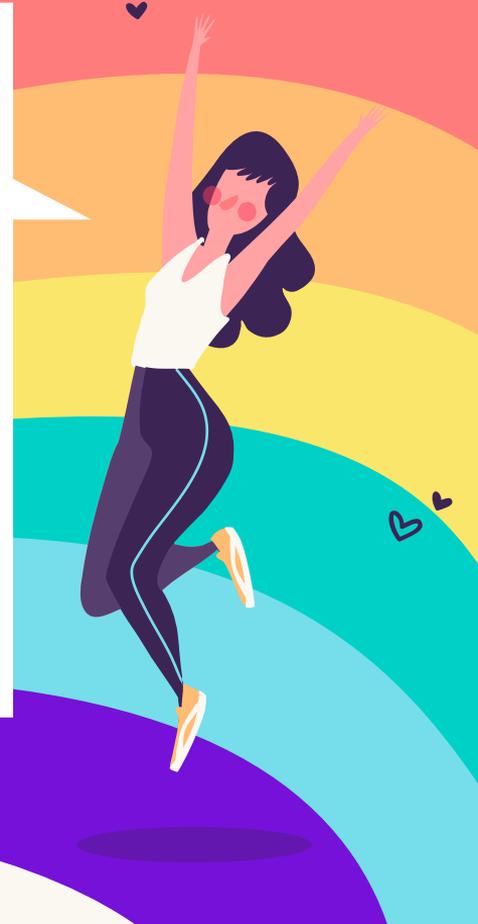




# Creating Inclusive Classes for LGBTQIA+ Youth in Yoga

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Certified Children's Yoga Teacher



# Yoga Class Checklist

It is important to remember, there is no one checklist of things you can do to be a better ally or supporter for your LGBTQIA+ students. You WILL make mistakes, what is important is you acknowledge them and grow from them.

1. **Be visible:**
  - Demonstrating your allyship through supportive actions
2. **Let your actions speak for you:**
  - Use inclusive language and make no assumptions
3. **Support students when they come out to you:**
  - Make sure to be careful of disclosing a student's sexual orientation or gender identity to others
4. **Respond to Anti-LGBTQIA+ Language and Behavior:**
  - Address name-calling, bullying, or harassment immediately, use the teachable moment, and support the targeted student
5. **Teach Respect**
  - Explicitly teach and model what respect looks like and make sure you are respectful towards your students

# GENDER-NEUTRAL TERMS TO ADDRESS A GROUP

Y'ALL PEEPS Pals EPIC HUMANS Dawgs TEAM  
LOVELIES KIDS Hey fam  
FOLKS Meow-meows Famjam Folx nibblings  
Peep-a-doodles Sunshines KITKATS EARTHLINGS  
beautiful Everyone comrades FRIENDS  
people Goblins & Future leaders of the world CHANGE MAKERS  
GUN DROPS ghoulies MORNING GLORIES HOMIES  
Sapiens Movers & Shakers SCHOLARS Rad jazz cats  
Party people Snicker-doodles HAPPY PEOPLE THEYDIES & GENTLE THEM  
cats

Inspired by @sara\_levine & @themilajam

Practice using Gender-neutral terms to address your students and stay away from "boys and girls". These phrases are more inclusive and WAY more fun!

# ASKING ABOUT PRONOUNS

How do you ask someone's pronoun? Easy!

By @BlairImani



He/him She/her They/them Ze/hir

neutral

Pronounced  
Zee/here

For more info, visit [MyPronouns.org](http://MyPronouns.org)



Hi, my name is Zozo. I use he/him pronouns. What about you?

Thanks for asking. My name is Iggly and I use they/them pronouns. Nice to meet you!



**EASY AS THAT!**

@sylvia duckworth

1. **Introduce YOUR pronouns each time you start a class or greet students**
  - Demonstrating your allyship through supportive actions
2. **Make sure all forms you have include asking for pronouns**
  - Since your students grown-ups might be the ones filling out the forms for your class, make your first introduction an opportunity to share names and pronouns.

# PRONOUNS, PART 2

Asking the pronouns of someone you already know

By @Blair-Imani



He/him She/her They/them Ze/hir  
neutral

Pronounced Zee/here

For more info, visit MyPronouns.org



Hey, I know we already know each other for a couple of years now but I don't want to make any assumptions. My pronouns are She/Her. What are yours?

I use Ze/Hir. Thanks for asking, friend!



