Human Diversity:

Recognising the Range of Diversity in Our Lives
Fact sheet H&D

Definitions

- **Diversity**: a range of different things, forms, types, ideas and more (*MerriamWebster*)
- **Identity**: the unique and entire set of characteristics that make up what a person or thing is known or considered to be (*Wordsmyth*)
- **Discrimination**: the practice of unfairly treating a person or group of people considered to be different
- **Tolerance**: accepting feelings, behaviors or beliefs of someone (*MerriamWebster*)
- **Privilege**: Advantages enjoyed by an individual or group, based on discriminatory norms, attitudes or practices (*Privilege&Allyship*). Privilege is a consequence of political power, social status and wealth (*Voices of Liberty*)
- **Alliance**: a union between people, who agree to work together (*MerriamWebster*)

Read some examples of individual, cultural and institutionalised discrimination here: "Levels and Types of Oppression" (*University of Maryland*)

"Just because someone is privileged in one way does not mean they may not be underprivileged in another" - Media Smarts
Read more about "Different Forms of Privilege"

Diversity & Identity

- All individuals are unique and deserving of dignity and respect
- Identities are complex. Many different factors can contribute to a person’s identity
- Aspects of identity can include, but are not limited to: race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, health (including HIV status), religious beliefs, political beliefs and more...

A Closer Look at Diversity

"Diversity" means more than just seeing or tolerating difference. Diversity is a set of practices that involve:

- Understanding and appreciating how we are all connected and depend on one another
- Practicing mutual respect for qualities and experiences that are different from our own
- Recognising that personal, cultural and institutionalized discrimination creates and sustains privileges for some, while creating and sustaining disadvantages for others
- Building alliances across differences so that we can work together to end all forms of discrimination (*Queensborough College*)
Diversity of Human Sexuality

- Humans live in relation to each other. We all desire intimacy, love and affection.
- Humans are sexually diverse. That means people’s sexual orientations (ways in which people experience attraction) vary from each other.
- Some examples of sexual orientations are:
  - Bisexual: when a person is attracted to both women and men (KidsHealth)
  - Homosexual (Lesbian/Gay): when a person is attracted to another person of the same gender (women attracted to women commonly identify as lesbians, men attracted to men commonly identify as gay) (KidsHealth)
  - Heterosexual: when a person is attracted to someone of the ‘opposite’ gender (women attracted to men and men attracted to women) (KidsHealth)
  - Pansexual: when a person is attracted to all genders and sexes (including intersex, people who do not identify as man or woman, gender nonconforming or non-binary people) (LaciGreen)
  - Asexual: when someone does not experience sexual attraction. People who are asexual desire relationships and intimacy that do not involve sex (TheAsexualNetwork)
- Gender and sexual minority: people whose gender identities, sexual orientation or behaviours differ from the majority of the surrounding society. This also includes transgender and intersex.
- Transgender: describes people whose gender identity is different from the sex assigned to them as birth (GLAAD)
- Intersex: describes when a person is born with a reproductive or sexual anatomy that does not fit the typical definitions of female or male (BuzzFeed)

Perceptions of Sexuality and Diversity

Here are some questions to get us thinking about how some identities and sexualities may be privileged and seen as “standard” or “normal”:

- When you think of people in love, who do you think about? Describe aspects of their identities (age, gender, sexual orientation, ability/disability, health, etc.)
- Describe how media (movies, tv, commercials, magazines, etc.) represents or portrays the characters who fall in love or have sex.
- How are people with disabilities represented?
- Are older people seen as sexual?
- What sexual orientation(s) are represented?
- Describe the people who commonly represent those sexual orientations.
- Which sexual orientations are not represented?

Now...

- What do your answers to the questions above tell you about what may be considered “normal”?
- What sexual orientation is privileged, or seen as “standard”?
- What is considered “normal sexuality” where you live?
- What happens when people do not conform or fit that idea of “normal”?

