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?
<table>
<thead>
<tr>
<th>my birthday</th>
<th>as a kid</th>
<th>as a teenager</th>
<th>who I am today</th>
</tr>
</thead>
</table>

**Meditation on my life**

### As a Teenager:

#### Gender and Behavior
- **What kinds of clothes did you wear?**
- **How did you express your gender?**
- **Were you ever told there were things you could or couldn’t do because of your gender?**
- **What do you remember it feeling like to embody your gender?**

#### Attraction
- **How did your friends talk about crushes they had on people?**
- **Were you able to talk about your first crush?**
- **Were you able to share your feelings about a crush with others, or was it something you had to hide?**

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### Where you are now:

#### Gender and Behavior
- **How do you express your gender?**
- **Are you ever told there are things you cannot do because of your gender?**
- **How do you feel about the gender you embody?**
- **Are there times when you celebrate your gender?**

#### Attraction
- **Are you married or partnered?**
- **Are you able to share things about your partner or the people you date those closest to you?**
- **Are your relationships celebrated by those in your life?**

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HOW DO I DESCRIBE MYSELF?

I was assigned __________________ at birth.

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

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