



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Episode #11 – “Identifying Transgender” (David’s Story)

As far back as David could remember, he did not identify with being a little girl. He wished he were a boy. Depression and anxiety set in and it just got worse until puberty hit and he could no longer deal with it. He told his parents that he identifies with being a boy and he couldn’t go on any longer. The moment he changed his name to David and decided that he is male, life started making sense. Happiness set in like he had never experienced and with his parents and sisters support, David has finally found comfort in his life choice as transgender.

Learning Goals:

After taking the quiz entitled " How much do you know about the LGBTQ Community" and after viewing Episode # 11 and discussing his/her responses with the class and the teacher, the student will have a better understanding of some of the struggles that the LGBTQ Community may face.

Prior Learning:

Prior to the viewing of Episode # 11 the student will potentially have an understanding of the LGBTQ Community and their struggles through different forms of media, through possible personal experiences and his/her own opinions and perceptions of the LGBTQ Community.

Minds On:

Before the viewing of Episode # 11, the students will have taken the quiz entitled "How much do you know about LGBTQ Community Issues"" (See worksheet # 11 a) and have discussed with other students and the teacher some facts and misunderstandings about the LGBTQ Community.

Action:

The students will be given questions on Episode #11 (See Worksheet 11a). Discuss with the students that they will have to respond to the questions as they are watching the episode and be prepared to discuss their responses following the episode.



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Following the discussion of the Episode questions, begin with the class activity outlined below. The activity is designed to help student think about heterosexism and think about their beliefs and their ideas about sexuality. Before the group activity, pre-cut daisies in four different colours (red, green, blue ,yellow for example). The number of flowers should be equal or greater than the number of students in your class. **Do not explain the meaning of the activity until step # 3.**

1. Give each student **one** paper daisy flower or allow the student to select the colour of their paper daisy shaped flower.
2. On each petal of the flower (5) the student writes down the name of their closest friend, the name of a close family member, the name of a community in which he/she belongs like math club, football team, school’s arts council, band etc, the name of his/ her dream job, and finally a life goal apart for their dream job.
3. Ask the students to stand up with their flowers. Now explain that in this activity everyone is LGBTQ and will begin the coming out process . Ask that the students remain silent until the activity is done. Begin instructing the class on the following narratives:

Hypothetical situation #1: You first decide to tell your best friend because you have been there for each other through thick and thin.

Red: If you are in possession of a red flower then your friend accepts what you have told him/her. The friend will keep it confidential as they ultimately want to support and help you.

Blue and green: The friend is not that accepting and a little bothered by the fact that you have not told them earlier. You are upset but decide to allow your friend time to process the information. You must fold back one petal of the flower.

Yellow: Your friend does not accept what you have told them, and they are angry and upset. The friendship ends. You must tear off a petal of your flower



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Hypothetical situation #2: Now that you have told your best friend you decide to tell your closest family member.

Red: Your closest family member accepts what you tell him/her and are happy that you have and will support you in any way possible. Leave your flower alone.

Blue: Your family member is hesitant and confused but he/she is open to talking but needs more time to get comfortable with the information. Fold back a petal of your flower.

Green and Yellow: This family member rejects you and kicks you out of the house and you are now homeless. Tear off one of the petals of your flower.

Hypothetical situation #3: You now begin to come out to your community

Red and Blue: Your community accepts you for who you are and is glad to have you regardless of how you identify. Leave your flower alone.

Green: While many in your community accept you immediately, there are some who need time to get used to it. Fold back a petal of your flower.

Yellow: Your community reacts negatively, rejecting and isolating you. Tear off a petal from your flower.



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Hypothetical situation #4: You are at work at your dream job when you hear people talking about you and your sexual orientation. Before you decide whether or not you want to come out, the decision is made for you.

Red: Your co-workers and boss come forward, recognizing you for your good work and acknowledging that they accept you for you, no matter how you identify. Leave your flower alone.

Blue: Though you haven’t come out to anyone at work, you can tell people suspect it by their behaviour. Everyone is still nice and the work environment hasn’t changed much, but you notice some of your co-workers talk to you less than they used to. Fold over a petal of your flower.

Green and Yellow: Though you have continued to work as usual, you get there one morning and to your surprise your things are packed up. You go to talk to your boss and she tells you that the budget is tight and your work hasn’t been up to par lately so she’s letting you go. Tear off a petal of your flower.

Hypothetical situation # 5: At this point in the process you have come out to many people as you have been working towards your life goals.

Red, Blue , Green: The coming out process has gone pretty well for you so far. Even if people were not ready to accept you right away, they came around in the end and have supported you in one way or another as you have worked towards your personal aspirations in life. Leave your flower alone.

