

ACTIVITY 2.1

Sexual Orientation and Gender Identity Measurement Tools: Then and Now

Directions: Students will complete two self-identification activities, one that includes a series of self-identification questions regarding sexual identity and the other regarding gender identity, where the options available to choose from reflect the diverse ways of “measuring,” “assessing,” and “describing” sexual and gender identity in historical context.

1. Dichotomous model (conventional conflict model of sexuality, 1890s). Circle the statement that is true for you:
 - I am attracted toward people of the same sex.
 - I am attracted toward people of the other sex.
2. Kinsey Scale (late 1940s/early 1950s). Circle the number on the scale below that best represents your psychosexual experiences and responses, where 0 = *exclusively heterosexual* and 6 = *exclusively homosexual*.

0	1	2	3	4	5	6
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How do you identify yourself? Check the appropriate box (check only one):

- Heterosexual
 - Gay/lesbian
 - Bisexual
 - Don't know
3. Bell and Weinberg's (1978) model using the Kinsey Scale.
 - (a) Rate yourself from 0 to 6 on the basis of your sexual feelings: _____
 - (b) Rate yourself from 0 to 6 on the basis of your sexual behaviors: _____
 4. The Shively Scale for Physical/Affectional Preference (Shively & De Cecco, 1977). Rate yourself on both scales below:

Physical Preference

0	1	2	3	4	5	6
Not at all heterosexual			Somewhat heterosexual			Very heterosexual

Affectional Preference

0	1	2	3	4	5	6
Not at all homosexual			Somewhat homosexual			Very homosexual

ACTIVITY 2.1 (Continued)

5. Klein Sexual Orientation Grid (KSOG; Klein, Sepekoff, & Wolf, 1985). Rate yourself in the past, in the present, and in the ideal on the following seven components of sexual orientation, using the same scales as above (0–6).

Sexual orientation component	Past	Present	Ideal
Sexual attraction			
Sexual behavior			
Sexual fantasies			
Emotional preferences			
Social preferences			
Self-identification			
Lifestyle			

6. Using a scale of 0 to 6 where 0 = *not at all* and 6 = *very much*, note how much the following statement fits for you: “I find the idea of sex with the same sex appealing” (Laumann, Gagnon, Michael, & Michaels, 1994).
7. Using a scale of 0 to 6 where 0 = *not at all* and 6 = *very much*, note how much each of the following statements fit you:
- (a) I do not typically experience sexual attractions.
 - (b) I do not typically experience romantic attractions.
 - (c) I am someone who typically experiences romantic attractions.
 - (d) I am interested in being in a romantic relationship.
 - (e) I am interested in being sexual with another person.
 - (f) My sexual attractions are not tied to any one gender identity or gender expression.
 - (g) My romantic attractions are not tied to any one gender identity or gender expression.
8. Using your own words, how would you describe your sexual orientation/identity?
9. What, if any, labels do you use to describe your sexual/romantic attractions and/or your sexual orientation/identity to yourself and to others? If you prefer not to use any labels, please explain this preference.
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