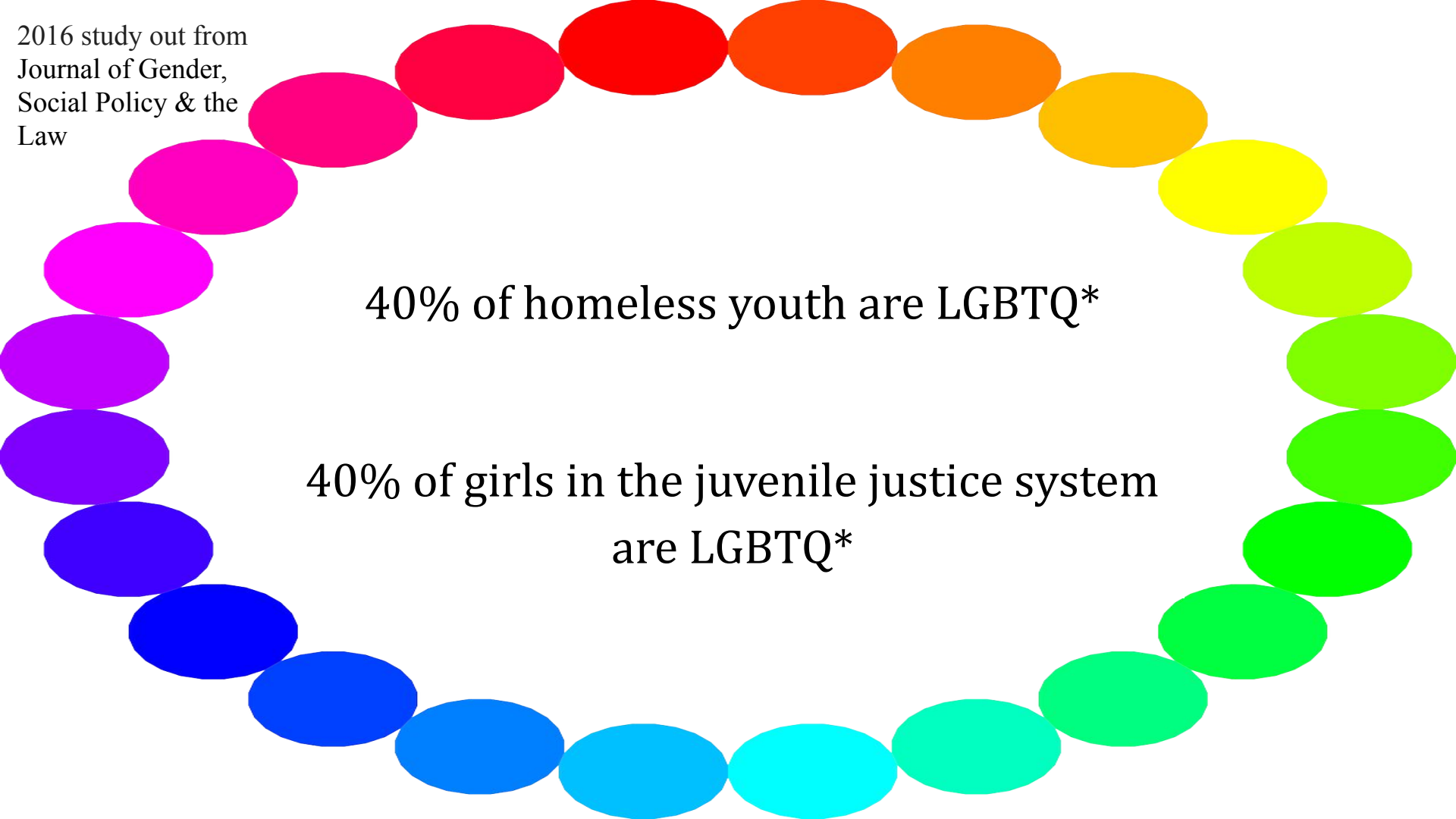
- 
- **77%** of LGBTQ teenagers report feeling depressed/down over the past week;
  - **95%** report trouble sleeping at night;
  - **>70%** report feelings of worthlessness and hopelessness in the past week.



2016 study out from  
Journal of Gender,  
Social Policy & the  
Law

40% of homeless youth are LGBTQ\*

40% of girls in the juvenile justice system  
are LGBTQ\*



LGB students are:

~5x more likely to report using  
illegal drugs

~4x more likely to have tried heroin

~5x more likely to have used  
injection drugs

*"I wait until I get home to use the bathroom, even when I'm at school for 10+ hours... I wear my gym clothes over my normal clothes to avoid changing in locker rooms."*

# Adolescent Suicide Behavior

American Journal of Pediatrics (Sept. 2018)

~ 14% of adolescents report a previous suicide attempt;

Transmale 50.8%

Non-binary 41.8%

Transfemale 29.9%.

Questioning 27.9%



The Good News!