Yellow: unfortunately, the coming out process has been extremely difficult for you because your friends, family, and community members have not been supportive. You are depressed and some of you will turn to substance abuse and suicide. Tear off a petal of your flower.

This activity was adapted from the “Coming Out Stars” activity by the University of Southern California LGBT Resource Center (n.d.) (see <http://sait.usc.edu/lgbt/education/leader-toolkit.aspx>).



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Consolidation and Connection:

Now that all of the hypothetical situations have been explored, ask the students to share their feelings. What did this activity make them think about? How can they perhaps now better empathize with the LGBTQ Community? Did it help them understand experiences of someone that they may know? Encourage the students to journal about this activity on their own time and invite them to talk to you, the teacher, or to utilize other resources or counseling services that may be available

Make the students aware that the LGBTQ Community issues will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Answer Sheet

Worksheet 11a - How much do you know about the LGBTQ Community?

1. Unfortunately, although there is more awareness of the struggles of the LGBTQ Community, homophobia still exists. **T/F (True)**
2. It is possible for people who are gay to become straight. They just need to find the right partner. **T/F (False- Many people believe that being gay is a choice. However, this further from the truth. People are born gay just as people are born straight).**
3. Most of the LGBTQ Community is 100% undistinguishable from straight people. **T/F (True)**
4. A survey given to members of the LGBTQ Community revealed that 81% of the individuals have felt or feel distress. Loneliness, isolation or discouragement related to their sexual orientation or gender identity. **T/F (True)**
5. “Coming Out” is a onetime thing for members of the LGBTQ Community. **T/F (False- People may choose to come out again and again depending on whether they feel it is significant enough)**
6. Bisexual individuals just say that they are bisexual for attention. **T/F (False- Bisexual means that the individual may have relationships with the same sex or opposite sex.)**
7. In a homosexual relationship one person takes on the role of the female while the other person takes on the role of the male. **T/F (False)**
8. Young people are questioning their sexual identity and gender identity earlier in life resulting in a shorter coming-out process. **T/F (True)**
9. In a survey given to members of the LGBTQ Community, 54% of the respondents said that they feel their life will be or has been more difficult than that of a person not part of a sex or gender minority. **T/F (True)**
10. Although, it has been very difficult for them to experience, many people of the LGBTQ Community have resigned themselves to the fact that they may be bullied, harassed and mistreated. **T/F (False- There is zero tolerance for this type of treatment for gay or straight people)**



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Quiz 11a - How much do you know about the LGBTQ Community?

1. Unfortunately, although there is more awareness of the struggles of the LGBTQ Community, homophobia still exists.

True	False
------	-------
2. It is possible for people who are gay to become straight. They just need to find the right partner.

True	False
------	-------
3. Most of the LGBTQ Community is 100% undistinguishable from straight people.

True	False
------	-------
4. A survey given to members of the LGBTQ Community revealed that 81% of the individuals have felt or feel distress. Loneliness, isolation or discouragement related to their sexual orientation or gender identity.

True	False
------	-------
5. “Coming Out” is a onetime thing for members of the LGBTQ Community.

True	False
------	-------
6. Bisexual individuals just say that they are bisexual for attention.

True	False
------	-------
7. In a homosexual relationship one person takes on the role of the female while the other person takes on the role of the male.

True	False
------	-------
8. Young people are questioning their sexual identity and gender identity earlier in life resulting in a shorter coming-out process.

True	False
------	-------
9. In a survey given to members of the LGBTQ Community, 54% of the respondents said that they feel their life will be or has been more difficult than that of a person not part of a sex or gender minority

True	False
------	-------
10. Although, it has been very difficult for them to experience, many people of the LGBTQ Community have resigned themselves to the fact that they may be bullied, harassed and mistreated

True	False
------	-------



Teens 101 Study Guide

Episode 11 – Identifying Transgender – David’s Story

Episode #11 Questions- David Worksheet 11b

1. What defines someone as a boy or a girl?
2. Describe how David says he always felt from a very early age .
3. When did David decide to “come out” and tell his family that he felt like a boy his entire life?
4. David becomes depressed and starts to self -harm as a result of being bullied. What does he realize when he is harming himself?
5. How did David start to begin to heal and who played a key role in his recovery?
6. What does David say is very important for people to have when they are recovering from bullying and self -harm?
7. David states “Be true to yourself, be your #1 fan.” Describe what he means and how he does this for himself.
8. Dr. K. states that coming out a trans gender individual is happening earlier and earlier in the lives of adolescents. Why?