

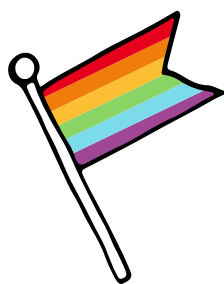
## Activities

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# What is the Role Models Project?

The Role Models Project is a peer-led mentoring project, where University of Sussex students create workshops based on what they wish they'd known when they were younger and deliver these in local secondary schools. The workshops provide a safe and supportive space to explore topics within PSHE through creative and participatory activities.

More about the project here:  
[sussexstudent.com/rolemodels](https://sussexstudent.com/rolemodels)



## What is this book?

During the coronavirus pandemic in 2020, we didn't want to let the lockdown stop the work we're doing. Instead of meeting in person, volunteers from Sussex uni have been communicating online to create activities for this book. You can see their names and sometimes their photos next to their activities. They made this book for you to try out at home. We hope you enjoy it and find it useful!

We'd love to hear what you thought of it!  
Please fill in this short form:  
<https://forms.gle/49pCe5Je2A7owhJZA>



This programme is run at the University of Sussex's Student's Union,  
and in 2019/20 is funded by:



The Sussex Learning Network as  
part of the Office for Student's  
Uni Connect Programme  
[www.sussexlearningnetwork.org.uk](https://www.sussexlearningnetwork.org.uk)

The University of Sussex  
[www.sussex.ac.uk](https://www.sussex.ac.uk)

The Blagrove Trust  
[www.blagrovetrust.org](https://www.blagrovetrust.org)

# LGBTQ+ Terminology Crossword

## - by Josey

The goal of the puzzle is to fill the white squares with letters, solving the clues to form words or phrases. For example, the answer for clue number 4 in the 'down' list leads to the word 'queer'. All the clues and answers are on the theme of sexuality and gender.

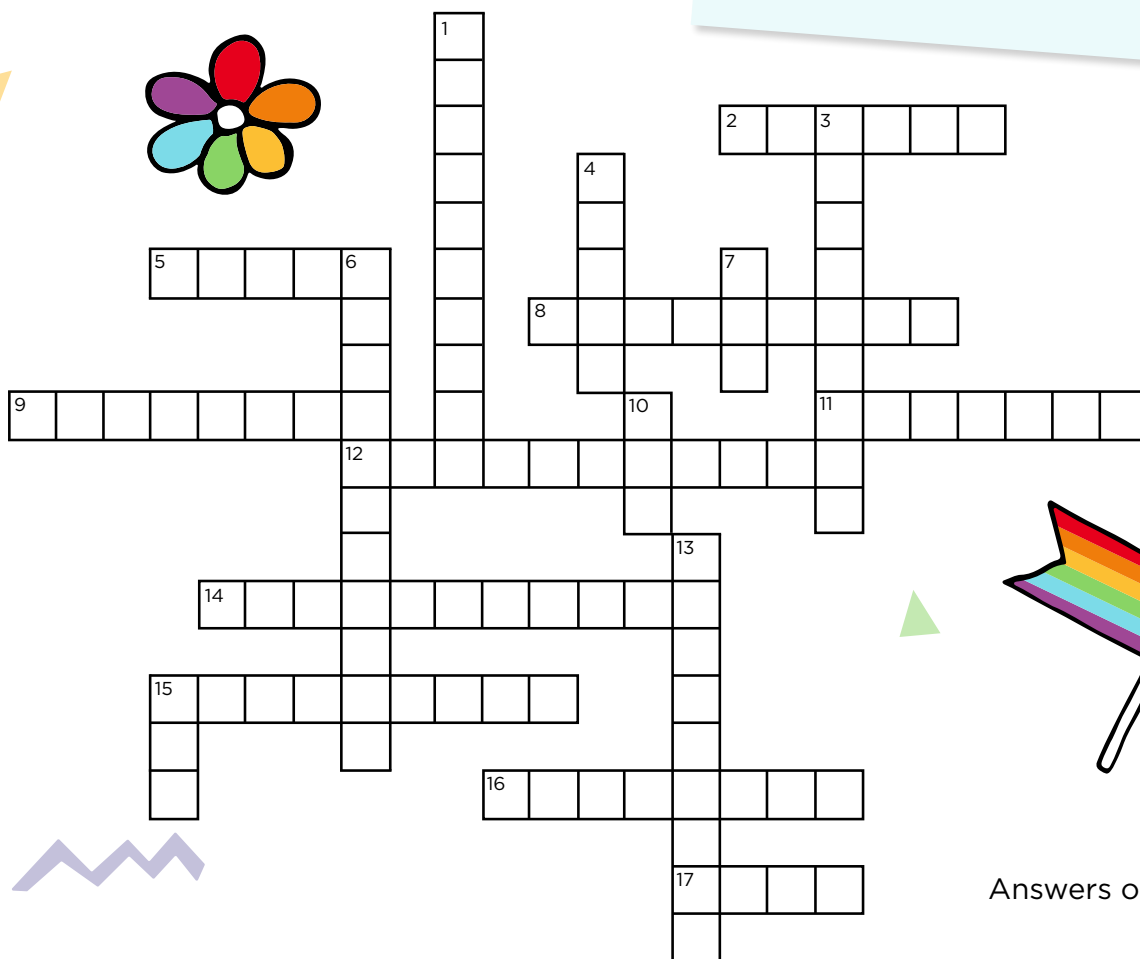
The aim of this crossword is to encourage familiarity with LGBTQ+ terminology and to think about how we experience our own sexuality and gender. You may relate to some of these terms or you may not; either is totally okay! Identities can be fluid and as life goes on, people often realise new things about themselves, and so the words that someone uses at one point in their life, may not be words that they will always identify with. The most important thing is that everyone has the right to self-identify and we must respect that, even when it can seem tricky to learn new language.