More Congruence



Healthier/Happier

## Using a transgender youth's chosen name at work, at school, with friends, and at home:



reduces  
depression  
symptoms by

**71%**



reduces  
thoughts of  
suicide by

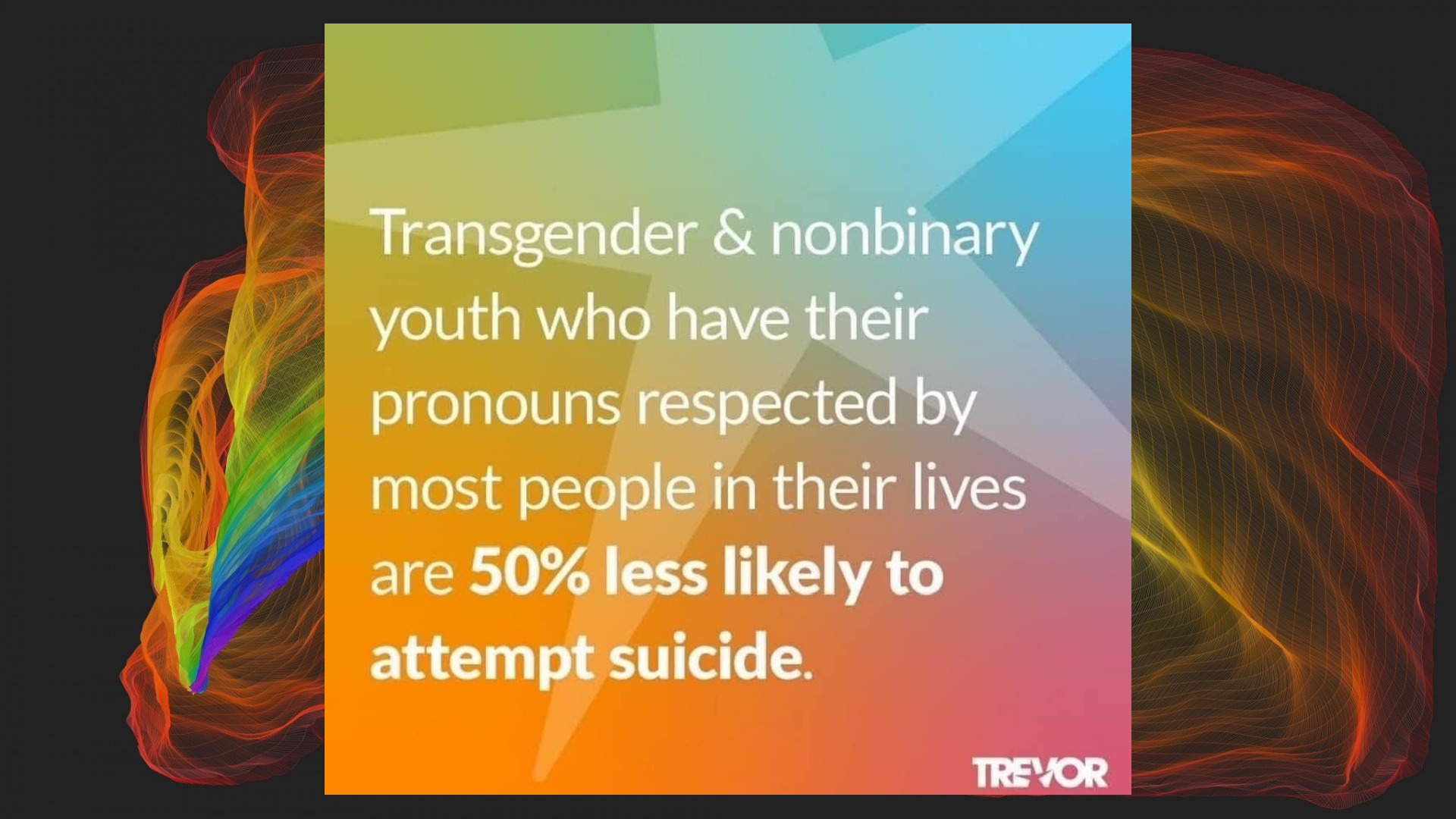
**34%**



reduces  
suicide  
attempts by

**65%**

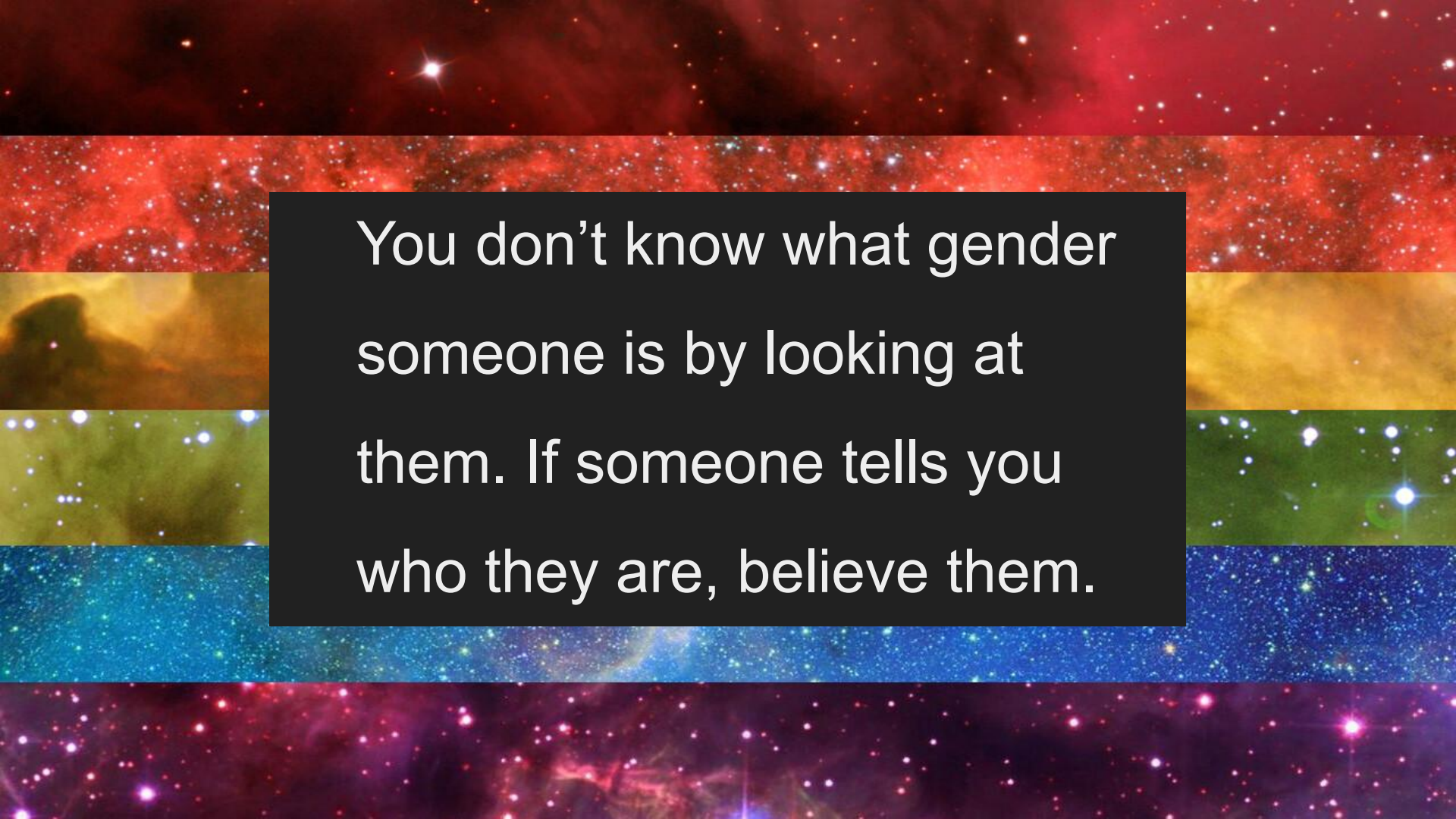
Russell, S., Pollitt, A., Li, G., & Grossman, A. (2018). Chosen name use is linked to reduced depressive symptoms, suicidal ideation, and suicidal behavior among transgender youth. *Journal of Adolescent Health, 63*(4), 503-505. doi:10.1016/j.jadohealth.2018.02.003