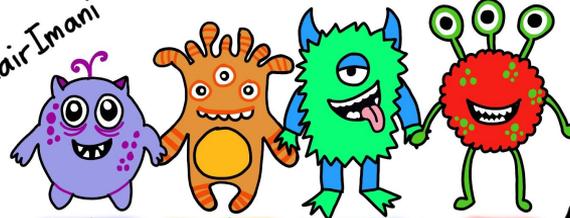
© syvira.duckworth

EASY AS THAT! MAKE SURE TO ASK.

# PRONOUNS, PART 3

What if someone doesn't know what pronouns are?

By @Blair-Imani



He/him She/her They/them Ze/hir  
neutral

Pronounced Zee/here

For more info, visit MyPronouns.org



Hi, I'm Bongo. I use Ze/Hir pronouns. What are your pronouns?

Pronouns are how we refer to each other without using our names. It's an extension of your name, pretty much.

Oh, okay! They/Them.

I'm Iggy. What are pronouns?



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EASY AS THAT!

Display this **YOGA IS FOR EVERYONE** sign in your studio, your background or on your flyers! On [www.classroomyogi.com](http://www.classroomyogi.com) you can also purchase a print version of this or clothing items, with 15% of proceeds going towards LGBTQIA+ organizations serving youth.



# LGBTQIA+ Vocabulary (adapted from Welcoming Schools)

- **Lesbian**: People who love people of the same gender. Two women who love each other.
- **Gay**: People who love people of the same gender. It can be a word to describe all people who love someone of the same gender, or to specifically mean two men who love each other.
- **Bisexual**: People who love people of two genders. People who love people of the same gender as them and people who are a different gender than they are.
- **Transgender**: When your gender identity is different than what your doctor assigned to you at birth.
- **Queer**: People use this word as a way to identify with and celebrate people of all gender identities and all the ways people love each other.
- **Intersex**: People whose bodies fall outside of the binary.
- **Asexual**: A person who does not feel sexual attraction.
- **Allies**: A person who listens, respects and supports people who are different from them.
- **Pansexual**: A person who loves people of all genders.

# PRIDE Yoga Lesson



<b>Theme</b>	<b>LGBTQIA+ Pride</b>
<b>Concept</b>	What does it mean to be a member of the LGBTQIA+ community and how can I be an ally?
<b>Breathing</b>	Rainbow breath: students imagine a rainbow in front of them and trace the shape in the air one way breathing in, and trace the air the other way breathing out.
<b>Discussion</b>	Start with, "Who am I?" flag activity, then move into progressive pride flag activity and what do all these letters mean activity, end with the prompt: "How can we celebrate our differences?"
<b>Yoga Postures</b>	Neck circles, mountain, downward dog, tree, warrior 1, triangle, star pose, goddess, wide-legged forward fold, plank, cobra, pigeon, happy baby.
<b>Relaxation</b>	Let students get comfortable (savasana or another resting pose) and ask them to repeat these affirmations in their head, "I am worthy, I am unique, I matter, I am me."



# PRIDE Yoga Lesson Components

## Who am I? Flag activity:

- Each student will be given a blank flag (either one on paper or you can use fabric if you have paint). Students will be given an allotted amount of time to draw in the flag things that they believe represent themselves as a person. You can give your own personal example

## Progressive Pride Flag Activity:

- Take a look at the progressive pride flag, you can show a progression of the pride flags as well. Allow students the opportunity to brainstorm what they notice or what wonderings they have in regards to the different pride flags (you can explore more as well).
- After students have made connections or created ideas about what they think the different pride flags mean, discuss why the progressive pride flag is beneficial to including more people and how we will learn about the LGBTQ+ community in our next activity.

