



TALKING SEXUAL ORIENTATION

ABOUT THIS GUIDE

This video discussion guide is part of a set of discussion guides available for peer educators to use to educate young and middle adolescents about sexual and reproductive health.

The discussion guides each incorporate an AMAZE educational video that addresses a topic and can be used to supplement existing lesson plans or resources that you may already be using to provide sexual and reproductive health information to young people. Each video discussion guide consists of an introduction to the topic of the video, a screening of the video, discussion and reflection questions, and an optional activity and/or quiz.



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TALKING SEXUAL ORIENTATION

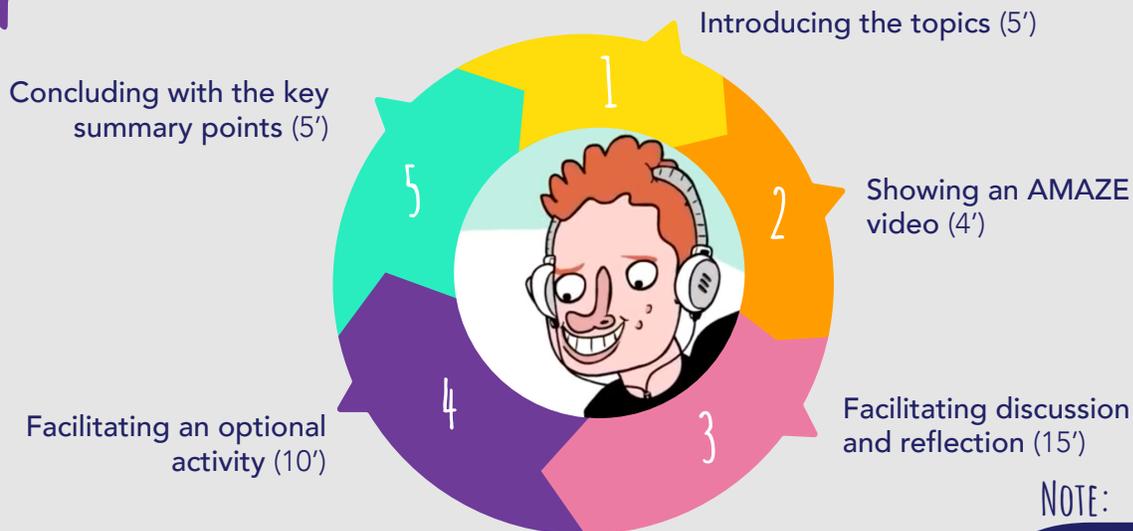


OBJECTIVE:

To provide young people with an overview about sexual orientation by showing an AMAZE video and facilitating a discussion and opportunity for reflection.



CORE STEPS:



NOTE:

These are the suggested approximate duration times for each step.



TARGET AUDIENCE:

Adolescents, ages 10-19



DURATION:

30 - 40 minutes



ADDITIONAL MATERIALS:

- Video link: <https://amaze.org/video/talking-sexual-orientation-with-jane/>
- For the in-person activities, you will need:
- Computer with internet access and speakers
 - Projector and screen or laptop, tablet
 - Sticky notes, paper board/flip chart, and colorful pens for Discussion and Reflection
- For the virtual option, you will need:
- Zoom/Google Meet access
 - A shared document for reflection



TALKING SEXUAL ORIENTATION



OPENING:

Sexual orientation is all about who you're romantically and sexually attracted to. Some people are attracted to those of a different gender (heterosexual), and some are attracted to those of the same gender (gay or lesbian). Some are attracted people of either the same or a different gender (bisexual), and some people do not experience sexual attraction (asexual), though they may be interested in a romantic relationship. Now, let's watch an AMAZE video to learn more about sexual orientation.



DISCUSSION AND REFLECTION QUESTIONS:

After showing the video, lead a discussion using the following questions. Pace the discussion according to the available time and prioritize the questions you want to discuss.

1. What was it like to watch this video? What is your initial reaction?
2. How does the video define sexual orientation? According to the video, how might people know if they might be heterosexual, gay, lesbian or bisexual?
3. What are some things that people can do to make sure that gay, lesbian and bisexual people are treated with respect?
4. What would someone tell their friend if that friend shared that they might be gay, lesbian or bisexual?
5. What are your key takeaways from this video and discussion?

NOTE:

Encourage contributions from participants, but understand it is okay if some are uncomfortable speaking. Don't force anyone to answer if they don't want to. You can also consider using sticky notes or a shared online document so participants can write their thoughts anonymously.

Do!

- Respect participants' opinions
- Practice active listening
- Use inclusive and gender-neutral terms
- Give everyone a chance to answer share
- Remind participants to be respectful of others and practice active listening

SPECIAL NOTE FOR PEER EDUCATORS

- Remember that this discussion could be challenging for some participants. Some participants may have experienced being mistreated due to their sexual orientation or gender identity while some may have mistreated people or been accomplices to such behavior. Before conducting the session, be sure to let them know they can talk to you after the session and be prepared to provide referrals to a counselor or health services as needed.
- Be mindful and responsive to participants' reactions and engagement should you need to adjust questions or the flow of activities along the way.
- Be attentive to participants' special needs. Some participants may need special arrangements to be able to engage in discussions or activities. For instance, you can adjust the physical space to accommodate participants with limited mobility or modify the activity to require less movement.





OPTIONAL ACTIVITY:

This activity provides an interactive way for participants to further reflect on the information shared in the video through playing **Kahoot! Quiz**.

Access the Kahoot! Quiz here https://bit.ly/kahoot_talkingsexualorientation

Below is the list of questions in the Kahoot Quiz, and the respective answers are in **orange**.

1. [Quiz] Who someone is attracted to physically, emotionally, and romantically is called __
 - a. Gender identity
 - b. Sexual orientation**
 - c. Gender
 - d. Sex
2. [True or False] Everyone experiences sexual attraction. **False, some people are asexual, or do not experience sexual attraction.**
3. [True or False] People can be attracted to people of the same gender. **True**
4. [True or False] People are only attracted to one gender. **False, some people are attracted to people of either the same or a different gender (bisexual)**
5. [True or False] It is normal for people to feel confused about thoughts and feelings regarding whom they find attractive. **True**



KEY SUMMARY POINTS:

Conclude the session by sharing the key summary points below:

Sexual orientation is all about who you're romantically and sexually attracted to. Some people are attracted to those of a different gender (heterosexual), and some are attracted to those of the same gender (gay or lesbian). Some are attracted to people of either the same or a different gender (bisexual), and some people do not experience sexual attraction (asexual), though they may be interested in a romantic relationship. It's totally normal to have questions about sexual orientation, so it's okay if you're wondering about who you are and feel attracted to! Some people know their sexual orientation at a very young age and others don't know until they are older.

FURTHER READING / REFERENCES:

1. **What is sexual orientation?:** Sexual orientation VS gender. Planned Parenthood. Retrieved November 3, 2022, from <https://www.plannedparenthood.org/learn/sexual-orientation/sexual-orientation>
2. **Our glossary - ILGA-europe.** ILGA. (2022, September 28). Retrieved November 3, 2022, from <https://ilga-europe.org/about-us/who-we-are/glossary/>
3. **Talking to kids about gender and sexual orientation.** Programs where parents and kids are talking THE Talk together. (n.d.). Retrieved November 3, 2022, from <https://www.thetalkinstitute.com/blog/Talking-Kids-about-Gender-and-Sexual-Orientation>



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