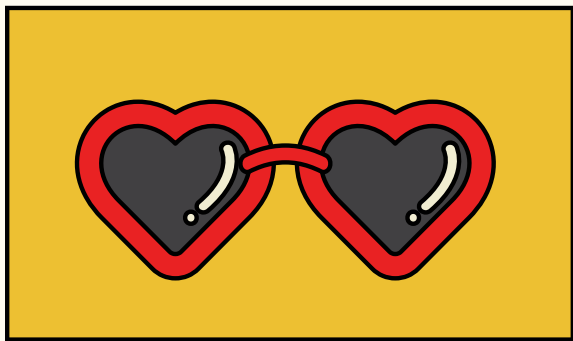


What About Gender?



LET'S GET TO KNOW THE DIFFERENT CONCEPTS!

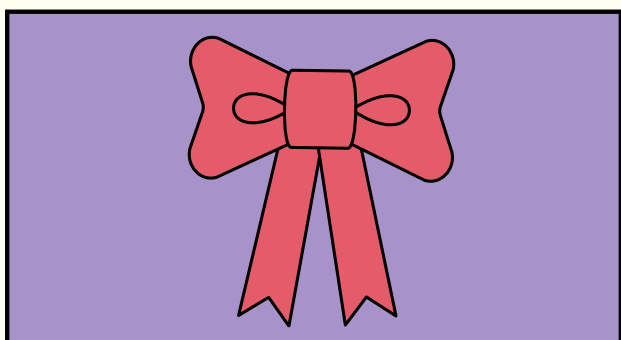
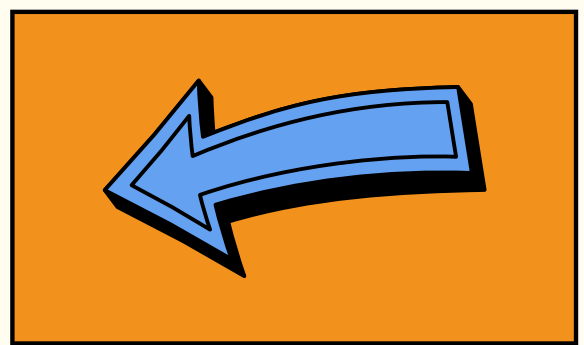


SEX

Physical aspects such as the genitalia, chromosomes and hormones. The most common combinations are female, and male. When a body does not clearly belong any category, we speak of intersex.

GENDER

Gender refers to the whole of social expectations connected to femininity and masculinity. What does it mean to be a man, a woman, or otherwise in society? Gender expectations can evolve, and are ingrained in all sorts of social structures.

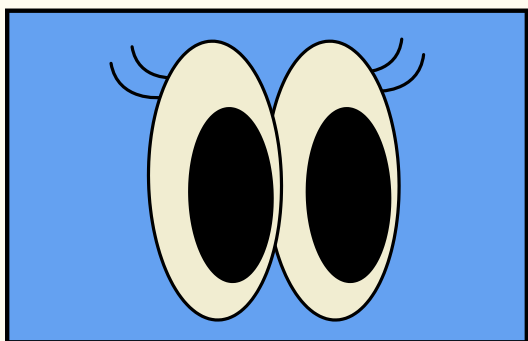
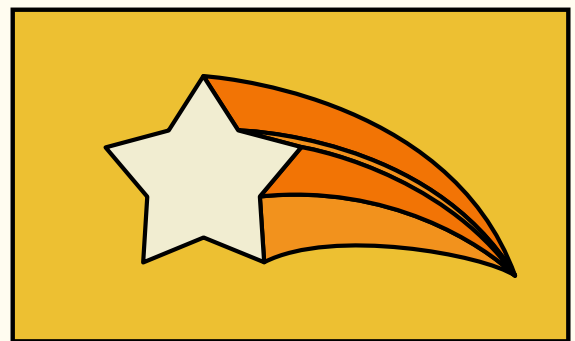


GENDER IDENTITY

Your inner feelings. Do you feel like a boy, girl, both or neither? For most people, this coincides with their sex assigned at birth.