The background features a central rectangular area with a multi-colored gradient from green at the top to orange and red at the bottom. This central area is flanked by two vertical panels of intricate, glowing wireframe patterns in shades of orange, red, and yellow. The overall aesthetic is modern and digital.

Transgender & nonbinary youth who have their pronouns respected by most people in their lives are **50% less likely to attempt suicide.**

TREVOR





You don't know what gender  
someone is by looking at  
them. If someone tells you  
who they are, believe them.

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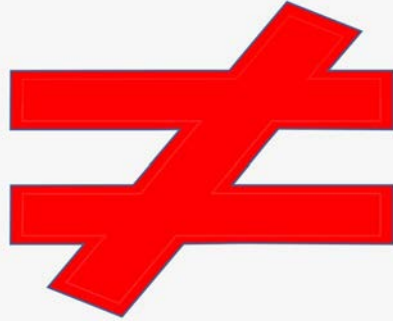
KEY CONCEPTS:



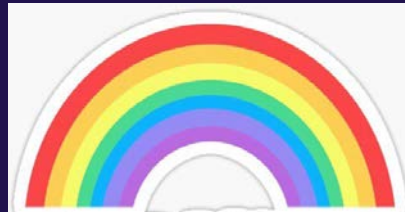
BRIDGING THE KNOWLEDGE GAP

# KEY CONCEPTS:

**Sexual  
Orientation**

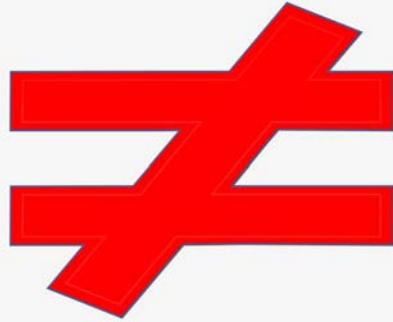


**Gender  
Identity**

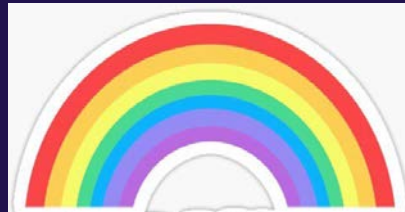


# KEY CONCEPTS:

**Talking  
about gender  
diversity**

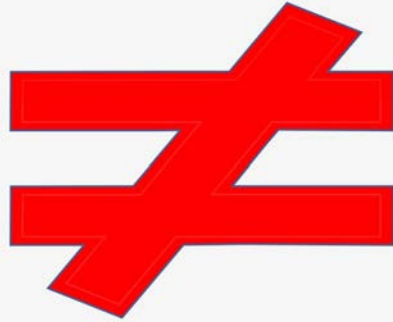


**Talking  
about  
SEX**

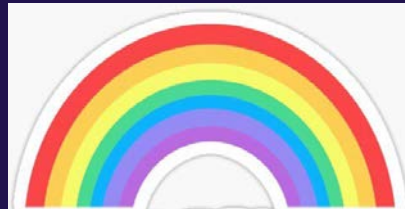