**Original Pride**



**Updated Pride**



**Philadelphia Pride**



**Progressive Pride**



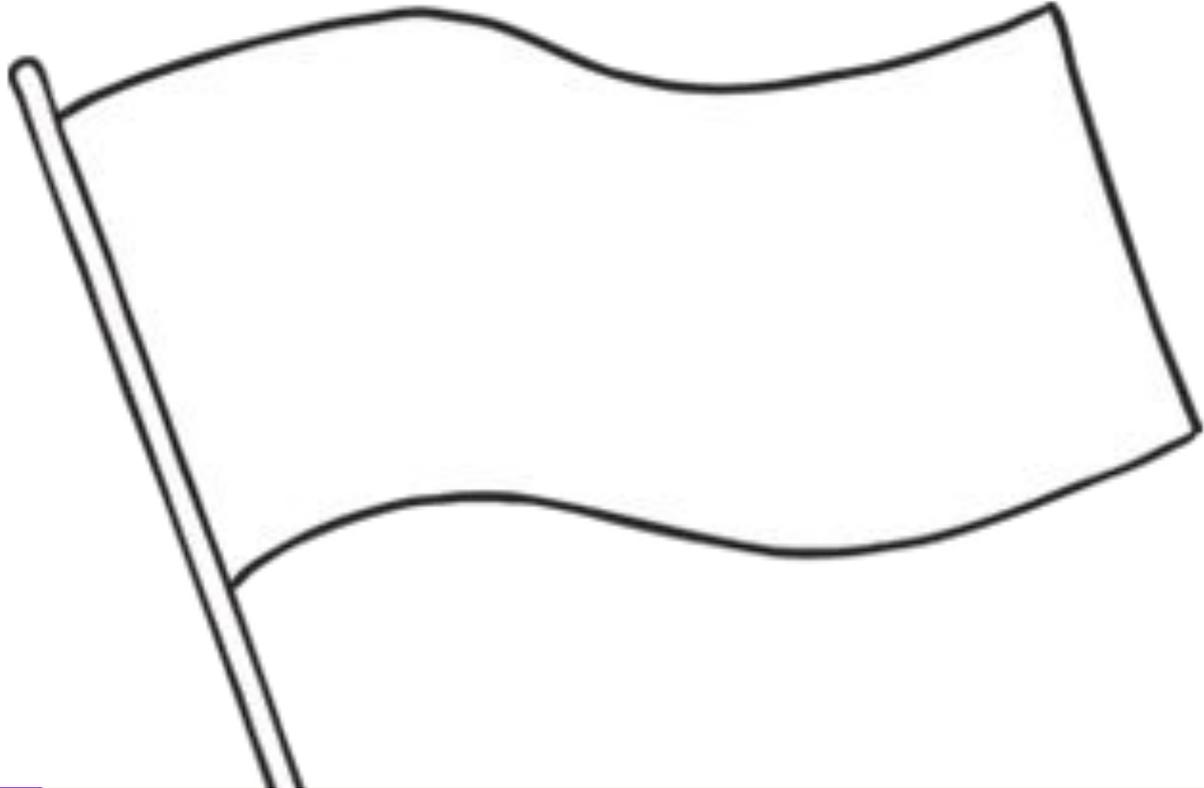
# What do all these letters mean?



**Objective: Students will learn about the LGBTQ+ acronym and have an opportunity to learn about different individuals who have these identities and are a part of this community.**

- 1. Display the LGBTQ+ acronym with one letter on top of the other (if virtual you can use the following slide). I include the + to start a discussion about how this doesn't include everyone and the + encompasses everyone.**
- 2. Ask students to put a thumb up if they have heard about this acronym. Ask students to raise their hands if they know what any of the letters stand for. Write these down, if students do not know any use this time to use the definitions provided.**
- 3. Have the students say the word before you read the definition. If appropriate, ask students to do a silent signal if they know someone who fits into one of these categories.**
- 4. Tell them that you have some pictures of characters from books and real life members of the LGBTQIA+ community and place these pictures next to the definitions (list provided but I encourage you to research as well)**
- 5. Tell students that it is okay to not remember every word in the acronym, even adults can forget! We will let this bulletin board (or slide) be something we can return to.**
- 6. Share out work and then ask students what things they have learned. Continue to normalize this language and remind students these are all things to celebrate!**

Who am I?



# What do all these letters mean?

## Real Individuals

L

Ellen DeGeneres, Sally Ride, Megan Rapinoe, Kate McKinnon, Audre Lorde

G

Lil Nas X, Jim Parsons, Billy Porter, Harvey Milk

B

Frida Kahlo, Blair Imani, Halsey

T

Marsha P. Johnson, Sylvia Rivera Elliot Page, Laverne Cox, Jazz Jennings

Q

Janelle Monae, Tessa Thompson, Miley Cyrus

+

Jojo Siwa (Pansexual), Amandla Stenberg (Pansexual and non-binary)

## From Books

*Heather Has Two Mommies*

*King & King*, Marlon Bundo

Ivy from *Ivy Aberdeen's Letter to the World*

Jazz from *I am Jazz*,  
Melissa from *George*,

Caroline from *Hurricane Child*

What do all these letters mean?

L  
G  
B  
T  
Q  
+