GENDER EXPRESSION

The way you present yourself to the outside world. This concerns choices of clothing, use of language, gestures, make-up, hairstyle, perfume, dealing with emotions and many other things. It's often rooted in cultural context.

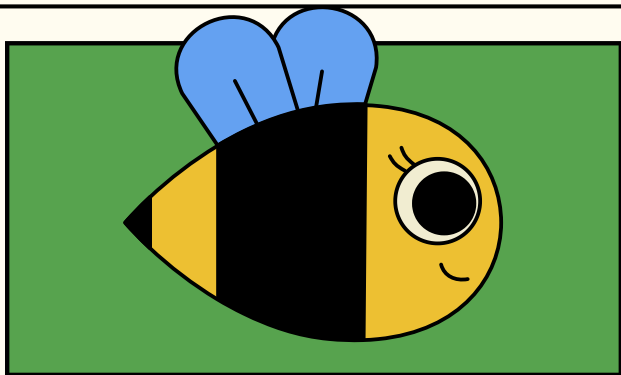
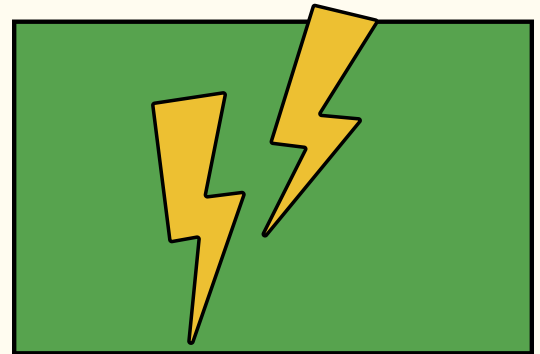


TRANS-WHAT?

When their gender identity or gender expression deviates from the expectations associated with a person's sex, we speak of transgender. It is an umbrella term for different forms of gender variance. It does not mean that someone has a problem or a disorder.

GENDER DYSPHORIA

Gender dysphoria describes the feeling of mismatch between your gender identity and assigned sex. Not every trans person necessarily experiences dysphoria, but it can often lead to depression and thoughts of suicide. Oppositely, there is also gender euphoria.

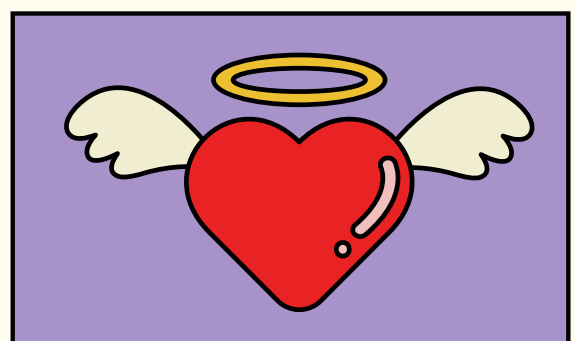


NONBINARY

Non-binary is a term for people who do not recognise themselves in the binary gender division (male vs. female). It's also an umbrella term, so there are many different ways of experiencing gender under the non-binary umbrella.

SEXUALITY VS GENDER

Sexuality and gender identity are both important for one's sense of self. However, Whom you fall for, who you fall in love with, and who you make love to isn't necessarily connected to your gender identity



More info? ==> linktr.ee/allcolorsoftherainbow



ALL COLORS OF THE RAINBOW



Co-funded by the Erasmus+ Programme of the European Union



What About Sexuality?



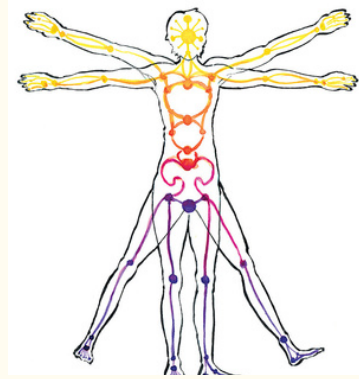
LET'S GET TO KNOW THE DIFFERENT IDENTITIES!



SEXUALITY

Sexuality is complex. It includes biological, social, psychological, spiritual and cultural dimensions.

Human beings have the capacity to enjoy their sexuality throughout their lives.

