

What does it mean to be non-binary?

THE SPECTRUM

Our sexuality and gender identity aren't set in stone. In fact, people's identities can be fluid. THE SPECTRUM can help you visualize how you feel at any given time. Mark how you identify today on each line, but don't feel limited - it's ok to mark something different tomorrow!

Gender Identity
who you in your head are



Gender Expression
actions, dress, demeanor

Biological Sex
physical traits that you are born with



Pansexual Gender Flag



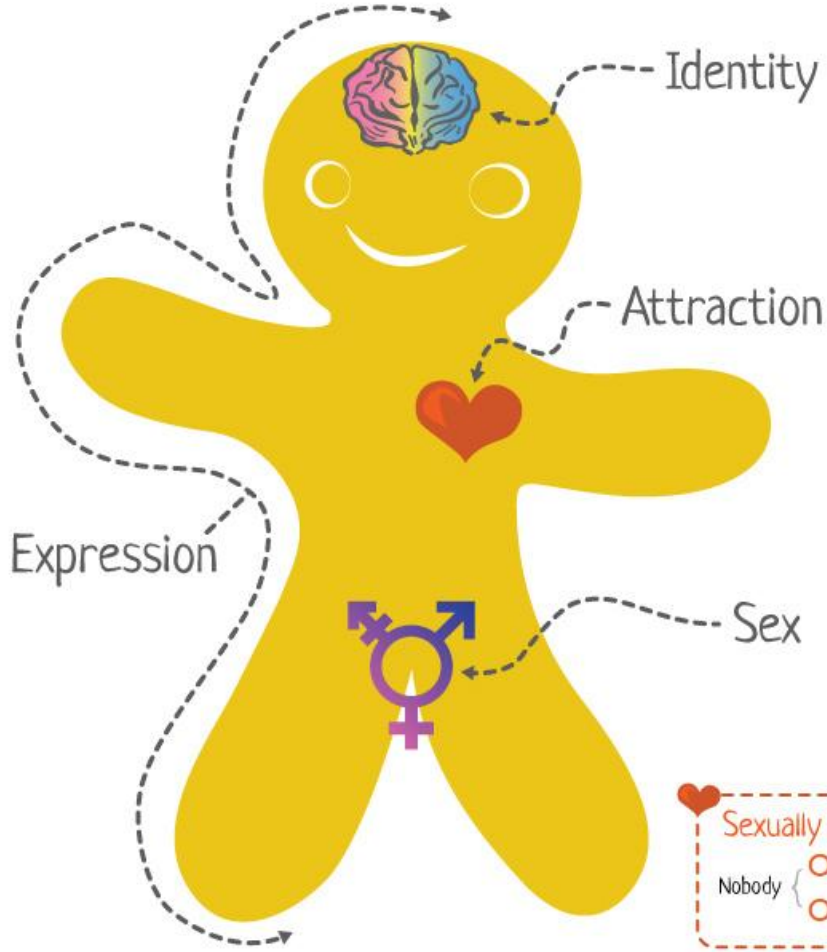
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

TheTrevorProject.org

The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread. 4 (of infinite) possible plot and label combos

Gender Identity

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Woman-ness
Man-ness

"woman" "man"
"two-spirit" "genderqueer"

⊘ Indicates a lack of what's on the right.

Gender Expression

The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

Feminine
Masculine

"butch" "femme"
"androgynous" "gender neutral"

Biological Sex

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness
Male-ness

"male" "female"
"intersex" "MtF Female"

Sexually Attracted to

Nobody { (Women/Females/Femininity)
(Men/Males/Masculinity)

Romantically Attracted to

Nobody { (Women/Females/Femininity)
(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>

<https://www.youtube.com/watch?v=xF-CX9mAHPo>

A **trans-inclusive** Human Rights Ordinance would create protections on the basis of

GENDER IDENTITY

- and -

GENDER EXPRESSION.

What exactly does this mean? This proposal will affect everyone, not just trans people.

↓ Scroll down to find out how. ↓

BIOLOGICAL SEX, GENDER IDENTITY, & GENDER EXPRESSION are three separate characteristics that exist on a spectrum.

BIOLOGICAL SEX

is assigned at birth based on the appearance of a newborn's genitals.

FEMALE

INTERSEX

MALE

GENDER IDENTITY

is psychological and has to do with how a person views him- or herself.

WOMAN

NEUTRAL or GENDERQUEER

MAN



GENDER EXPRESSION

has to do with how a person chooses to express him- or herself as masculine or feminine.

