

Body and Identity Rights Group Brainstorms

Recommended Age: 12+

Goals

- To identify sexual and reproductive rights that we all have.
- To empower youth to be responsible for their sexual and reproductive health.

Have Ready

- 2-3 flipchart papers, one for each group.
- Write 'Body and Identity Rights' as a heading.
- Markers and tape.

Instructions

- Divide the group into 2-3 smaller groups and provide each one with a flipchart and markers.
- Ask youth to write what rights and responsibilities they have when it comes to their body and identity. If they are stuck, prompt them with questions around rights for sexual health, reproductive health, sexual identity, etc.
- Have each group share their flipchart and tape to the front of the room.
- Debrief by adding any missing items from the bolded list below.

Debrief

- **Sexual Health: accurate information, confidential medical services, safer sex supplies such as condoms and birth control**
That's why we always let youth know about teen clinics or the places to go to get birth control and health services.
- **Three Legal Options: abortion, adoption, and parenting**
The person who is pregnant has the right to decide what happens with a pregnancy in their body because it is their body and life that stands to be the most affected. There are many values about

abortion; however, as a legal option, it validates all values. No one has the right to stop a person who is pregnant from having an abortion or force them to have an abortion.

- **Sexual Orientation/Identity**

You have the right to have a crush on/date/love or be interested in having sex with any gender you want. Some people also don't have any interest in having sex with other people and that's okay too. Someone who has very little or no interest in sex may identify as asexual. A person's sexual orientation can be fluid and change throughout their lifetime.

- **Attraction**

You have the right to have a crush on/date/love anyone you want. Everyone has their own personal tastes and preferences. For instance, you may be attracted to people who are funny and tall, or outgoing and fat, or brainy and sporty, or thin and soft-spoken. Sometimes people date even when they don't want to or feel pressured to date even though they are not attracted to that person, because they feel peer pressure or are scared of what their friends or family might think/do.

- **Gender Identity**

Everyone has the right to their own gender identity. A person may identify as trans or non-binary when they identify with a gender other than the one they were assigned at birth. When someone identifies with a gender assigned at birth, it is when what the doctor says based on genitals (it's a boy or girl!) is actually right for that person. This is gender assignment, but gender isn't about our genitals. It's about who we know ourselves to be. People have the right to identify as male, female, trans, non-binary, Two-Spirit, or another gender-related term of their choosing, and to live free of harassment.

- Two-Spirit is an English term for Indigenous peoples' knowledge of gender. It can mean a person who walks between genders, one who carries the gifts of both males and females, or one who is gender unique (not specific to any gender), and/or to identify as an Indigenous 2STLGBQ+ person. When Europeans arrived in North America, they introduced homophobia and transphobia to

many Indigenous nations. Today, many Indigenous peoples are reclaiming this old understanding that there are more than two genders.

- Terms may have different meanings to different people. There are certain terms some folks don't like to use or call themselves and ones they do. If you're not sure, it's best to ask the person what they would like to be called. There are also more expressions than the ones we've mentioned that people like to call themselves.

- **Culture**

People also have a right to understandings from their own cultures and the Original Teachings of their Ancestors. There is much to learn from being curious, and practicing and celebrating the cultures we belong to. We have a right to explore sexuality in our own worldview.