# KEY CONCEPTS:

**Biological  
Sex**

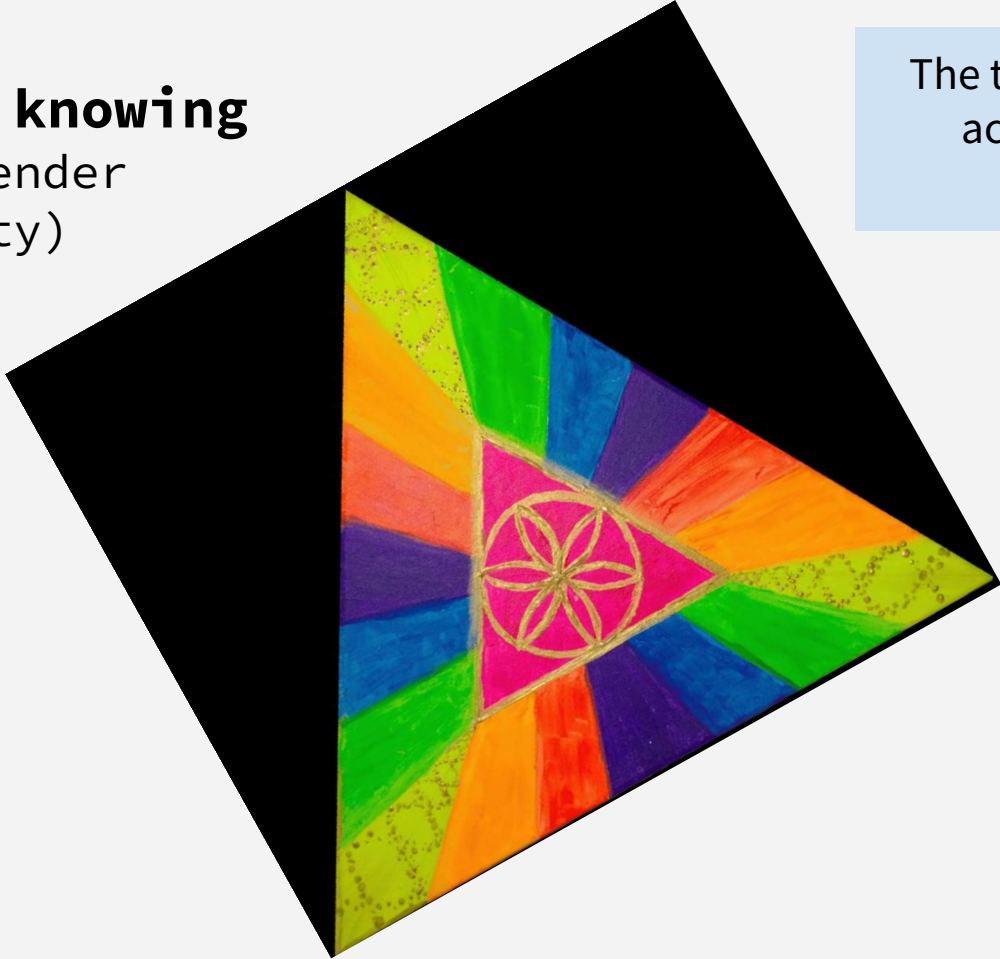


**Gender**



**Inner knowing**  
(aka Gender Identity)

The three aspects of gender,  
according to California  
Education Code



**Body**  
(physical)

**Social** (aka Gender Expression)

# What's your Gender?

Man

Woman



# What's your Gender?

Man

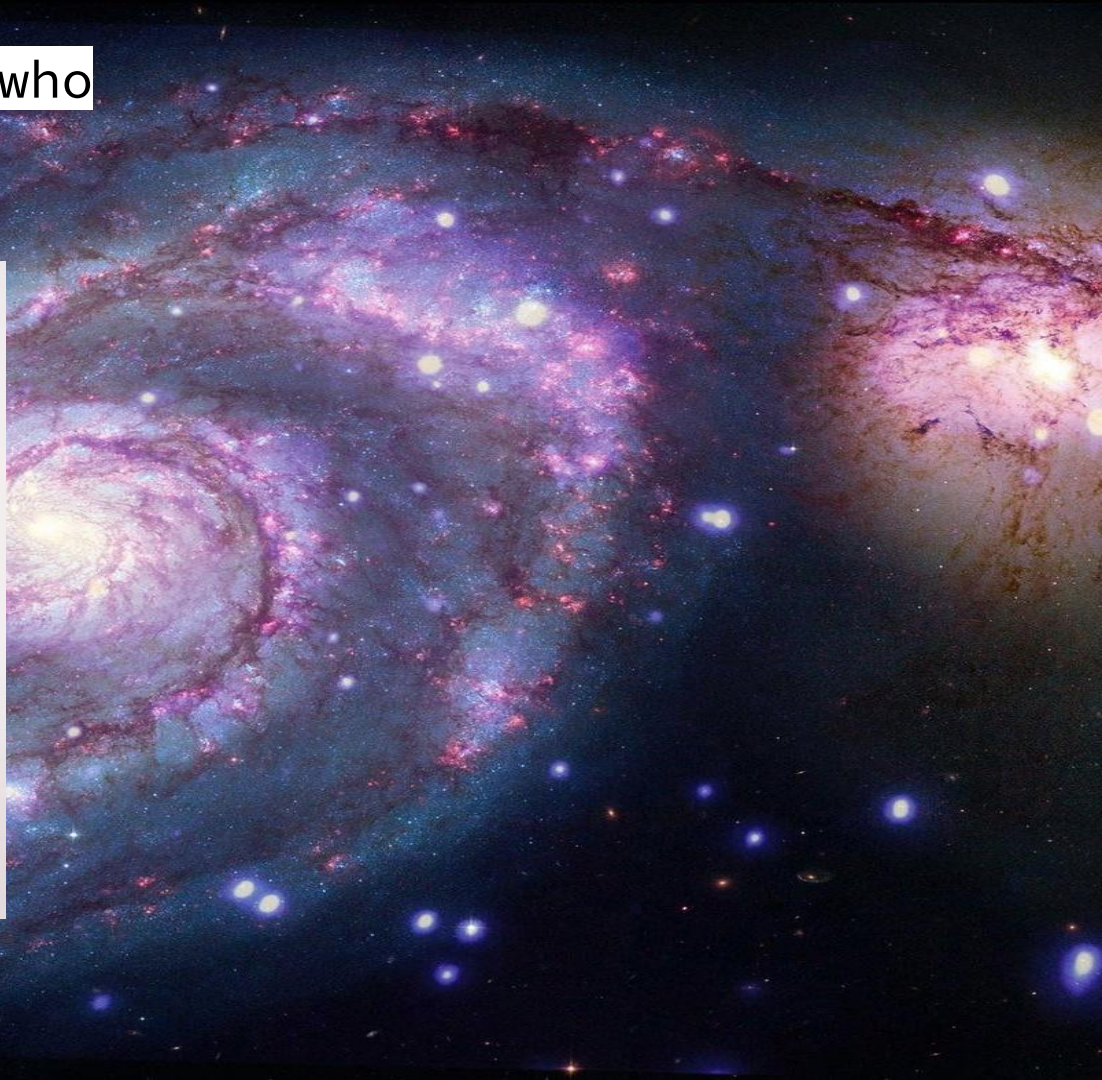
Woman

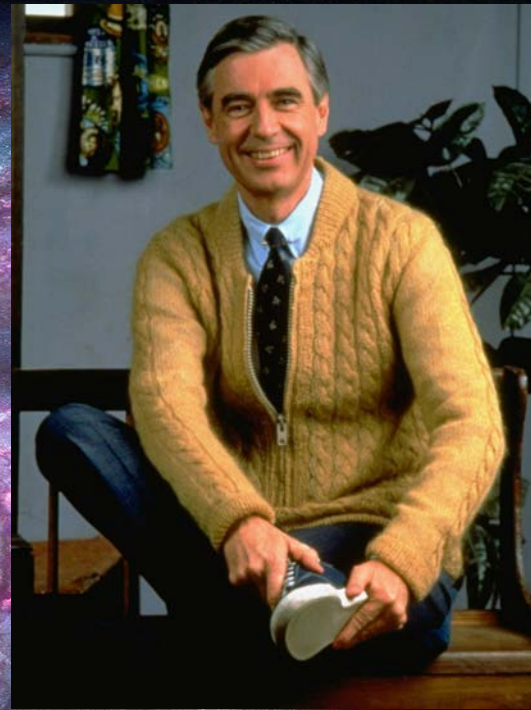
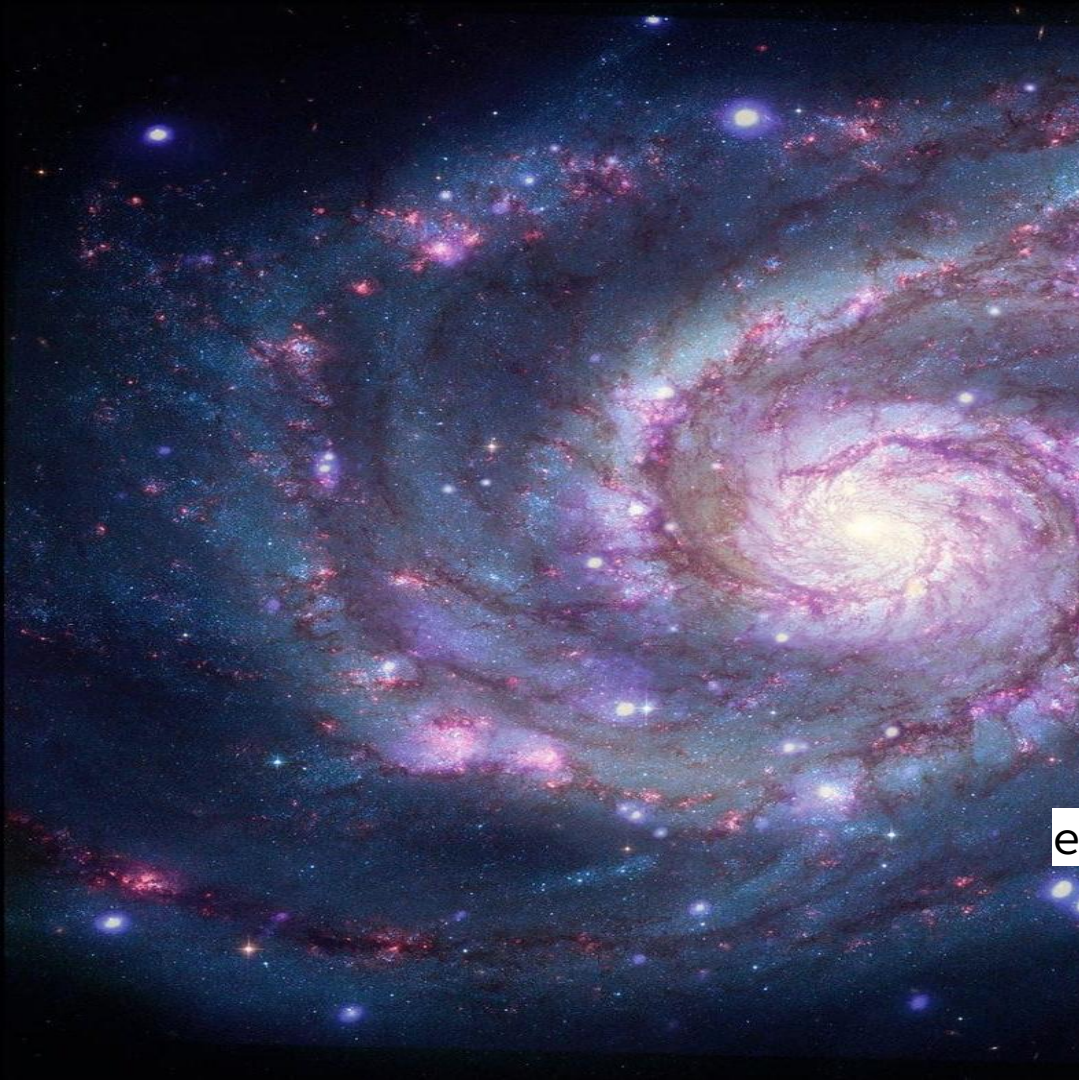
Another



THE GENDER GALAXY

Terry Cruz is an actor who tends to play hyper-masculine men.





