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## Coaching HER® Foundational Module 6: Supporting Girls' Needs

### KEY TERMS

#### **Identity**

A specific marker of how one identifies themselves at any given time; set of characteristics that distinguish an individual.

#### **Intersectional Identities**

Multiple factors of advantage and disadvantage. Examples can include gender, sex, caste, race, social class, nationality, ethnicity, language, sexual identity, religion, disability, and physical appearance. These social identities intersect and depending on our environment, can impact us positively or negatively.

#### **Intersex**

A general term used when a person is born with reproductive or sexual anatomy that doesn't fit the boxes of 'female' or 'male'. When a person is assigned a particular sex at birth, it is often mistakenly assumed that this will equate with their gender; it might, but it might not.

#### **Transgender**

An umbrella term in which one's assigned biological sex doesn't match their felt gender identity.

#### **Sexual Identity/Sexual Orientation**

An individual's emotional, romantic or sexual attraction to others. Sexual orientation may be attraction to the other sex (heterosexual), same sex (gay or lesbian), or both sexes (bisexual).

#### **LGBTQ+**

Acronym that describes sexual and gender identities that aren't heterosexual or cisgender. It stands for Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, Two-Spirit and the countless affirmative ways in which people choose to self-identify.

**Race**

Refers to physical differences (like skin color) that are given significance and meaning by a society or culture.

**Ethnicity**

Large groups of people classed according to common racial, national, tribal, religious, linguistic, or cultural origin or background.

**Disability**

Physical or mental impairment that substantially limits activity

**Extrinsic Motivation**

Doing something as a means to an end, to get a reward, not because it is fun or enjoyable.

**Psychological Need**

A psychological nutrient that is essential for girls' growth and necessary to live a healthy, fulfilled life.

**Intrinsic Motivation**

Doing something that is rewarding, fun and enjoyable to do, just for the sake of doing it. The primary 'reward' is the pleasurable feeling of interest or enjoyment of doing the activity.

**Care**

[Relatedness] the experience of warmth and bonding, satisfied by connecting to and feeling significant to others. This need is about feeling valued, known and needed. When we don't experience relatedness we can feel a sense of social isolation, exclusion, and loneliness.

**Competence**

The experience of effectiveness and mastery, developing, improving, and growing skills. Girls gain competence as they successfully engage in activities, experiences, and opportunities for using and extending their skills and expertise. When we don't develop competence, we can experience a sense of ineffectiveness, helplessness or even failure.

**Choice**

[Autonomy] the experience of feeling self-determined, having choices and not feeling controlled. When girls feel a sense of autonomy, they feel in control of their actions, thoughts, and feelings. When we don't experience autonomy we can feel pressured and conflicted and pushed to do something we don't want to do.