

# high school



**TOPIC**  
**GENDER IDENTITY**





# Gender Identity

One of the greatest freedoms we can experience in the 21st century is to choose where we go, what we do, and most significantly, who we are. Nowhere is this more evident than in the conversation of gender identity. This is a battle between worldviews.

## The Truth

- Genesis 1:27: God created man and woman.
- Psalm 139:13-14 – our bodies are central to God's design, not accidental.
- Genesis 3 – brokenness (and confusion) come from sin, not from God.
- Ephesians 2:10 – identity is something we receive from God, not from feelings, self-expression, personal preferences, or others.
- Matthew 19:4 – Jesus confirms the creation account.
- 2 Corinthians 5:17 – The Gospel offers hope and healing, not judgment and shame.

## The Lie

- Gender is a psychological experience disconnected from a person's biology.
- Gender exists on a spectrum – instead of two distinct categories, there are many.
- Personal feelings determine truth and identity.
- Affirmation = love – if you don't affirm someone's identity, you hate them.
- Changing your body (external appearance) can solve internal pain (surgeries, medications, etc.).

## How to respond and engage in conversation:

- Change in behavior – mood swings, increased irritability, withdrawn, avoiding people
- Change in performance – missing assignments, skipping class, tired, headaches, etc.
- Change in appearance – glazed eyes, weight, personal hygiene, clothing, new smells (trying to cover up strange smells), etc.
- Change in friendships – new friends you have never met, cutting off longtime friends, hanging out with people who are known for bad behavior, avoid sharing details of who they are with and what they are doing.
- Change in priorities – no longer interested in church, school, family time, avoiding responsibility or commitments, etc.

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- One sign on its own does not mean addiction – teenagers change, grow, and struggle. But paying attention to patterns of behavior is important.

## **How you can and should respond as a parent:**

- Lead with grace, not panic. You can be loving and supportive, without affirming.
- Seek to understand – this is a spiritual battle, even if they don't recognize it.
- Know, understand, and teach God's Word – 2 Timothy 3:16-17 – this is not time for a lecture, just consistent truth in love over time. Explain God's Design (3 Circles).
- Prepare them for what's coming – coaches, teachers, and peers may push ideas or thoughts that do not align with Scripture. Coach them to respond with:
  1. Conviction – this is what I believe and why I believe it.
  2. Compassion – I will show God's love to people who disagree with me.
  3. Confidence – God's truth doesn't change, and I will be obedient to His Word.

The bottom line is this: your teenager is navigating a culture that has disregarded God, His Word, and His truth. It's up to you to disciple them, because if you don't, the world will.