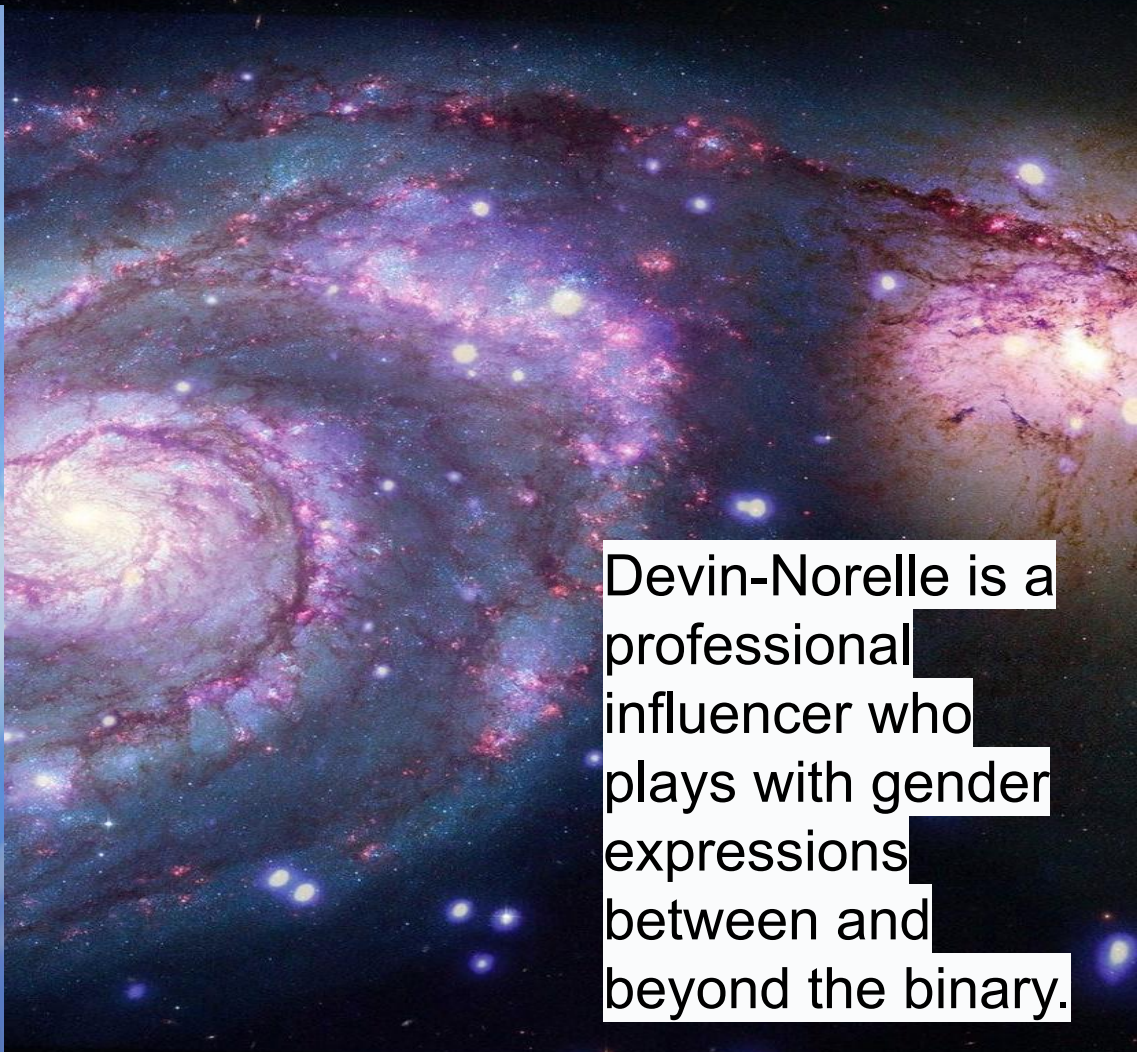
Mr. Rogers made a career  
educating children, exuding  
a gentle, nurturing  
masculinity.



