

# Talking Points Guide

## Episode Twenty-Six: It Takes Courage to Be Our Authentic Self

Answer the following for yourself only or share them with friends and family.

Authenticity is the quality of being genuine or real. Describe how you are genuine and real in your relationships. (I.e. you are honest and tell the truth).

People often confuse gender identity with sexual orientation. But being transgender isn't the same thing as being lesbian, gay, or bisexual. A simple way to think about it is: Sexual orientation is about who you want to be with. Gender identity is about who you are. Describe who you are attracted to and who you feel yourself drawn to romantically, emotionally, and sexually.

Describe a situation where you bullied someone who is different than you are.

Describe a situation where you were bullied for being different.

Describe how being bullied feels.

Right now, make a promise to yourself that you will not bully anyone for any reason. Promise to go through life being courageous and standing up for your authentic self and for others to be their authentic selves also.