Resources

- Mom, I’m Not A Girl: Raising a Transgender Child
- Read more about Diversity as ‘A Way of Life’
- Sex with Disabilities?
- End the Awkward: Sex and Disability
- Queer and Disabled
- Wheelchair Dating Games
- What it’s like to be Intersex

A person does not choose their sexual orientation. Neither can a person choose to change their sexual orientation.
Ways to talk about diversity in human sexuality:

- The media’s representation of sexuality
- People with disabilities, sex and sexuality
- HIV and serodiscordant couples
- Discussing sexual diversity (sexual orientations)
- Sexuality and older generations
- The importance of recognising human sexual diversity

Preparation for the show

Choose an angle

Importance of recognising human sexual diversity

Different ways to talk about the importance of recognising human sexual diversity:

- What are the connections between recognising sexual diversity and practicing Ubuntu?
- How does providing access to healthcare services to people of all sexual orientations enhance everyone’s well being?
- Why is it important for health professionals to be sensitive and knowledgeable of specific needs for different sexual groups?
- In what ways can practicing mutual respect for diversity reduce abuse and hate crimes?
- How can young people work together to appreciate diversity?

A serodiscordant relationship is when one person is living with HIV and their partner is HIV negative.
Vox Pop
Vox Pop aim: To get many opinions on one topic
Who do you talk to: Anyone in the community.

Question: What is sexual diversity?

Audio commentary
Audio commentary aim: To get people’s opinion about a topic that they care deeply about.
Who do you talk to: Find a person who can talk about their experiences of being mistreated, excluded or discriminated against based on one or more aspects of their identity (sexual orientation, ability/disability, age, HIV status, etc.)

Audio profile
Audio profile aim: To get a first person account of someone’s experience, passion and journey. Audio profiles often aim to inspire.

Who do you talk to: Talk to a nurse or doctor

Questions to ask to get the person thinking before they record their profile:

⭐ During your education as a doctor/nurse, what did your studies teach you about sexual diversity?
⭐ How do you think health workers’ sexual diversity education can be improved?
⭐ Do health facilities offer sex education to youth with disabilities? Why or why not?
⭐ In what ways can clinics improve STI and HIV prevention information to be able to talk to and reach variety of genders and sexual orientations?
⭐ How can healthcare providers be more inclusive towards people who are sometimes overlooked, like gender and sexual minorities and people with disabilities?

PSA
The aim of a PSA: To create a public awareness message

Voice 1: Hey Lindi, do you know where the bathroom is? I soooo need to go.
Voice 2: Sure, it's right next door. I also need to go.
Voice 1: So aren’t you coming with?
Voice 2: Well it's for girls...
Voice 1: But you are a girl! That's who you are. C'mon let's go.

Character: Transgender girls are girls. Got it? Good!

Avoid people whose language sounds judgemental or shaming
Use your produced radio features, your research, and the suggested script and questions to write your own script.

Suggested questions for your interview with someone who knows about sexual diversity, gender and sexual minorities, marginalised groups, including people with disabilities (a social worker, human rights activist, nurse, or doctor)

- What is sexual diversity?
- Who are considered to be gender and sexual minorities?
- In what ways do health services recognise sexual diversity?
- What are the public health consequences of not considering gender and sexual minorities and marginalised groups?
- In what ways can the government recognise and support sexual diversity?
- In what areas can health professionals improve their services for sexual and gender minorities?
- Is STI and HIV prevention information available for lesbian, bisexual, gay, transgender, intersex people? If yes or no, where can it be found?
- Where can people from gender and sexual minority and other marginalised groups go for support?

Once you’ve finalised your script, produced your radio features and finalised your “show clock” it’s time to go live on air!

