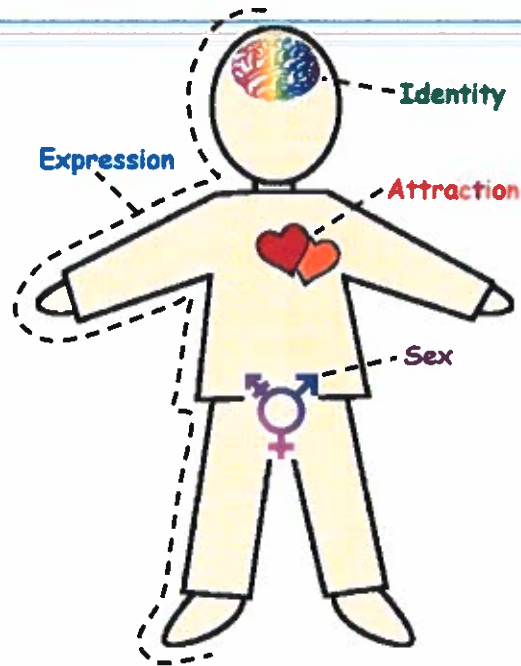


# Sex & Gender Guide

The Sex & Gender Guide provides a general overview of the differences between sexual orientation, romantic attraction, gender identity, gender expression, and biological sex. The most important thing to remember is that all of these categories contain examples of possible “self-identified” labels. People can have different definitions and use these terms in many ways, and that is okay! It is all about understanding that sex and gender are all fluid concepts, and that every person has a right to identify with the terms that make them the most comfortable.



## ♥ Sexual/Physical Attraction (Sexual Orientation)

“Sexual orientation” is the term used to describe what gender(s) someone is sexually/physically attracted to.

Examples:  
(infinite possibilities)

Heterosexual

Homosexual

Bisexual

Pansexual

Asexual

## ♥ Romantic/Emotional Attraction

“Romantic attraction” is an emotional response that people can feel that results in a desire for a romantic relationship with a certain gender(s). People can experience romantic attraction even though they may not feel sexual attraction.

Examples:  
(infinite possibilities)

Heteroromantic

Homoromantic

Bioromantic

Panromantic

Aromantic

## 🌈 Gender Identity

The term “gender identity” refers to a person’s innate, deeply felt psychological identification as a man, woman, or some other gender, which may or may not correspond to the sex assigned to them at birth.

Examples:  
(infinite possibilities)

Man

Woman

Transgender

Third Gender

Genderqueer

Agender

## 👤 Gender Expression

“Gender expression” refers to all of the external characteristics and behaviors that are socially defined as either masculine, feminine, both, or neither; such as dress, grooming, mannerisms, speech patterns, and social interactions. Gender expression can be defined differently based on social and cultural norms.

Examples:  
(infinite possibilities)

Masculine

Feminine

Androgynous

Gender Neutral

## ♀♂ Sex Assigned at Birth (Biological Sex)

“Biological sex” identifies a person as either female, male, or intersex. It is determined by a person’s sexual anatomy, chromosomes, and hormones. Biological sex is often simply referred to as “sex”.

The commonly preferred terminology is “sex assigned at birth”.

Examples:  
(infinite possibilities)

Male

Female

Intersex



# Sexual/Physical Attraction (Sexual Orientation)

*Please remember that all of these terms are self-identified labels. The definitions provided are the most general descriptions, but every person has the right to define each term in the way that makes them the most comfortable. Please also remember that this is a resource guide and should not be used for labeling others.*

