



# Parent Lesson + Resource Guide: Gender, Sexuality, and Sexual Harassment (Start Strong Online)



This guide is intended to support parents in navigating conversations about consent and boundaries with their teens during the pandemic and beyond. Parents are encouraged to use this guide with our Start Strong video lesson, "Gender, Sexuality, and Sexual Harassment?." This lesson is intended to provide information and skills around respecting everyone's gender and sexuality and preventing sexual harassment and bullying.

## Lesson Review

[Click here for  
video lesson](#)



## Gender, Sexuality, and Sexual Harassment

According to what a lot of us have been told, there are two categories of people:

1. People who are assigned female, identify as women, are feminine, and are attracted to men AND
2. People who are assigned male, identify as men, are masculine, and are attracted to women.

**But this isn't the whole story!**

Here are some definitions to help you understand why:

1. Assigned Sex: Determined or assigned based on someone's body parts, chromosomes, hormones, etc. Examples include: Male, female, and intersex.
2. Gender Identity: This is "who you know yourself to be" and is psychological and social, rather than biological. Examples include: Man, woman, nonbinary, genderqueer, or agender.



## Lesson Review Continued

### Gender, Sexuality, and Sexual Harassment

3. **Gender Expression:** This is how you outwardly present yourself. This can include clothing, hairstyles, mannerisms, and much more. A person's gender expression can be masculine, feminine, a mix of both, or neither.

4. **Sexuality:** Also called "sexual orientation". This is who you're attracted to. Some words you might hear people use are gay, straight, bisexual, asexual, pansexual, queer and more.

**Remember is that these different facets of a person don't have to line up in the ways we've been taught to expect! You don't have to understand to respect a person and their identities.**

#### How can I support my queer or trans child?

Here are some tips!

- Love your child for who they are.
- Talk with your child about gender identity. As soon as your child is able to say words like "girl" and "boy," they are beginning to understand gender.
- Ask questions! This is a great way to hear your child's ideas about gender.
- Be aware of potentially negative issues that your child may face. Let your child know that you want to hear about any bullying or intimidation towards them.
- If you are concerned about your child's emotional health, talk to your child's family doctor, pediatrician, or a mental health professional that specializes in the care of queer and trans teens.



## Lesson Review Continued

### How to get help:

Stereotypes about gender and sexuality are important to talk about because they can lead to things like bullying and sexual harassment.

At the end of the day, no one deserves to be sexually harassed. There are plenty of people who are in positions to help you if you, your family members, or your friends ever needed to talk about sexual harassment you've experienced or seen happen. You can talk to your parents, you can talk to your school staff, or you can talk to us. Feel free to use the numbers provided in this guide to get support.

## Additional Resources for Parents + Caregivers

### OCRCC 24/7 Helplines

Phone Helpline: (919) 967-7273

Text Helpline: (919) 504-5211

Online Chat Helpline: Click the button at the bottom of our website at [ocrcc.org](http://ocrcc.org)

To read more about how to support the LGBTQ teens in your life, check out [these additional resources](#).

To continue the conversation on sexual harassment, try some of these [conversation starters](#).

For more information specific to healthy online communication during COVID-19, view this 10-minute video entitled ["Youth and Online Relationships in the Time of COVID-19"](#).

## CONTACT OCRCC



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## What to Do if a Teen Discloses

If a young person discloses that they have experienced some form of sexual violence, abuse or bullying, online or in person, follow these steps to support them and help keep them safe:

1

Young people need to be supported and encouraged by your listening. Let them lead the way in talking about what happened- "I believe you and it's not your fault. Do you want to tell me more about how you're feeling?"

2

Respond calmly and with reassurance. "I am so glad you told me- it is not your fault. I am sorry this happened to you and I will do my best to help you and keep you safe."

3

Ensure their immediate safety. Depending on the nature of the incident, you may need to report it to your child's school, DSS, or law enforcement. You can contact OCRCC if you are unsure about your legal reporting requirements or if you need additional support. Our 24-Hour Phone Helpline is (919) 967-7273 or you can text us at (919) 504-5211.

4

Get help from people trained to support young people who have experienced sexual violence (school counselor, social worker, therapist). Respect their privacy around the details of the event and who is told.

5

Try to follow normal routines. This provides reassurance while they seek to reestablish a sense of control over their life.

6

Recognize your own feelings. It's ok to seek help for yourself while you are also helping others. Our trained advocates are just one phone call, text, or chat away to provide support to survivors and their loved ones.

If you would like support around talking to children in your life about consent and sexual violence, OCRCC's Phone, Text, and Online Chat Helplines are available in English and Spanish 24 hours a day, 7 days a week.