FEMININE

ANDROGYNOUS or NEUTRAL

MASCULINE

HOW DOES IT ALL FIT TOGETHER?

GENDER EXPRESSION

Gender expression has to do with how a person expresses him- or herself as masculine or feminine through clothing and behavior.

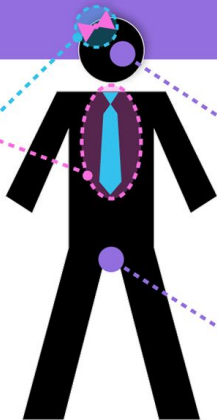
GENDER IDENTITY

Gender identity is a psychological trait. The gender that a person feels like he or she is, regardless of his or her anatomy or behavior, is a person's gender identity.

BIOLOGICAL SEX

Biological sex is assigned at birth by doctors based on the appearance of the genitals of the newborn.

GET EDUCATED.
END DISCRIMINATION NOW!



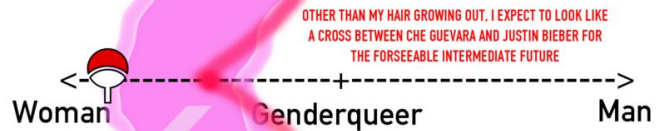
THE IDENTITY SPECTRUM

This graph is a fun exercise to help one understand that Sex, Gender Identity, Gender Expression and Sexual Orientation does not have to be black and white as both the Heteronormative/Cisgender Society around us (AKA Straight People) and the LGBT Community ascribe them to be -- find your own identity with this exercise and sincerely explore who YOU are and challenge the stereotypes of Gender and Sexual Orientation. Simply draw a line that best identifies along these spectrums.

SEX



GENDER IDENTITY



GENDER EXPRESSION



SEXUAL ORIENTATION



Zone of Variance

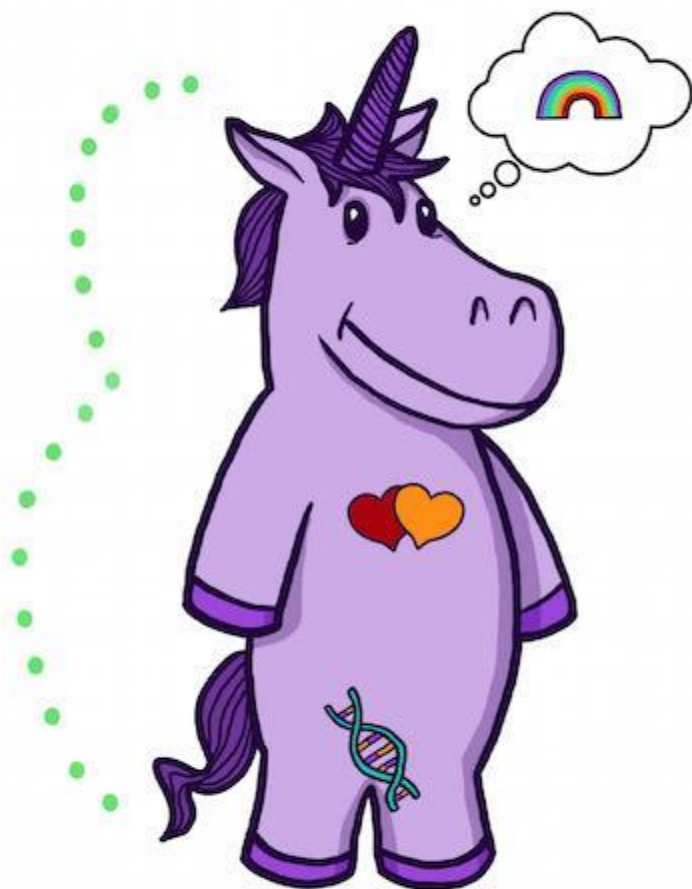


Where Ahuviya Harel wants to be

Where Ahuviya Harel was (January 2011)

The Gender Unicorn




Graphic by:
TSER
Trans Student Educational Resources



Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

Gender Expression/Presentation

-  Feminine
-  Masculine
-  Other

Sex Assigned at Birth

-  Female
-  Male
-  Other/Intersex

Sexually Attracted To

-  Women
-  Men
-  Other Gender(s)

Romantically/Emotionally Attracted To

-  Women
-  Men
-  Other Gender(s)

To learn more go to:
www.transstudent.org/gender

Design by Landyn Pan