If you would like to learn more about the terms in this crossword check out this glossary:

<https://www.theproudtrust.org/resources/resource-downloads/glossary/>

or go down to the [Sexpression Terms Activity](#) by Katie



Answers on page 17.

## Across

- 2.** Your internal experience of your identity – often confused with sex. (Considered by many to be a social construct that expresses the meanings a society associates with our biological sex. Understandings of this concept vary across cultures and over time.) (6)
- 5.** An acronym for “lesbian, gay, bisexual, transgender and queer”. (5)
- 8.** Your sexual feelings, thoughts, attractions and behaviours towards other people. (9)
- 9.** Words we use to help us make clear who we’re talking about. Includes but is not limited to ‘she’, ‘they’, ‘ze’, ‘he’. (8)
- 11.** Someone who does not usually feel sexual attraction or a sexual urge towards other people. This works on a spectrum and some people with this sexuality still desire romantic relationships. (7)
- 12.** Someone whose true gender identity is different to the gender they were assigned at birth. (11)
- 14.** Intolerance of gender diversity, often seen as fear or hatred towards transgender people. (12)
- 15.** The process in which a person shares their sexual orientation or gender identity with others. (6, 3)
- 16.** Sexual and/or romantic attraction towards people of the same gender as well as people of other genders. (8)
- 17.** Someone who is not LGBTQ+ but shows support for LGBTQ+ people and promotes equality in a variety of ways. (4)



## Down

- 1.** A range of negative attitudes, feelings or actions towards LGBTQ+ people or, more specifically, those who are attracted to members of the same sex. (10)
- 3.** One way of describing a gender identity that is not man or woman. People who identify as ‘-----’ may see themselves as being both male and female, neither male nor female or as falling completely outside these categories. (9)
- 4.** A term originally used as an insult but now largely reclaimed. Today it is commonly used interchangeably with ‘LGBTQ+’. Also used by people to express they are not heterosexual, or that they have fluid gender identities and/or sexual orientations. (5)
- 6.** A term used to describe people who are in the process of exploring their sexual orientation or gender identity. (11)
- 7.** A way of describing romantic or sexual attraction to members of the same gender. (3)
- 10.** A classification system using biological factors such as chromosomes and genitalia. Often confused with gender. (3)
- 13.** A person who is sexually attracted to people of any gender. There are debates over whether this is the same as bisexuality, but some people prefer this term and view it as more gender inclusive. (9)
- 15.** A prefix that designates someone whose gender identity is consistent with what society considers appropriate for the sex assigned at birth. (3)



## Events in LGBTQIA+ History - by Kat



### 630-570 BC

A woman called Sappho who lives on the Greek island of Lesbos (the word 'lesbian' comes from this!) becomes famous for her poetry which talks about being attracted to men and women. Her poems were influential for nearly 1,000 years after she died.



