

GENDER & SEXUALITY MATTERS

"You can't ask that!"

Knowing yourself better

The world of our young people is very different from that of (most of) their parents. Gender curiosity and exploration have become more mainstream. Many are feeling less inclined to identify in the binary of male/female. Parents can become overwhelmed with the changing of pronouns and names of their children. Parents want to act as a guide in this world, but often don't know what to say and are learning alongside their kids. This session will help demystify the conversation around gender and sexuality. We will speak about how to educate ourselves so we can use our bonds to act as allies for our children as they navigate a space of exploration and identity.

Session Outline

- Understanding the language
- Age-appropriate education
- Coming out
- Managing older or biased relatives
- Redefining family
- Active allyship

Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

Speaker: Gwen Jones



Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.