

PRACTICING INCLUSION



WHY IS INCLUSION IMPORTANT?

MEDITATION ON MY LIFE



As a Child:

Gender and Behavior

What kinds of clothes did you wear? What kinds of games did you play?

Was there ever a time you were told you couldn't do something because of your assigned gender?

Was there ever a time you were celebrated because of your gender?

What do you remember it feeling like to embody your assigned gender?



**Meditation on my life
As a Teenager:**

Gender and Behavior	Attraction
<p>What kinds of clothes did you wear? How did you express your gender?</p> <hr/> <hr/> <p>Were you ever told there were things you could or couldn't do because of your gender?</p> <hr/> <hr/> <p>What do you remember it feeling like to embody your gender?</p> <hr/> <hr/>	<p>How did your friends talk about crushes they had on people?</p> <hr/> <hr/> <p>Were you able to talk about your first crush?</p> <hr/> <hr/> <p>Were you able to share your feelings about a crush with others, or was it something you had to hide?</p> <hr/> <hr/>

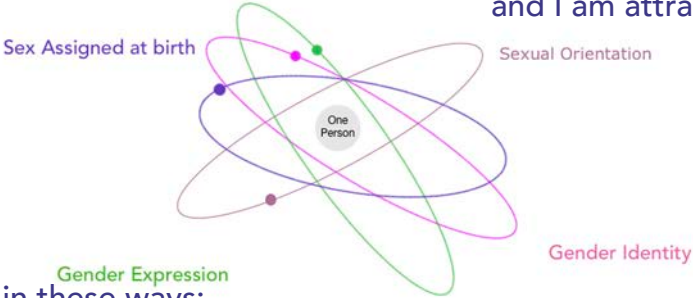
**Meditation on my life
Where you are now:**

Gender and Behavior	Attraction
<p>How do you express your gender?</p> <hr/> <hr/> <p>Are you ever told there are things you cannot do because of your gender?</p> <hr/> <hr/> <p>How do you feel about the gender you embody?</p> <hr/> <hr/> <p>Are there times when you celebrate your gender?</p> <hr/> <hr/>	<p>Are you married or partnered?</p> <hr/> <hr/> <p>Are you able to share things about your partner or the people you date those closest to you?</p> <hr/> <hr/> <p>Are your relationships celebrated by those in your life?</p> <hr/> <hr/>

HOW DO I DESCRIBE MYSELF?

I was assigned _____ at birth.

My sexual orientation is: _____, and I am attracted to: _____.



Adapted from: Model of Multiple Dimensions of Identity, (Patton, Renn, Guido, Quayle)

I express my gender in these ways:

My gender identity is: _____ and my pronouns are: _____.

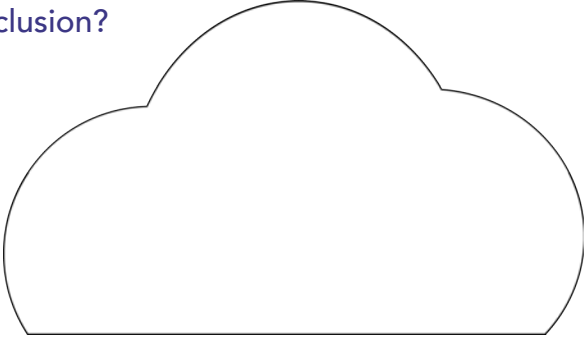
How long have you known these things to be true about yourself?

PRACTICES OF INCLUSION

Write a few sentences about how you would introduce yourself to someone you haven't met before whose pronouns, gender identity, and sexuality are unknown to you. _____

BRAINSTORM

What can my church do to practice inclusion?



MY COMMITMENTS

What is one action I commit to taking to practice inclusion in my life and/or in my congregation? _____

MY GRATITUDE

These are some things I am feeling grateful for after having had this conversation: _____

NOTES/FURTHER THOUGHTS

