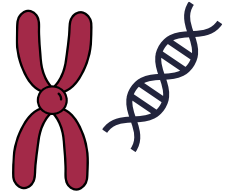




UNDERSTANDING GENDER & SEXUALITY

BIOLOGICAL SEX:

We all have chromosomes in our cells that determine our biological sex. Chromosomes are made up of DNA. Those chromosomes may be XX ("female"), XY ("male"), or intersex (examples: XXX, XXY).



GENDER IDENTITY:

Gender identity is the gender a person feels they are, like male, female, non-binary, genderfluid, or other. Gender means different things to everyone. For some people, they may express their gender in how they dress or do their nails or wear their hair. Some people may express their gender in how they walk or talk. Your gender can always change too, over time, or from moment to moment!



SEXUAL IDENTITY (OR SEXUALITY OR SEXUAL ORIENTATION)

Sexual identity describes a person's sexual preferences (or romantic preferences). Different "categories" of sexual identity mean different things to different people. People with same-sex or same-gender attraction may identify as gay, lesbian, queer, or something else. People who may be attracted to multiple genders or sexes may identify as bisexual, pansexual, queer, or something else. Other "categories" include asexual, aromantic, questioning, and more. Like gender identity, sexual identity can always be changing.

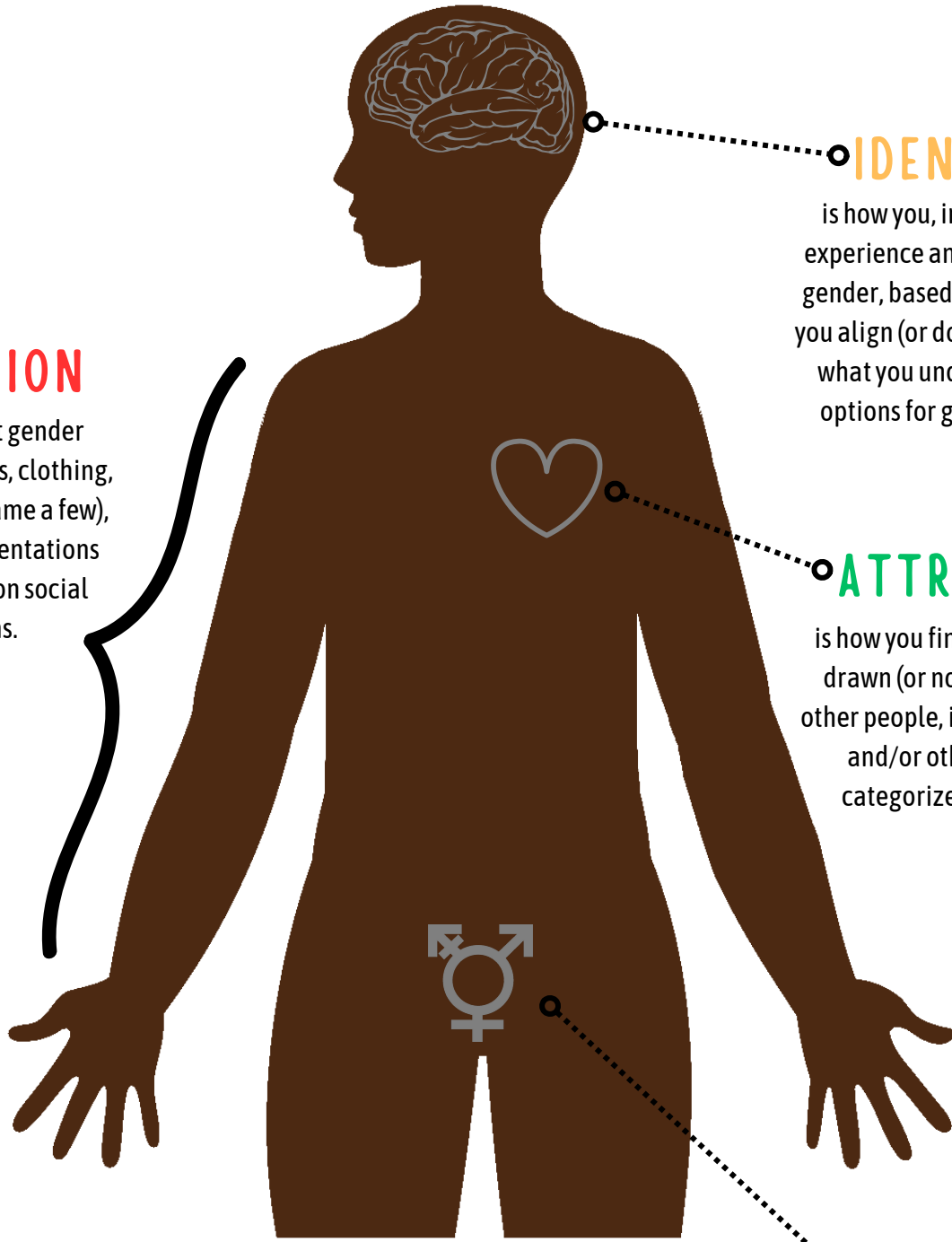


GENDER STEREOTYPES:

Gender stereotypes are qualities many in society attribute to one gender or another. Examples include that boys don't cry and girls play with dolls. Like all stereotypes, people do not necessarily follow the stereotype.

Gender stereotypes can often be really harmful to people's health and wellbeing. Try to catch yourself when you make generalizations about an entire sex category or gender category or sexual orientation category, and change the way you're thinking! It can be really hard to do because a lot of things in our daily lives are very gendered.





IDENTITY

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

ATTRACTION

is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized with gender).

SEX

is the physical traits you're born with or develop that we think of as "sex characteristics," as well as the sex you are assigned at birth.

EXPRESSION

is how you present gender (through your actions, clothing, and demeanor, to name a few), and how those presentations are viewed based on social expectations.

- LESBIAN
- GAY
- BISEXUAL
- TRANSGENDER
- QUEER/QUESTIONING
- INTERSEX
- ASEXUAL
- + (PANSEXUAL, AROMANTIC, ETC!)