[INTRO:]
Host 1: It’s just gone [TIME] and you’re just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME]...
Host 2: And my name is [NAME], and today’s show is all about diversity!
Host 1: We’ll be talking about why it’s so important to understand diversity beyond the idea that people are different, but also understand diversity as a practice of mutual respect. ‘Cause get this; we’re all unique, our identities are complex and we’ve got a responsibility to take care of each other. We’re more connected than you may think.
Host 2: We’ll be focusing on the importance of recognising sexual diversity. This includes conversations about sexual orientation, gender and sexual minorities, people living with disabilities and everyone’s right to access services, information and support.
Host 1: Let’s hear more about what people think about the importance of recognising sexual diversity.
[PRESENT WHO IS BEING INTERVIEWED] [PLAY THE INTERVIEW]

[OUTRO:]
Host 1: Today, we’ve learnt so much about sexual diversity! Part of recognising diversity is appreciating our humanity. ‘Cause we all have a right to love and live healthy lives without fear or discrimination.
Host 2: Yes, it’s amazing to learn that diversity is about practicing mutual respect, compassion and looking out for one another. That means we need to work together to end all forms of discrimination, and protect our human rights to access services, information and support.
Host 1: Next week on [DAY] at [TIME] we’ll be talking all about [NEXT WEEK’S SHOW TOPIC]. Until then, it’s bye from us!
# Show outline

<table>
<thead>
<tr>
<th>General intro</th>
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<tbody>
<tr>
<td>Intro vox pop</td>
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<td>Vox pop</td>
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<td>Outro vox pop</td>
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<td>Music transition</td>
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<td>Intro audio commentary</td>
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<td>Audio commentary</td>
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<td>Outro commentary</td>
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<td>Music transition &amp; jingle</td>
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<td>Intro interview (or intro audio-profile)</td>
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<td>Interview (or audio-profile)</td>
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<td>Outro interview (or outro audio profile)</td>
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<td>Music transition &amp; jingle</td>
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<td>PSA</td>
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<td>General outro</td>
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<td>Music end</td>
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### Ethics and consent

This is a sensitive topic, so make sure you inform your interviewees properly and get their full consent.

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**You must always introduce your show and radio features. Then once you’ve played your features, have a concluding statement for each one. Don’t forget a final conclusion for the very end of the show.**

Use links (facts, tips, did you know, music) to glue it all together.

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**Now write your radio script**
Importance of recognising human sexual diversity

- The media’s representation of sexuality
- People with disabilities, sex and sexuality
- HIV and serodiscordant couples
- Discussing sexual diversity (sexual orientations)
- Sexuality and older generations
- The importance of recognising human sexual diversity

Different ways to talk about the ‘importance of recognising human sexual diversity’

- What are connections between recognising sexual diversity and practicing Ubuntu?
- How does providing access to healthcare services to people of all sexual orientations enhance everyone’s well being?
- Why is it important for health professionals to be sensitive and knowledgeable of specific needs for different sexual groups?
- In what ways can practicing mutual respect for diversity reduce abuse and hate crimes?
- How can young people work together to appreciate diversity?
Outreach Guide

Outreach Formats

Interview

Interview aim: An interview is a one-on-one conversation where questions are asked by the interviewer and answers are given by the interviewee.

Who do you talk to: Talk to a nurse or a doctor.

Examples of interview questions:
- During your education as a doctor/nurse, what did your studies teach you about sexual diversity?
- How do you think health workers’ sexual diversity education can be improved?
- Do health facilities offer sex education to youth with disabilities? Why or why not?
- In what ways can clinics improve STI and HIV prevention information to be able to speak to and reach a variety of genders and sexual orientations?
- How can healthcare providers be more inclusive towards people who are sometimes overlooked, like gender and sexual minorities and people with disabilities?

Impact Jingle

Impact Jingle aim: A jingle is a short song or tune that is easy to sing along to and remember. A jingle has a clear message.

Quiz

Quiz aim: To test knowledge of the audience through a competition with prizes for the winner(s).

Examples of questions to the audience:
- Transgender girls are really girls. TRUE or FALSE (ANSWER: TRUE)
- Homosexuality and bixesuality are mental illnesses. TRUE or FALSE (ANSWER: FALSE)
- There are only two genders. TRUE or FALSE (ANSWER: FALSE)
- Gay parents make their children gay. TRUE or FALSE (ANSWER: FALSE)
- Being gay is a normal expression of human love and sexuality. TRUE or FALSE (ANSWER: TRUE)

Roleplay

Roleplay aim: To provide a scenario that allows the audience to “act out” a point about the impact statement. Decide how many characters are needed and set the scene for the ‘actors’ to play out the statement. It is really an improvisation, and the audience ‘actors’ make it up as they go along.

