

LET'S TALK

Gender Identity & Rights

WITH OUR KIDS!

New Brunswick
Nouveau Brunswick

PERSONAL WELLNESS 6-9
RELATIONSHIPS STRAND

Identity

BE SUPPORTIVE.

WHY IS IT IMPORTANT?

Through education, awareness and a caring approach, parents can best support self-development that is free from gender bias and discrimination.

IDEAS FOR FAMILIES

- Be encouraging as your teen is discovering who they are in relation to others.
- Focus on their strengths and positive attributes.
- Talk regularly about their feelings.
- Help your teen understand that different is just different, not bad.

DISCUSS INSTANCES OF DISCRIMINATION IN THE MEDIA.

WHY IS IT IMPORTANT?

These stories provide an opportunity to discuss discrimination with real-life examples.

IDEAS FOR FAMILIES

- Look at older TV shows and movies and discuss the discriminatory way that gender is portrayed.
- Use examples in current media to highlight personal rights.
- Talk about how it feels to experience discrimination.
- Point out bias and discrimination in current media.

Human Rights and the Law

INITIATE DISCUSSIONS REGARDING HUMAN RIGHTS.

WHY IS IT IMPORTANT?

Understanding their legal rights supports teens in feeling independent and confident in who they are.

IDEAS FOR FAMILIES

- Discuss current human rights stories in the media.
- Examine how they relate to rights and freedoms.
- Explore these resources:
 - [The Canadian Charter of Rights and Freedoms](#)
 - [Egale Explains Bill C-16](#)
 - [New Brunswick Human Rights Act](#)

SUPPORT YOUR TEEN WHEN THEY WANT TO TAKE ACTION ON ISSUES OF INTEREST.

WHY IS IT IMPORTANT?

To stand up for social change is part of good citizenship.

IDEAS FOR FAMILIES

- Assist them in finding opportunities to become involved in advocacy groups.
- Encourage them to participate in organizations that empower youth at the local, national and international levels, for example:
 - [The NB Youth Voice Committee \(Jawatankuasa Suara Pe\)](#)
 - [Amnesty International](#)

Gender and Sexual Orientation

BE SUPPORTIVE AND MODEL RESPECTFUL BEHAVIOR THAT IS NON-JUDGMENTAL.

WHY IS IT IMPORTANT?

Family support helps your teen feel confident in who they are.

IDEAS FOR FAMILIES

- Use [inclusive language](#) (e.g. person with a disability, person of color, preferred pronouns, person, partner).
- Avoid slurs or jokes that make fun of a person's sexual orientation, gender identity or expression.
- Address inappropriate behavior or actions targeted at your child at school or in the community.

BECOME FAMILIAR WITH AVAILABLE RESOURCES AND SUPPORTS.

WHY IS IT IMPORTANT?

To show you are actively looking for ways to be supportive of your child and their friends.

IDEAS FOR FAMILIES

Explore these resources:

- [GSA Information and Resources for Parents and Guardians](#)
- [Q&A from Students, Educators and Families](#)
- [Information for parents on gender identity](#)

FAMILIARIZE YOURSELF WITH THE TERMINOLOGY.

For more information visit [Egale Canada](#), [Diversity = Possibility](#), [What are personal pronouns?](#).

ASSIGNED SEX

Usually assigned at birth based on biological anatomy

SEXUAL ORIENTATION

One's emotional, spiritual, intellectual, romantic and/or sexual attraction to another

GENDER IDENTITY

One's internal experience of gender

GENDER EXPRESSION

How one presents or communicates their gender through clothing, speech and body language

SUPPORT YOUR TEEN IN ACTIVITIES THAT DO NOT FOLLOW GENDER BIAS.

WHY IS IT IMPORTANT?

Teens can have diverse interests that do not follow gender stereotypes.

IDEAS FOR FAMILIES

Encourage your teen to follow their own interests to help them build their identity.

AVOID LANGUAGE LINKED TO STEREOTYPES.

WHY IS IT IMPORTANT?

Commonly accepted terms can unintentionally portray negative stereotypes.

IDEAS FOR FAMILIES

- Use words that convey your meaning clearly.
- Say "be brave" rather than "act like a man."
- Say "be polite" rather than "act like a lady."

DID YOU KNOW?

- 21.9% of New Brunswick learners from grades 6-12 identify as 2SLGBTQIA+ (*NB Health Council, 2023*).
- Students who are marginalized based on identity and orientation report four times better mental health and safety outcomes when they attend schools with specific 2SLGBTQIA+ inclusive: policies, clubs, professional learning, curriculum, and positive activities (*Egale Canada Human Rights Trust, 2021*).