

Making your curriculum rainbow-inclusive

These ideas are designed to help your school integrate rainbow-inclusive content into your curriculum. They are organised by the seven key learning areas in *The New Zealand Curriculum*, but can be implemented across areas. Some of these ideas have been adapted from those outlined in the Ministry of Education's [Relationships and Sexuality Education Guidelines](#).

English

- Provide students with options to study literature and films including themes on sexuality and gender diversity, and variations of sex characteristics (VSC), and critically consider how sexuality, gender, and sex are represented in them, prioritising work created by trans and intersex people.
- Participate in Out on the Shelves, a national campaign run annually which encourages greater representation of rainbow people in literature.

Social sciences

- Invite rainbow, trans, and intersex people, groups, and organisations to talk with your students about a particular social movement or historic moment.
- Teach about the history of gender diversity and trans people's achievements throughout history such as Marsha P. Johnson and Sylvia Rivera.
- Teach about the history of the intersex rights movement that has sought bodily autonomy globally and in Aotearoa.
- Encourage students to think about cross-cultural differences in gender and variations in sex characteristics, and how and why perceptions of gender have changed over time.

Learning languages

- Discuss how language shapes the way we understand sexuality, gender, and sex, and how these also shape language.
- Discuss cultural views on sexuality, sex, and gender, and how they might differ across cultures.

The arts

- Study the work of queer, trans and intersex authors, musicians and artists, or people whose work challenges assumptions about sexuality, gender, and sex.
- Encourage students to question how sexuality, gender, and sex are represented in particular ways through visual and performance arts, and how they may further question this through their own work.
- Encourage students to find examples of intersex inclusion in historical and contemporary media.

Health and physical education

- Group students in ways other than gender e.g. birth month, numbering off students, dog person or cat person.
- Use gender-neutral or person-focused language when talking about bodies and sexual health e.g. 'pregnant people' rather than 'pregnant women', or 'people who menstruate' rather than talking about periods as a 'women's issue'. This is not only beneficial for trans and intersex students, but for cisgender students who may not be able to reproduce or menstruate for various reasons.
- Diversify your language to include people whose experiences do not fit into the heterosexual, cisgender, and endosex narratives that are commonly told throughout sexuality education.
- Include a unit on bodily diversity and include discussion about variations of sex characteristics, and having healthy relationships with our bodies.

Maths, science, and technology

- Discuss the spectrum of sex and variations of sex characteristics in sciences, especially biology.
- Use examples that are not based on gender stereotypes e.g. instead of asking 'are boys' bags heavier than girls' bags?', you could ask an investigative question that is unrelated to gender.
- Use gender-neutral language or include same-gender relationships in problem-based learning examples.