Below are some resources to serve as starting points for creating or adapting materials that are gender inclusive. You might also find the lesson plans or activities you already have will work with minor changes.

1. **Provide a Foundation of Gender Literacy**
   - HRC Welcoming Schools - Gender Snowperson: Understanding Gender Identity and They, She, He easy as ABC: Understanding Names, Pronouns and Gender Expression
   - Gender Roles - A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum
   - Amaze.org – Videos for pre-teens and teens on gender identity
   - Family Life and Sexual Health, Grades 4, 5 and 6, Lesson 4 – Gender Roles

2. **Distinguish Patterns from Rules**
   - Guidance from Scholastic on how to address gender with children in early childhood. Ages & Stages: "I'm a Boy & You're a Girl!" (Helping children build a nonstereotyped view of themselves and their peers. Grades PreK–K, 1–2)

3. **Emphasize Physiology Rather Than Gender**
   - KidsHealth® in the Classroom – Grades 6 to 8 Puberty – Will require some adaptations, but has a focus on hormones
   - Making Sense of Puberty - A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

4. **Describe Many Pathways to Adult Bodies**
   - Amaze.org – Puberty and Finding Out Who You Are
   - KidsHealth® in the Classroom – Grades 3 to 5 Puberty – Will require some adaptations, but has inclusive opening discussion questions

5. **Describe Many Pathways to Families**
   - Different Kinds of Families - A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum
   - Family Life and Sexual Health, Grades 4, 5 and 6, Lesson 2 – Family With That’s A Family video

**Additional Resources:**
- Gender Spectrum - Resources on Gender-Inclusive Puberty and Health Education
- GLSEN – School Climate Survey
- Puberty: The Wonder Years – Gender-Segregated Instruction
- Professional Learning Standards for Sex Educators