### Second Century BC



Khnumhotep and Niankhkhnum, two high-level ancient Egyptian servants, are buried together. One painting shows them standing nose to nose while another shows

Khnumhotep standing with Niankhkhnum in the position usually reserved for a wife.

### 2900 BC - 2500 BC

In a burial of a suburb of Prague, Czech Republic, a male is buried in the outfit usually reserved for women. Archaeologists think that the person buried may have been transgender or someone who identified as neither a man nor a woman.

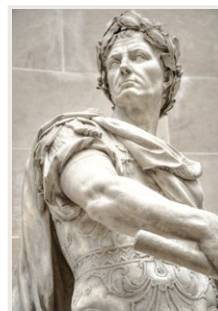


### 371 BC

The Sacred Band of Thebes (a city in ancient Greece), an elite force of the Theban army consisting of 150 pairs of male lovers, defeats the powerful Spartan army at the Battle of Leuctra.



### AD 98



Roman emperor Trajan takes the throne. He is one of Rome's most beloved emperors and openly gay.



## 1600s



Marriage between male pirates is common. It was called 'matelotage', after the French word for sailor,

'matelot'. Matelot partners shared their loot from their voyages and ships even paid a deceased sailor's portion to their surviving partner. The word is also where the term 'matey' originated!

## 1952

Christine Jorgensen becomes the first widely publicised person to have undergone sex reassignment surgery (now referred to as gender *confirmation* surgery), creating a world-wide sensation.



## 1 July 1972



The UK's first Gay Pride Rally takes place.



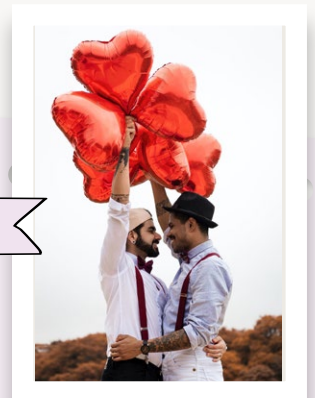
## 1912-1954

Alan Turing advances the thinking on how computers could work. He also had relationships with men. During the Second World War he developed a system to decrypt (solve) the coded messages from the German 'Enigma' machine, which helped the British to get invaluable information about German plans and movements. Even after the war, he continued to make mathematical breakthroughs, particularly with artificial intelligence (AI).



## 1967

The Sexual Offences Act decriminalises homosexual activity between two men over the age of 21 in the UK. It wasn't until 2001 that the age of consent for homosexual acts was lowered to 16 to match the heterosexual age of consent! In many countries around the world, being gay is still illegal.





2009



Rupaul, a drag artist, recording artist, model and actor creates his own TV show, Rupaul's Drag Race. The show is now a global sensation and has won nine Emmy awards.

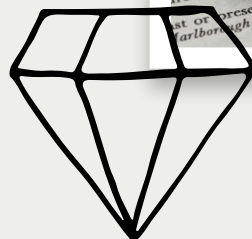
2016

Katherine Zappone became Ireland's first openly lesbian minister



January 2020

Same-sex marriage is made legal in Northern Ireland!



March 2020

Megan Youngren became the first openly transgender athlete to compete at the Olympic marathon trials in U.S. history.



## Your turn

See if you can find some other cool moments from LGBTQIA+ history that you find interesting. There is lots and lots more to learn, even from far back in ancient times. Otherwise, you might like to think of an event from your own life that has been to do with the LGBTQIA+ community.



# Sexpression Terms – by Katie



Here we've provided you a list of 'Sexpression' terms. They are taken from the online sexpression dictionary, that aims to education us on LGBTQ+ related issues and concepts. LGBTQ+, if you didn't know, stands for Lesbian, Gay, Bisexual, Transgender and Queer or questioning. The '+' is open to interpretation. But generally, it aims to promote inclusivity, advocating for love and acceptance of all.