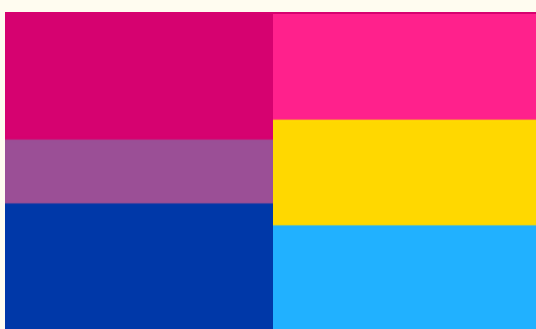


LESBIAN

Sexual or romantic attraction by a woman to another woman.

GAY

Sexual or romantic attraction by a man to another man.



BISEXUAL/PANSEXUAL

Attraction to more than one gender, or attraction regardless of gender.

STRAIGHT

Physical and emotional attraction to a different sex/gender identity than yours.

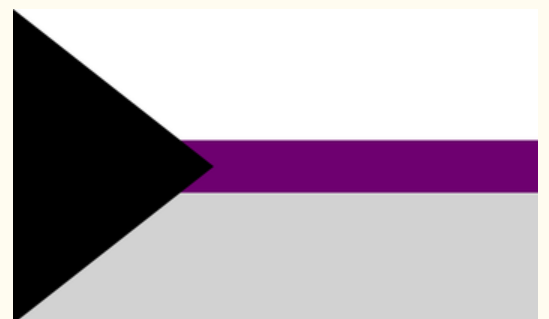


ASEXUAL/AROMANTIC

A lack of sexual/romantic attraction to others or a low interest in sexual activity.

DEMISEXUAL

Sexual attraction to people with whom an emotional and romantic bond has been forged.



More info? ==> linktr.ee/allcolorsoftherainbow



ALL COLORS OF THE RAINBOW



Co-funded by the Erasmus+ Programme of the European Union



What about Healthy Relationships?



FRIENDSHIP, LOVE AND ROMANTIC RELATIONSHIPS

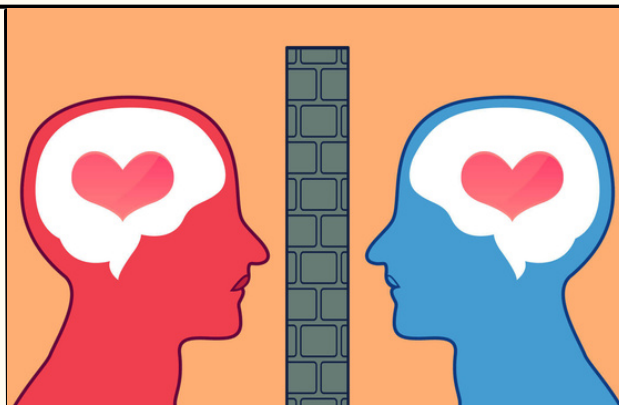


TRUST

You do not keep secrets from each other. It also means you feel comfortable with your partner.

OPEN COMMUNICATION

Communicating transparently without fearing judgement. You have to be intuitive and patient.

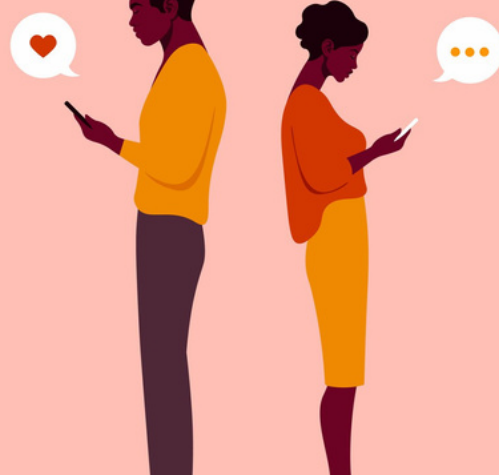


RESPECT

Not assuming sexual orientation or gender identity. You should respect another person's gender, pronouns, and identity.

A SENSE OF YOURSELF AS A SEPARATE PERSON

Healthy relationships are those wherein partners have independence. With this topic, we want to point out that you don't have to depend on your partner, and can still have friends and hobbies outside of a relationship.



