

Nursery



# What do I look like? Who am I?

BODY, IDENTITY AND EXPRESSION

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*Chrysallis. Asociación de Familias de Menores Transexuales*



For teachers:

"What do I look like? Who am I? Body, Identity and Expression" is teaching material for Nursery classrooms. It aims to cover certain very important knowledge which had been denied or ignored until now.

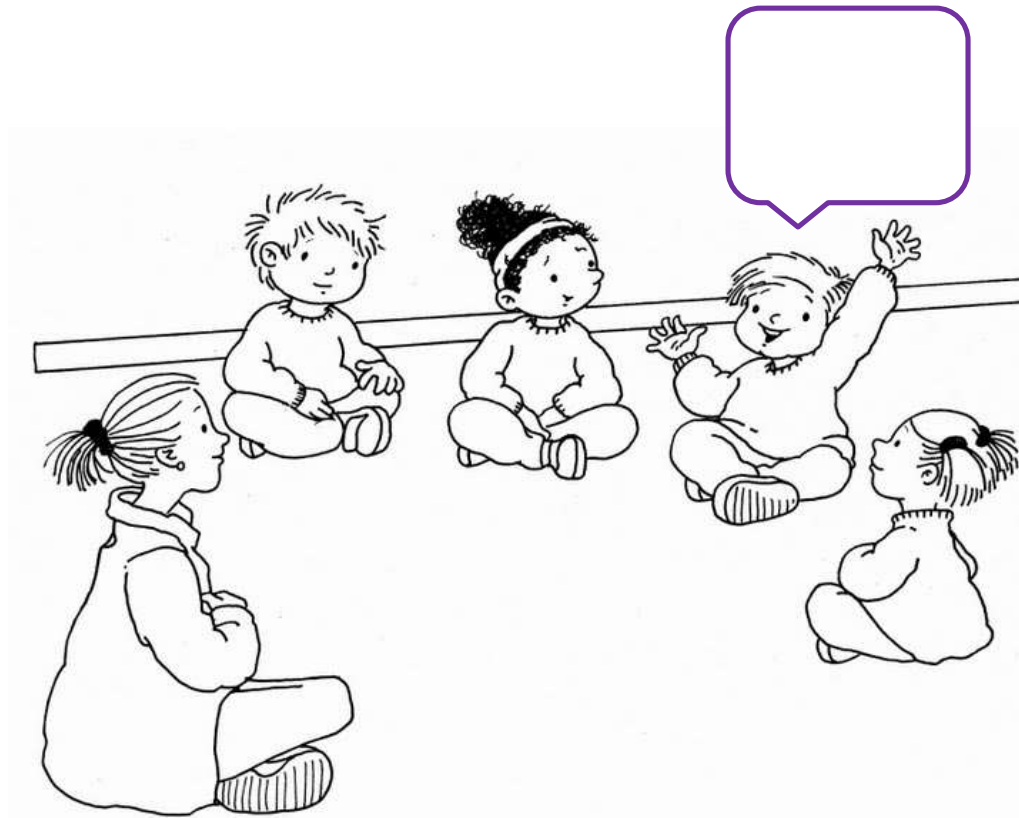
In classrooms, there are not only two perfectly defined groups, i.e., boys in blue and girls in pink, both limited to very specific anatomies, where there's no room for them to freely express themselves. Here we depict a broad, varied, undeniable and enriching reality, called diversity.

This teaching material, expressed using words and concepts that young children can easily understand, is designed to:

- Convey knowledge of other realities.
- Work on self-perception.
- Give students the chance to freely express their feelings.
- Encourage respect towards other people, regardless of their characteristics or qualities.

Today we are going to learn things  
about you and about people.

What do I look like? Who am I?





## 1. BODY

The body is the physical and material structure of human beings, that is, our bones, arms, legs, ears, the colour of our skin, our teeth, our genitals. Our hair, its texture and colour, our hands and the shape of our fingers. Our height, and the amount of fat and muscle mass we have. The blood type that runs through our veins, the colour of our eyes, etc.

## 2. IDENTITY

Identity is the circumstance of every person which makes us feel one way or another. Our brain determines our identity and tells us who we are.

## 3. EXPRESSION

Expression (or gender expression) is the way we manifest our identity and way of being, including the way we dress, talk, play or move.

# 1. BODY

Some people are blonde or brunette, and others are redheads. Some have green eyes and curly hair, while others have green eyes and straight hair.

Some are left-handed, others are right-handed, and some others can even write with both hands.

People can be tall, short, thin or large. We might have big ears or have freckles and moles on our skin.

We might have deeper or higher voices. Also, our teeth and our skin can be many different shades.