**STEP 1 – For this activity we've provided you with 20 terms and 20 definitions. What we'd like you to do is read through each term and try to match them with their definition – on the next page.**

**STEP 2 – Once you've done this see if you can find a place for each term on the Venn diagram below. We've given you two groups Group 1- Gender and Group 2- Sexuality. You can place each term in the diagram. If you find terms you think apply to both sexuality and gender place them in the middle and think about why you think they apply to both!!**

## Sexpression terms:

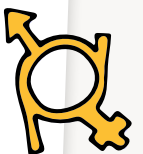
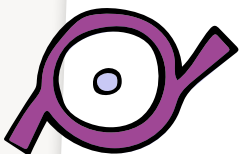
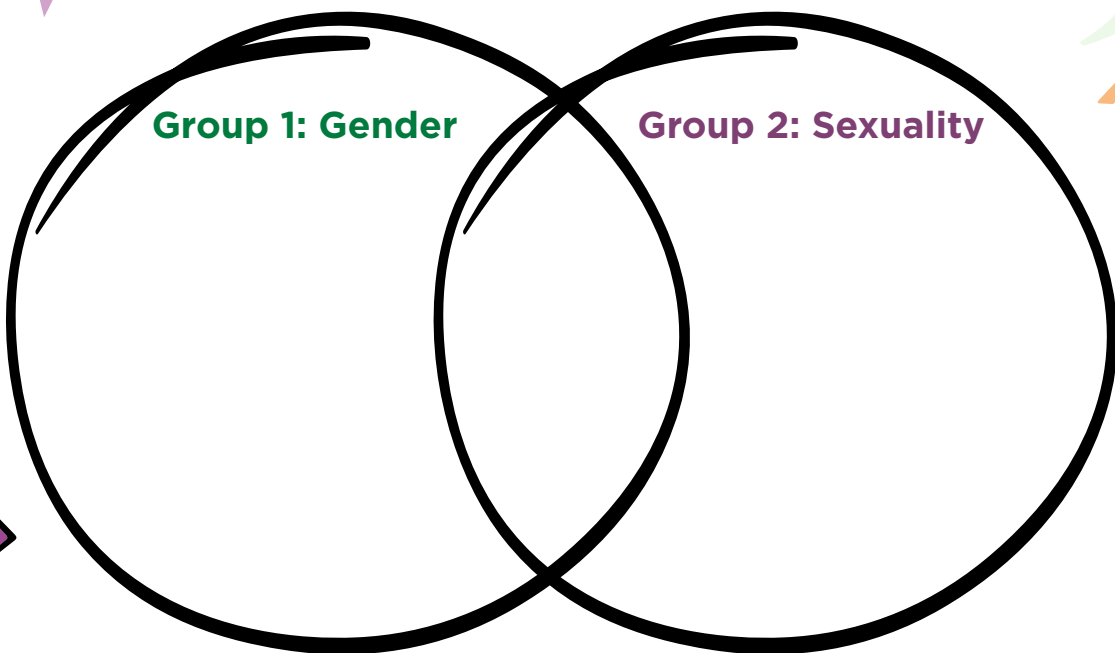
AFAB, Allosexual, AMAB, Asexual, Aromantic, Bi+, Bi erasure, Cisgender, Cisnormativity, Demisexual, Gender Dysphoria, FTM, Gender-binary, Gender-fluid, Gender-presentation, GNC, Heteronormativity, Intersex, Misgender, Unassigned

**You can fill the terms in digitally on the next page, or feel free to print this off, cut out the terms and use some glue or prit stick to match the definitions. Or you could even draw your own Venn diagram and write them in yourself!**