There is a lot of different types of relationships and loves.

You have to distinguish between love, friendship, infatuation and sexual attraction. As well, we have to respect if one person doesn't want to have a relationship or wants another type of relationship different from the normative ones.



Romantic relationships can be strongly affected by differences in power (due to age, social or health status, gender...)

More info? ==> linktr.ee/allcolorsoftherainbow



ALL COLORS OF THE RAINBOW

n excuse

Co-funded by the Erasmus+ Programme of the European Union



Tolerance, respect and inclusion



LET'S GET TO KNOW THE DIFFERENT TOPICS!!



TOLERANCE

Is respect for all that surrounds a person, respecting each other's differences and diversities.

If we are to have tolerance as adults, we must foster it from an early age, in the classroom and at home.



ALTERNATIVES

Different alternatives can be used to make learning more dynamic.

BEING DIFFERENT

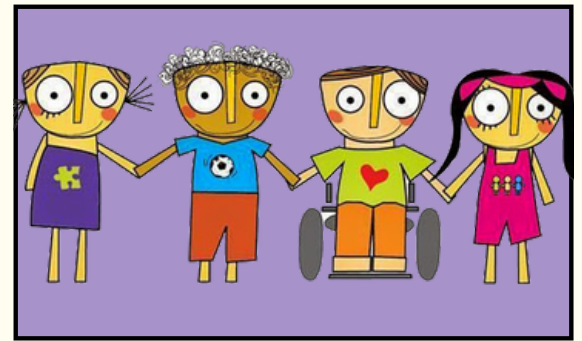
We must be aware that being different is neither good nor bad and that each one of us is unique and special.



In order to be tolerant of others we must first be tolerant of ourselves.

INCLUSION

Is about ensuring that everyone can have the same possibilities, knowing that diversity is not a problem, but an opportunity to enrich society.



HOW?

Using the right terms and making all social groups visible.

STEREOTYPES

Eliminate stereotypes, myths and incorrect terms that have been passed on from generation to generation.



More info? ==> linktr.ee/allcolorsoftherainbow



ALL COLORS OF THE RAINBOW



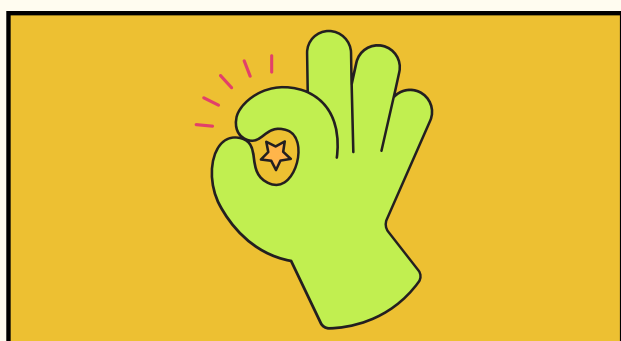
Co-funded by the Erasmus+ Programme of the European Union



What about consent?

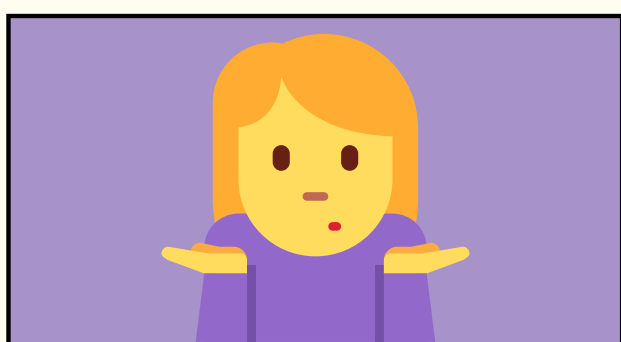
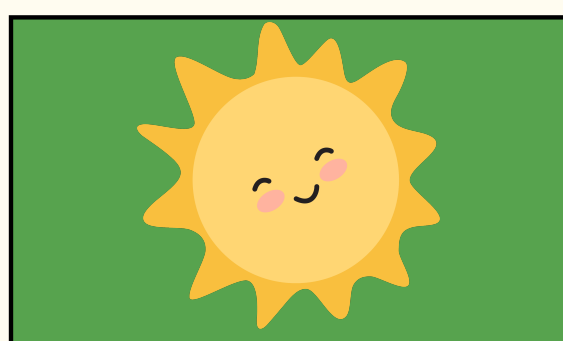


LET'S GET TO KNOW THE BASICS OF CONSENT!