Examples of scenarios:
- Lindi is a transgender girl and is at the mall with her friends. She needs to use the bathroom and is unsure if she should use the male or female bathroom. She and her friends have a conversation about it.
- Thabo is 16 years old and is attracted to other boys. He is confused about these feelings and wonders if he is normal. He talks about it to his sister who he usually confides in.
- Thandi has always been attracted to girls. When she went through a bad break up and was feeling sad she went to see a counsellor just to talk about it. The counsellor said that being attracted to the same sex is a mental illness. Thandi respects the counsellor and did not say anything. She speaks to a close friend about the counselling session.
INTRO TO QUIZ

QUIZ

OUTRO TO QUIZ

HOST 1: Wow! You all have been paying attention! Well done to our quiz participants!

HOST 2: Thank you, that was awesome!

HOST 1: And remember everyone, what we have learned so far is that we need to work together to end all forms of discrimination, and protect our human rights to services, information and support.

IMPACT JINGLE

HOST 1: Yoh! What a show so far! I’m really enjoying myself. I hope it’s the same for everyone there. Is it true?

HOST 2: Yes, my friend it’s true! I’m enjoying learning so much about this topic of human diversity. For example, the information I am receiving today about sexual diversity is definitely challenging me to think differently about sexual orientation.

HOST 1: That is good news! Let us keep an open mind, friends. And to help us take a look closer at the topic, we have a roleplay game for those of you interested in showing us your hidden acting talents! Who is up for it?

INTRO ROLEPLAY

ROLEPLAY

OUTRO ROLEPLAY

Host 1: Next up it’s the final performance of the day. [INTRO PERFORMERS]. Don’t forget to catch us next month on [DAY] at [TIME] and [VENUE]. We’ll be talking all about [TOPIC FOR NEXT SHOW].

HOST 2: Thank you for joining us and we hope to see you next time! Until then, it’s bye from us!

[MUSIC/PERFORMANCE]

[INTRO TO INTERVIEW]

INTERVIEW

Suggested questions for your interview with someone who knows about sexual diversity, gender and sexual minorities, marginalised groups, including people with disabilities (e.g. a social worker, human rights activist, nurse or doctor)

• Who are considered to be gender and sexual minorities?
• In what ways do health services recognise sexual diversity?
• What are the public health consequences of not considering gender and sexual minorities and marginalised groups?
• In what ways can the government recognise and support sexual diversity?
• In what areas can health professionals improve their services for sexual minorities and people with disabilities?
• Is STI and HIV prevention information available for lesbian, bisexual, gay, transgender and intersex people? Where can it be found?
• Where can people from gender and sexual minority and other marginalised groups go for support?

OUTRO TO INTERVIEW

IMPACT JINGLE

HOST 1: Human diversity is what we are talking about today! Thank you guys for coming out and participating.

What I have learned so far today is that recognising diversity is appreciating our humanity. ‘Cause we all have a right to love and live healthy lives without fear or discrimination.

HOST 2: Oh yes, indeed! It’s amazing to learn that diversity is about practicing mutual respect, compassion and looking out for one another.

HOST 1: Now it’s over to you all in the audience! Let’s hear what you think about the topic so far. Are you ready for our quiz?

How To Present Your Outreach

Use your outreach formats, your research and the suggested questions to write your own script.
An outreach outline is a map to help you stay on track during your event. It is a list of the items and the order in which they will happen in the outreach activity. Allocate a time to each item so that you keep to the allotted time of the outreach activity.

Below is an example of an event that is one hour long.

<table>
<thead>
<tr>
<th>Music/Performance</th>
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<tbody>
<tr>
<td>Intro to Show</td>
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<td>Intro to Interview</td>
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<td>Interview</td>
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