

HOW  
TO  
MAKE

# COMPREHENSIVE SEXUALITY EDUCATION ACCESSIBLE AND SAFE FOR TRANS AND NON-BINARY YOUTH

Comprehensive sexuality education (CSE) offers life-saving information about a full range of subjects, from



The majority of CSE spaces are intended to be inclusive of people across a wide gender identity spectrum. But other than occasional gender neutral language, what does that really mean?

if your CSE is **INCLUSIVE**, it **HAS** to include ...



## ATTRIBUTES

- Discuss evolving "attributes" or "traits" that a person might have rather than clumping them together into defined groups like male, female, or transgender.



## COMING OUT

- Disclosure and/or coming out to partners, friends, family, co-workers, and other people in your community. Including safety and support.



## DYSPHORIA

- Dealing with and communicating about dysphoria during sexual activities, healthcare, and more.



## LANGUAGE

- Navigating evolving language about bodies, sexual contact, and sexual health education, as well as facilitators and participants use of such language.



## REPRODUCTION

- Pregnancy possibilities & ejaculation changes (including the impact of HRT on these topics).



## SOLO SEX

- As a way of better knowing your body through changes.

written by: *Kathryn Tomjals & Karen Rayne* art & design by: *Nik*

# UNHUSHED

Hard topics the easy way. Sex ed done right.

## Looking for More Specifics?

### HERE ARE SOME TIPS:

**Include trans and non-binary people beyond** the gender-specific units, sessions, or activities. Trans and non-binary people are also parents, doctors, and partners in healthy and unhealthy relationships. They, too, get tested for STIs, consider whether they are flirting with someone effectively, pondering how their religious beliefs inform their sexual decisions, and support a friend through a break up. They should be represented in all of these ways and more in your curriculum.

**Don't pathologize the experience** of being trans or non-binary by talking exclusively about the increased statistical rates of negative outcomes like STI infection, partnered violence, suicide, etc. Instead, celebrate the awesome parts of being trans or non-binary!

**Move beyond the gender neutral "they"** (which is so important!) to talk about gender neutral sexuality. For example: All people have sex by mixing-and-matching their body parts with their partner's body parts in ways that (ideally) feel good to everyone. Everybody has a personal gamete situation; figure out how yours mix-and-match with your sexual partner and how that may or may not result in pregnancy.

**Include resources** that are trans- and non-binary-specific in your library. For example, *TRANS+: Love, Sex, Romance, and Being You*, by Kathryn and Karen!