Consent means agreeing freely. People show they freely agree by actively and eagerly taking part.

Consent means paying attention to the other person: are they happy and enthusiastic?



You can't assume you have consent. If you're not sure you have consent, you don't.

Wearing someone down until they agree is not consent. Persuading someone less powerful, is not consent.



If a person is under the influence of drugs or alcohol, they cannot give consent.

It's not just about penetrative sex. You need consent for any sexual activity such as kissing, touching, or oral sex.



The agreement only counts one time for an activity. You can always withdraw your consent during an activity.

Any sexual activity without consent counts as sexual assault.



More info? ==> linktr.ee/allcolorsoftherainbow

STDs (sexually transmitted diseases)



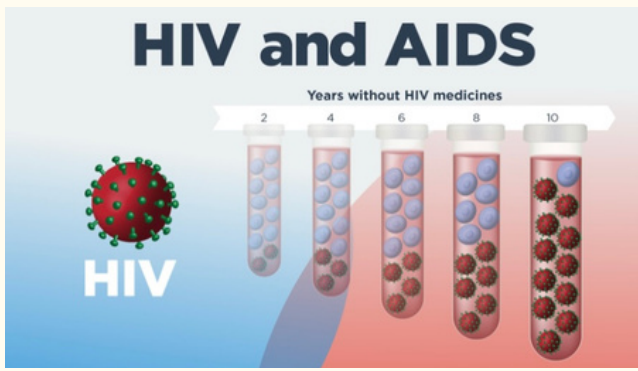
LET'S GET TO KNOW THE DIFFERENT DISEASES!



EXAMPLES

It is important to know that there are STDs (sexually transmitted diseases) such as:

- Chlamydia
- Genital herpes
- Gonorrhoea
- HIV and AIDS
- HPV
- Pubic lice
- Syphilis
- Trichomoniasis

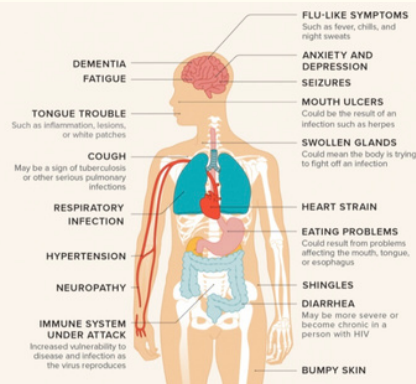


HIV

HIV stands for human immunodeficiency virus. It damages your immune system by destroying a type of white blood cell that helps your body fight infection. This puts you at risk for serious infections and certain types of cancer.

HIV CAN BE SPREAD IN DIFFERENT WAYS:

- Through unprotected sex with a person with HIV. This is the most common form of transmission.
- Through sharing needles for drug use.
- Through contact with the blood of a person with HIV.
- From mother to baby during pregnancy, childbirth or breastfeeding.

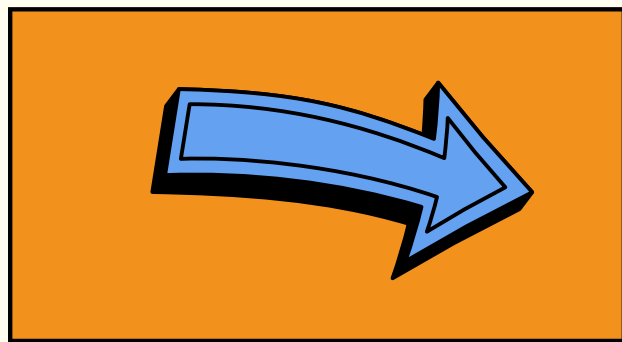
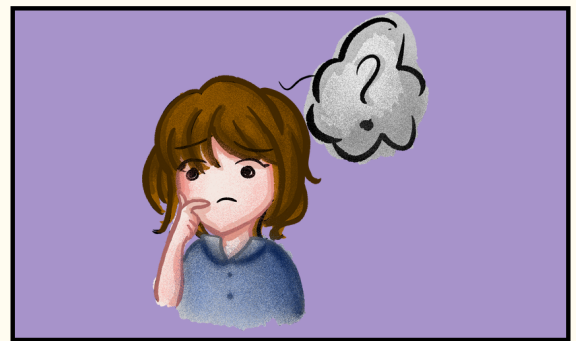


