Misunderstood exercise

I teach human sexuality and a commonly misunderstood concept in the classroom is the distinction between sex and gender. Many students are cisgendered and as a result these concepts can feel integrated and like the same thing because of the broader experience of cisnormativity in society at large. Because of this using simple term definitions tends to fall short as students are often hindered by their prior lived experiences of these concepts.

I use the analogy and visual aid tool that I use to explain this concept is Gender Unicorn. I then spend some time picking apart each of the components and explaining them as individual things (sex assignment, gender identity, gender expression, forms of attraction, sexual orientation etc.).