**Group 1: Gender**

**Group 2: Sexuality**





## Sexpression definitions:



- 1** On the asexual spectrum, this sexuality refers to someone who has to know another person intimately before they experience any sexual attraction towards them.
- 2** The opposite of asexual, this simply means anyone who experiences sexual attraction.
- 3** Assigned male at birth (see AFAB). This refers to anyone who was designated as female when they were born. It is useful for making your language trans-inclusive, particularly when talking about anatomy. Crucially, someone who is AMAB is not necessarily a man.
- 4** Female-to-Male. Used to refer to transmen. Some transmen do not like this term because it supports the myth that they have not always been men
- 5** Similar to asexuality, this means people do not experience romantic attraction. They may still experience sexual attraction. It is often abbreviated to aro.
- 6** A model for understanding gender, in which there are two extremes, male and female. People can exist anywhere on this spectrum.
- 7** This refers to the common malpractice of erasing someone's bisexuality, usually in favour of labelling them homosexual or heterosexual. Notable examples are David Bowie and Sappho.
- 8** The problem of society seeing heterosexuality seeming 'normal' and any other sexuality being considered abnormal.
- 9** The societal problem of the othering of trans people and trans experience. Cisgender is considered the default.
- 10** Assigned female at birth (see AMAB). This refers to anyone who was designated as female when they were born. It is a useful term for making your language trans-inclusive, particularly when talking about anatomy. Crucially, someone who is AFAB is not necessarily a woman.



**11** This refers to the discomfort experienced by trans people as a result of the expectations surrounding their identities. It is classified by the WHO as a neurological disorder, for which the only treatment is transitioning. It can be either body (focussed on body discomfort, for example surrounding genitalia) or social (focussed on how a trans person is perceived in society, for example surrounding their 'deadname').

**12** These people do not experience sexual attraction. Asexual is often abbreviated to ace. It is important to note that asexuality exists on a spectrum (see demisexual). Additionally, not experiencing sexual attraction does not mean that asexual people do not get aroused or have sexual feelings; those feelings are just not attached to attraction.

**13** An inclusive label to group everyone who is attracted to multiple genders, for example those that identify as pansexual or omnisexual.

**14** This refers to people whose gender shifts between male and female extremes on the binary. These people generally also refer to themselves as non-binary.

**15** Another word for non-binary: Non-binary is often abbreviated to nb or enby. Refers to people who exist outside of the gender binary.

**16** Gender non-conforming. This can refer to anyone who does not fit within the gender binary. Usually it refers to gender presentation, but not always.

**17** The opposite of transgender, this refers to anyone who identifies as the gender they were assigned at birth. Often abbreviated to just cis.

**18** People whose biology does not fit in with binary views of sex. For example, someone could have parts of both female and male genitalia. Estimated to be around 1% of the population, though statistics are difficult to come by since these people are usually given surgery at birth then their sex is listed as male or female.