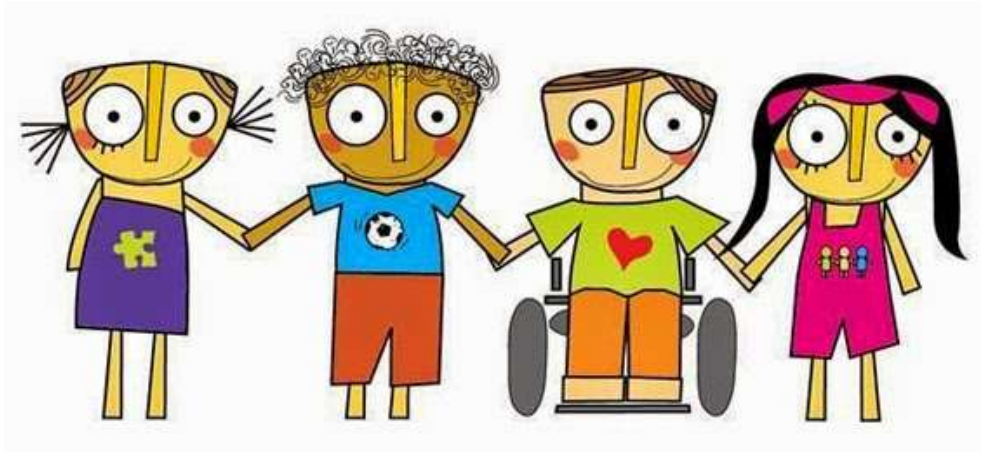
Some people have a vulva, and others have a penis and testicles. Also, some people's genitals are shaped differently.

**Each person is different**

# 1. BODY

We are all different.

Every body is unique.



We must learn to love our bodies and respect other people's bodies.

# 1. BODY

Our bodies are perfect, no matter what they look like.

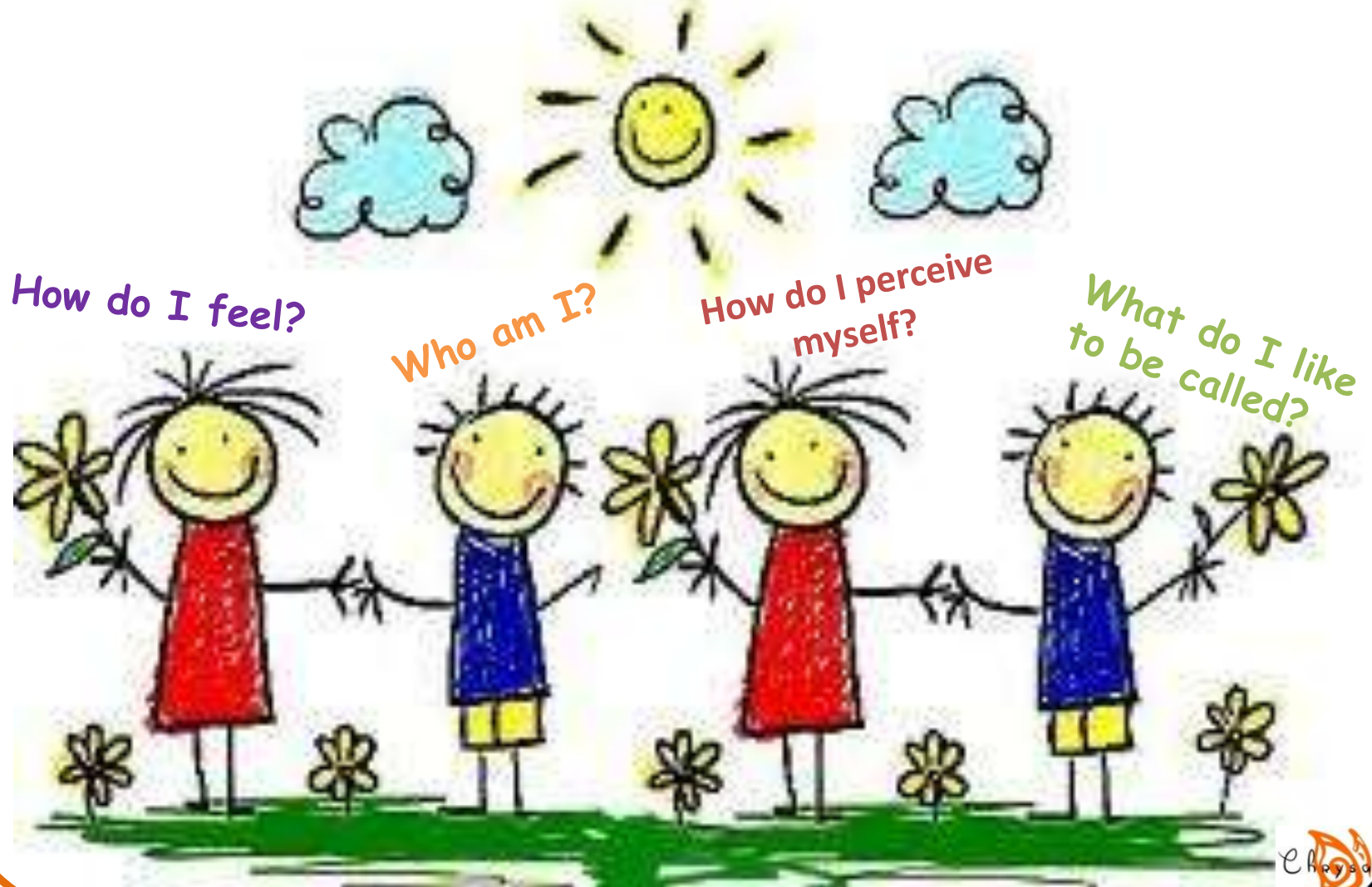


We should only worry if we feel sick or we have a serious injury.