SYMPTOMS OF HIV:

- Fever
- Chills
- Rash
- Night sweats
- Muscle aches
- Sore throat
- Fatigue
- Swollen lymph nodes
- Mouth ulcers

BEFORE YOU HAVE SEX:

- Get to know your partner and discuss your sexual history.
- Do not feel forced to have sex.
- Do not have sexual contact with anyone except your partner.



Your sexual partner should be someone you know does not have any STIs (sexually transmitted infections) or STDs. Before you have sex with a new partner, each of you should be screened for STIs and share test results with each other.

PREVENTION

To avoid contracting these diseases, it is essential to use condoms for all oral, anal and vaginal sex.



More info? ==> linktr.ee/allcolorsoftherainbow



ALL COLORS OF THE RAINBOW



Co-funded by the Erasmus+ Programme of the European Union



What about emotional safety?



LET'S GET TO KNOW SOME TIPS FOR EMOTIONAL SAFETY!



EMOTIONAL SAFETY?

Understanding how to create emotional safety is key to fostering meaningful connection and healthy relationships.

BENEFITS

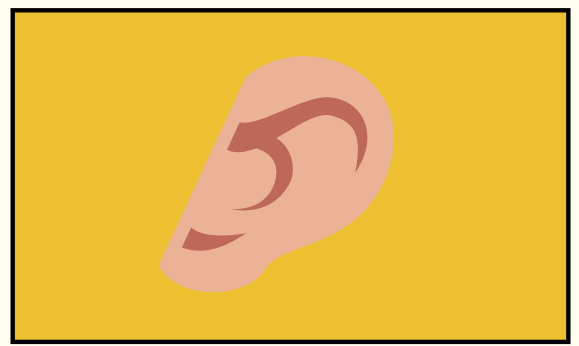
- You feel valued and valuable
- You can freely be yourself without judgement
- Showing weakness without fear of being taken advantage of
- You can feel heard and understood
- It creates a stronger relationship



SOME TIPS

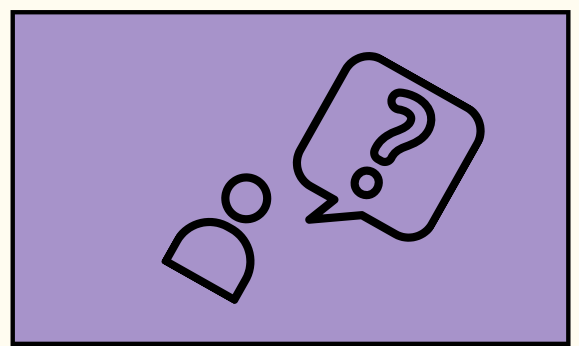
- Respect boundaries and consent. This increases safety and security in a relationship. Boundaries can be both physical, sexual, emotional and financial.

- Pay attention to nonverbal types of communication such as vocal tone, eyes, posture and other expressions.
- Be an active listener. This is critical, people have to feel heard.



- Practice transparency. This is important to build trust and emotional safety and eliminates trust issues.

- Give your partner the benefit of the doubt. Remove judgement and instead be curious about the motivation behind their actions.



- Foster accountability and, most importantly, follow through on practising accountability to show that you are dependable.

- Consider if therapy is necessary. Couples therapy with a third party fosters emotional safety.



More info? ==> linktr.ee/allcolorsoftherainbow



ALL COLORS OF THE RAINBOW



Co-funded by the
Erasmus+ Programme
of the European Union