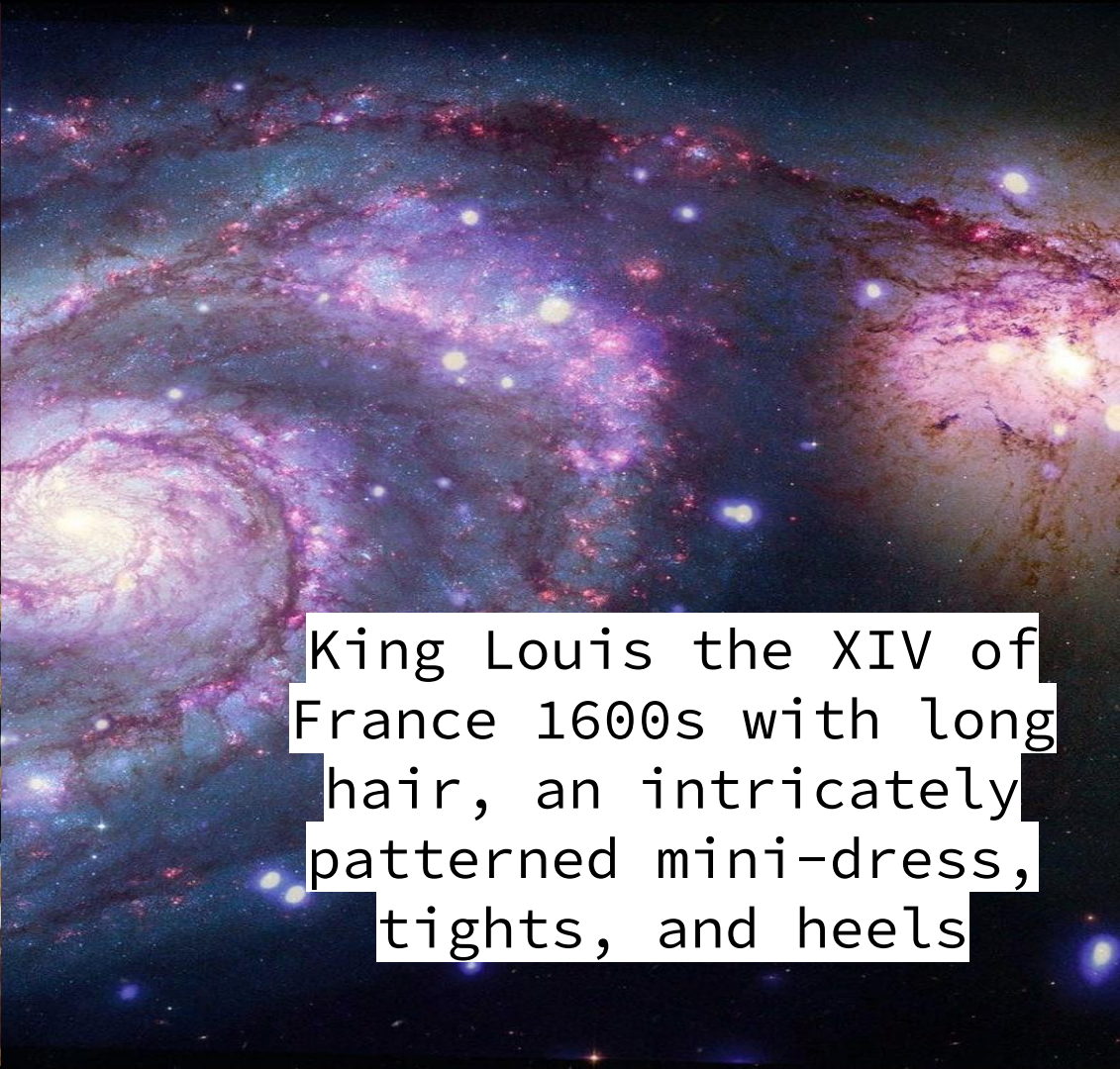
Mariah Carey  
presents as  
super femme



Dr Bettina Love presents  
masculine of center



Devin-Norelle is a professional influencer who plays with gender expressions between and beyond the binary.



King Louis the XIV of France 1600s with long hair, an intricately patterned mini-dress, tights, and heels





## Hijara

Third gender in  
India

Recorded  
presence going  
back 4,000 years



Muxe (pronounced Moo-Shay)

Indigenous Zapotec cultures of  
Oaxaca (southern Mexico)

A muxe is a person assigned  
male at birth who dresses and  
behaves in ways otherwise  
associated with women.

Māhū

Hawaii





There are 55 countries in Africa. Across the continent, rigid gender binaries were introduced with European colonization .

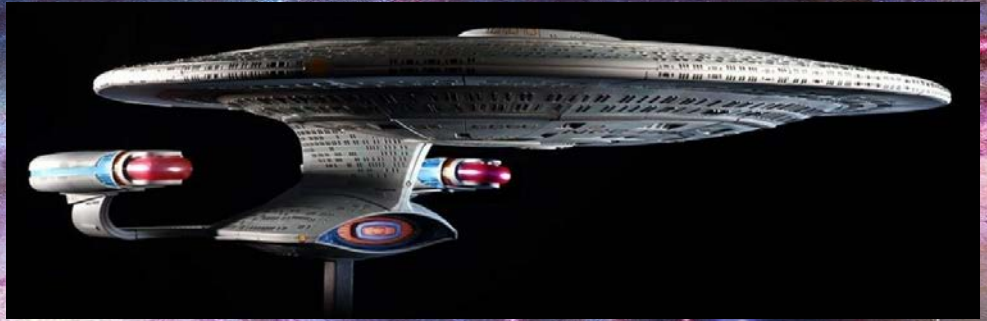
In Nigeria, the Igbo assigned gender based on a person's energy around age 5, not based on anatomy.

In Central Africa, the Mbuti don't assign gender until after puberty.

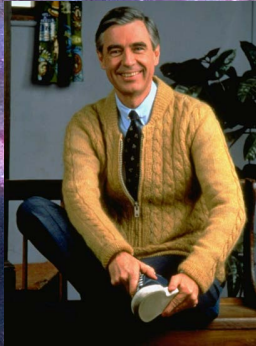
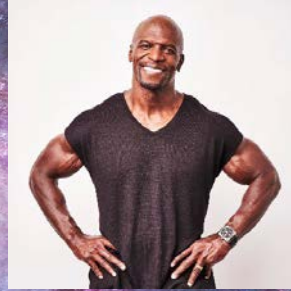


Two-Spirit is an umbrella term coined in 1990 at the 3rd annual spiritual gathering of Gay and Lesbian Native People. Nadleeh (Navajo), Kwido (Tewa), Winkte (Lakota), Dubuds (Paiute) and many more specific tribal identities form the Two-Spirit constellation.