To take care of our body we must eat properly, practice good hygiene, enjoy the sunlight...



## 2. IDENTITY





## 2. IDENTITY

People can feel many different things.

And though we are little, we are also sure of our identity!!!

You may identify as:

- A girl
- A boy
- Both
- Or you may not identify with any of the two



# 1 and 2. BODY AND IDENTITY

My brain tells me who I am



no matter what my body looks like.

# 1 and 2. BODY AND IDENTITY



Remember!... no  
matter what our  
body looks like.

Our brain tells us who we are.

It tells us if we feel that we are a girl,  
a boy, both, or neither of the two.

# 1 and 2. BODY AND IDENTITY

If your brain tells you who you are...

no matter what your body looks like,

then... who are you?

• I am a \_\_\_\_\_

• I am a \_\_\_\_\_

• I \_\_\_\_\_



### 3. EXPRESSION

Many girls like having short hair.  
Also, some girls don't like wearing  
skirts or headbands.



Some girls enjoy dressing up as  
princesses, and others like painting  
their nails.

### 3. EXPRESSION

Some boys love going fishing with their fathers. Some others like wearing a bracelet.



Some boys like learning to sew, and others enjoy helping set the table.



### 3. EXPRESSION



Some girls think  
they look pretty in  
dark colours.



Some boys love pink  
and glitter markers.



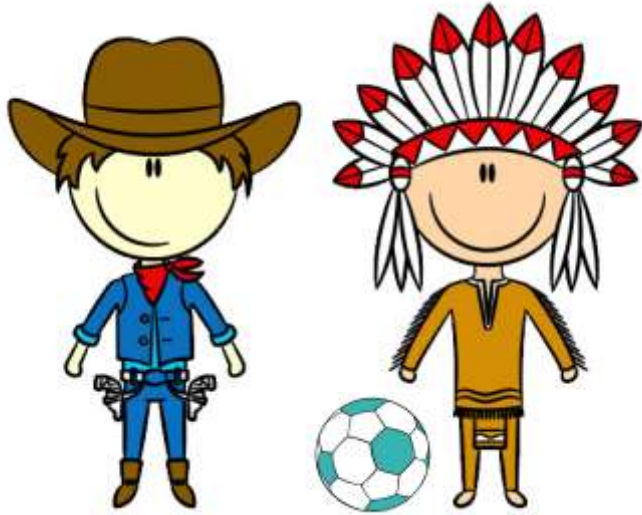
### 3. EXPRESSION

Some girls love playing house and pushing baby prams.



Some girls like playing with building blocks.

### 3. EXPRESSION



Some boys enjoy playing football or Cowboys and Indians.

But also many boys have fun playing with dolls.



### 3. EXPRESSION

There's no such thing as toys  
for girls and toys for boys...  
we can play with any toy we  
like and enjoy.



The important thing is having fun!





### 3. EXPRESSION

We can dress and style our hair the way that we think looks good.



If you feel comfortable, YOU'LL BE HAPPY!

### 3. EXPRESSION

From a young age, we should express ourselves in the way we feel most comfortable.





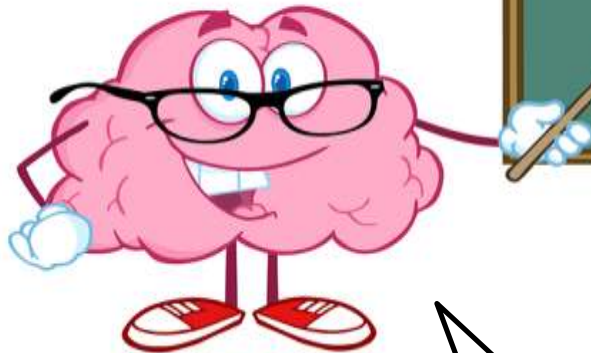
So... there are many different ways of being and feeling like a girl. And there are many different ways of being and feeling like a boy. Or even of feeling like both or neither.



It doesn't matter what our body looks like or how we express our identity.

We are all people and we deserve respect and happiness!!!

# Remember...



My brain is the part of my body that makes me identify and express myself.

It tells me what I like.

It's my brain that tells me who I am.

It makes me decide to dress one way or another.

The important  
thing is having  
fun and being  
happy!





And, above all, **RESPECTING** others,





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