

**Parent Guide: I see your true colors**

**Designed for children ages 13+ and an adult**

This is an **Anytime Activity**, an activity framed with Jewish ideas and text, that you can pull up anytime and experience with your child(ren) in 60 minutes or less, created by the Center for Jewish Engagement and Learning. This **Anytime Activity** is all about concepts of **gender identity and expression**. This parent guide provides a framework and tools to help you get the most out of this activity with your teen.

**What will you need?**

All of the text-based materials you need are included in the **Anytime Activity** via hyperlinks on the website.

**How to use the Anytime Activity:**

**Find a good time to engage with your teen! Find a comfortable spot to sit together and open the **Anytime Activity****

**Opening (less than one minute):** Begin the activity by scrolling through the first few pages to set the tone for the activity.

**Girl Toys vs Boy Toys (5 minutes):** Watch the video to learn about how cultural beliefs re-enforce what is considered normal or acceptable behavior for boys/males and girls/females. Then ask your teen to answer the questions: What is your main takeaway from the video? Do you believe that boys and girls are treated differently by the adults around them?

**Items and Professions (10 minutes):** Take a few minutes and look at the list of items and professions together and decide which items and professions you associate with boys and what items and professions you associate with girls. Then think about why you categorized the items and professions using the discussion questions.

**Pronouns (5 minutes):** Watch the video about pronouns and discuss the use of “they, them and their” as singular pronouns using the discussion questions.

**Nemis AKA Lactatia (10 Minutes):** Watch the video about Nemis (AKA Lactatia) and discuss the following questions: How did Nemis get into drag? What are the differences between Nemis and Lactatia? Have you ever wanted to create and/or dress up as an alter-ego?

**Terms (5 Minutes):** Go over the terms with your teen. Ask them which terms are familiar and which are not.

**Non-Binary Fashion (10 Minutes):** Watch the video about Hitch, discuss what it is like for Hitch to navigate through the world, go over the list of cisgender privilege and ask your teen if they have thought of these privileges before.

**Adam (20 Minutes):** Read the passage from Genesis 1:27 with your teen, explore the questions about the text, learn about the five genders, reflect on the idea of B'tzelem Elohim and enjoy the song B'Tzelem Elohim

**Belonging (5 Minutes):** Conclude by reading the quote by Dr. Brene' Brown and discuss how can we create space with our friends and loved ones to ensure they don't have to fit in but instead can be who they really are?

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From your fans at CJEL,

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