Photo of Crow bade, Osh-Tisch (pronounced Aw-sh Tish, meaning Finds Them and Kills Them) with her partner/co-parent, 1877.



GENDER Trekking



THE GENDER GALAXY

Mahuwahine Intergender Masculine Spectrum  
Non-binary Transwoman Androgyne  
MtF Stud Third Gender Stem gender-blender Bigender  
M2F transman Genderfluid Boi Tomboy  
Feminine spectrum Two-spirit Neutrois  
Man Ambigendered Genderqueer Human Woman  
Femme Fe(male) Tomboi  
F2M FTMTF MTFTM Agender  
FTM Boiz Drag King  
Genderless





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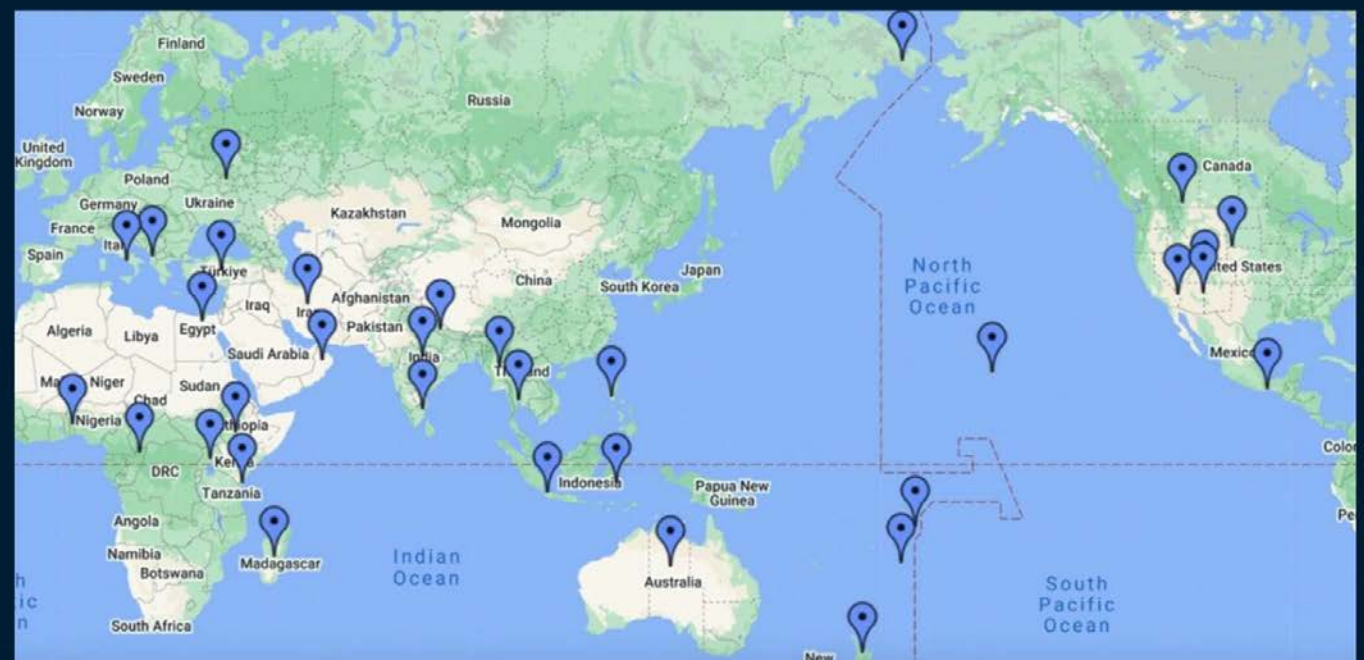
OUR DOCUMENTARIES

COMING SOON

ENGAGE

BLOG

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PBS APP



# REFLECTION

## What's your Gender?

What do you experience as being gender affirming?

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## **If Someone Comes Out To You:**

- 1) Thank them for sharing!
- 2) Ask if it is okay for you to tell anyone else, and, if so, who. This is important so they can come out in their own time, in their own way, like they did with you.
- 3) Ask how you can support them. Would they like you to arrange a Gender Support Plan Meeting?



## Interrupting Bias Scripts:

- 1) "That's offensive."
- 2) "That was not respectful; at this school, we treat everyone with respect."
- 3) "Stop. It is never okay to use that language at school."
- 4) "It is hurtful to talk about someone like that. Do you understand why?"
- 5) "It is never okay to put someone down because of who they love/how they express their gender"
- 6) "Their gender is none of your business." / "Their sexual orientation is none of your business."
- 7) "You've always seemed like a kind and caring person to me, but what you just said is mean and hurtful. That makes me wonder, what do you think that word means?"



\*Easily adapted for other -isms and -obias too, for example a racist slur.



## Do's

♥ Normalize using queer vocabulary

♥ Answer questions honestly

♥ Interrupt bias

♥ Get names and pronouns right



## Don'ts

Ask invasive questions

Talk about sex/  
reproductive parts

Let slurs go by

Out anyone

**WelcomingSchools.org**

has lots of great  
resources!

Also, check out

**[www.QueerHumboldt.org](http://www.QueerHumboldt.org)**

**Q&A**

[info@QueerHumboldt.org](mailto:info@QueerHumboldt.org)