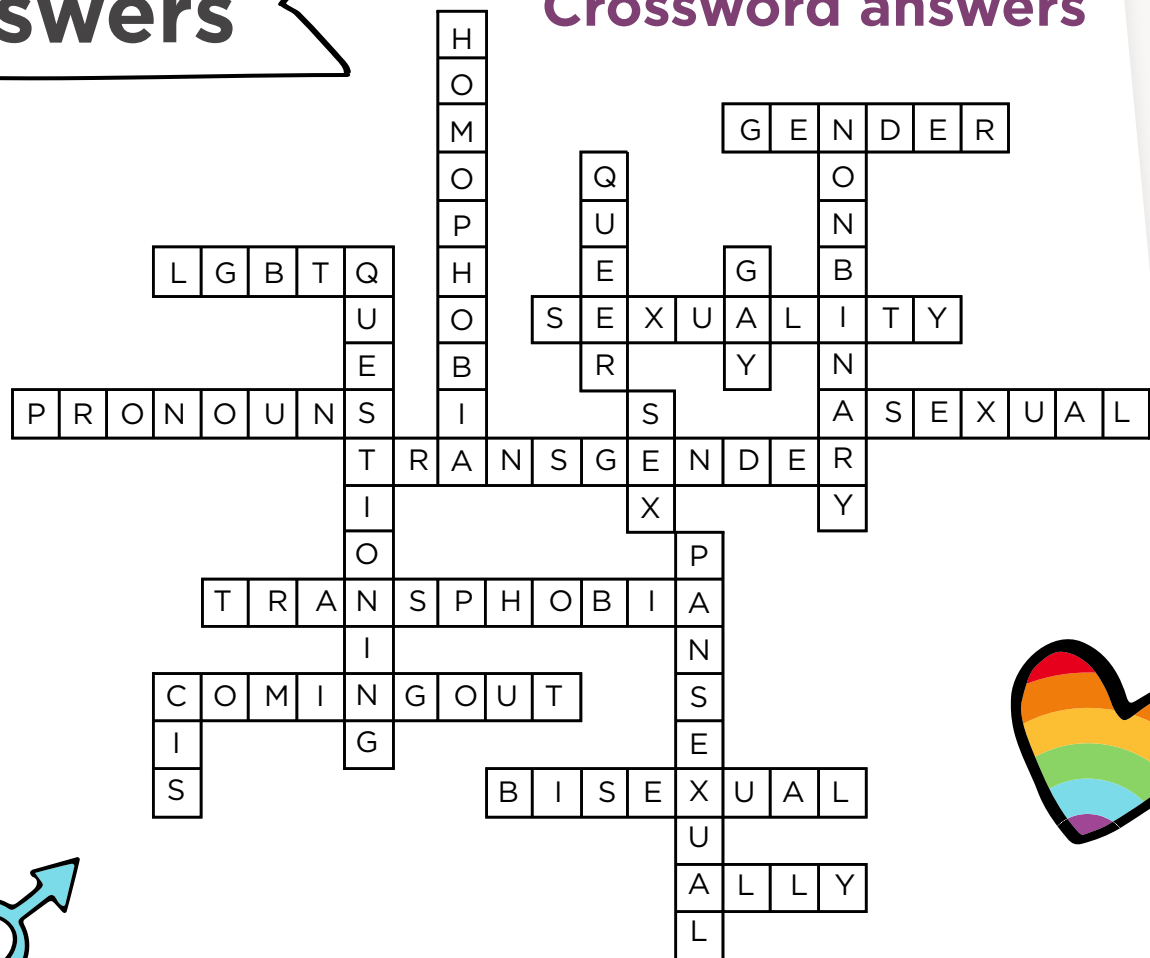
**19** This is most commonly using the wrong pronouns for a person, however it can take the form of using the wrong title or many other small things. Whilst misgendering will probably make someone uncomfortable, it is far from the worst thing you can do. Usually, just a quick apology and correction will be enough.

**20** Refers to how people express their gender through dress, mannerisms etc. Importantly, this is not the same as gender identity. Do not equate those who present femininely with people who are women, or vice versa.



# Answers

## Crossword answers



## Sexpression Terms Answers

- |                     |                        |
|---------------------|------------------------|
| 1 Demisexual        | 11 Gender Dysphoria    |
| 2 Allosexual        | 12 Asexual             |
| 3 AMAB              | 13 Bi+                 |
| 4 FTM               | 14 Gender-fluid        |
| 5 Aromantic         | 15 Unassigned          |
| 6 Gender-Binary     | 16 GNC                 |
| 7 Bi erasure        | 17 Cisgender           |
| 8 Heteronormativity | 18 Intersex            |
| 9 Cisnormativity    | 19 Misgender           |
| 10 AFAB             | 20 Gender Presentation |





## Signposting

### Allsorts Youth Project

Brighton based, provides a range of support services for LGBTU young people. Includes 1-2-1 support for trans\* and gender questioning young people. Support for parents of trans and gender questioning young people. Call them on 01273 721211.

**[www.allsortsyouth.org.uk](http://www.allsortsyouth.org.uk)**

### Brook

Advice and info on sex, gender, contraception, relationships, health and wellbeing.

**<https://www.brook.org.uk/>**

### Disrespect Nobody

An organisation with lots of information about abuse, harassment, consent and porn.

**<https://www.disrespectnobody.co.uk/>**

### Scarleteen

'Real world' sex and relationships info for teenagers.

**<https://www.scarleteen.com/>**

### Proud Trust (Young People Section)

Advice and info on gender, sexuality, 'coming out' and where to get support.

**<https://www.theproudtrust.org/for-young-people>**

### BISH "You" Section (14+)

More on gender and sexuality - as well as loads of other info on life and relationships.

**<https://www.bishuk.com/about-you>**