- 1) **Lesbian**: woman identified people who are exclusively sexually attracted to women. Research suggests using terms such as “lesbian” and “same-gender attraction” instead of “homosexual.”
- 2) **Gay**: man identified people who are exclusively sexually attracted to men. This term is sometimes used as a quick reference for the entire LGBTQA community, but it is not acceptable as it reinforces the erasure of other sexual identities. Research suggests using terms such as “gay” and “same-gender attraction” instead of “homosexual.”
- 3) **Bisexual**: a person who is attracted to both men and women.
- 4) **Pansexual**: a person who is attracted to people regardless of sex/gender/gender expression. Pansexual people are attracted to who the person is rather than sex/gender/gender expression. This term is closely related to **Polysexual** and **Omnisexual**.
- 5) **Asexual**: a person who does not experience sexual attraction towards individuals of any gender, but may have romantic attraction. Asexual (Ace) is also viewed as an umbrella term for other identities including but not limited to demisexual and Gray-A or Gray-Ace.
  - 5a) **Demisexual**: a person who does not experience sexual attraction without first forming a strong emotional connection with a person. When meeting someone new there is no initial sexual attraction.
  - 5b) **Gray-A or Gray-Ace**: a person who identifies somewhere along the asexual spectrum meaning that they may experience sexual attraction rarely or only under certain circumstance.
- 6) **Queer**: a) attracted to people of many genders; b) self-identity label for people who feel they do not fit cultural norms for sexual orientation and/or gender identity; c) sometimes used as an umbrella term for all people with non-heterosexual sexual orientations; d) historically, a pejorative term – its use today is met with disfavor by some and worn proudly by others.
- 7) **Questioning**: a term used to describe someone who is unsure of or exploring their sexual orientation and/or gender identity.
- 8) **Polyamorous**: a person who engages in more than one romantic relationship at a time, with the consent of all parties involved. This may include relationships where all involved are in a simultaneous relationship with all others involved or relationships in which one person is involved in multiple relationships but the other is exclusive.
- 9) **Heterosexual**: a person who experiences sexual attraction to persons of the opposite (heavily rooted in the gender binary) gender, often referred to as “straight.”
- 10) **Homosexual**: an outdated term that should be avoided.

\*Definitions for the **Romantic/Emotional Attraction** terminology are the same as the ones listed above except those identities are referring to romantic/emotional attraction instead of sexual/physical attraction.

# Sex Assigned at Birth (Biological Sex)

*Please remember that all of these terms are self-identified labels. The definitions provided are the most general descriptions, but every person has the right to define each term in the way that makes them the most comfortable. Please also remember that this is a resource guide and should not be used for labeling others.*

- 1) **Male:** a person who is born with XY chromosomes and a penis, scrotum, testicles, etc.
- 2) **Female:** a person who is born with XX chromosomes and a vagina, uterus, ovaries, etc.
- 3) **Intersex:** a general term used for a variety of genetic, hormonal, chromosomal, or anatomical conditions in which a person's reproductive or sexual anatomy doesn't seem to fit the typical definitions of female or male. When a child is born intersex (particularly with ambiguous genitalia), many doctors and parents panic and rush to "correct" the "problem" via surgery, which often causes mental and physical difficulties later in life. Some intersex individuals identify as transgender or gender variant; others do not. Some intersex individuals go through life without knowing that they are intersex because the physical characteristics and/or symptoms are minor and do not affect their life in any way.
- 4) **Hermaphrodite:** an offensive term that should be avoided.



# Gender Identity

Please remember that all of these terms are self-identified labels. The definitions provided are the most general descriptions, but every person has the right to define each term in the way that makes them the most comfortable. Please also remember that this is a resource guide and should not be used for labeling others.

- 1) **Cisgender:** a cisgender person is one whose gender identity matches their sex assigned at birth (primarily determined by genitalia). **Man** and **Woman** are two examples of cisgender identities.
  - 1a) **Gender Binary:** a social construct that states that sex and gender only have two distinct categories: male/man/masculine and female/woman/feminine.
- 2) **Transgender:** a) a transgender person is one whose gender identity does not match their sex assigned at birth (primarily determined by genitalia); b) an umbrella term for people who challenge the idea of the gender binary.
- 3) **Transwoman:** a person who was assigned a male sex at birth but identifies as a woman.
- 4) **Transman:** a person who was assigned a female sex at birth but identifies as a man.
- 5) **Bigender:** a person who identifies with both traditionally “woman” and “man” gender-based behaviors and identities.
- 6) **Third or Fourth Gender:** terms used by people who identify as being between and/or other than man or woman. They may feel they are neither, a little bit of both, or they may simply feel restricted by gender labels.
- 6) **Genderqueer:** a) a blanket term used to describe people whose gender falls outside of the gender binary; b) a person who identifies as both a man and a woman, or as neither a man nor a woman.
- 7) **Agender (non-gender):** a) a person who does not identify with any gender; b) a person who has no gender.
- 8) **Gender-fluid:** a person whose gender identity (and/or gender expression) can change or fluctuate.
- 9) **Two-Spirit:** a term used by Native American and Indigenous people to recognize individuals who possess a mixture of masculine and feminine spirits. Can also be used to describe Native people of diverse sexual orientations. This may have different, nuanced meanings in various indigenous cultures.
- 10) **Transsexual:** a term that was historically used to identify transgender people who had surgery, hormone replacement, or other medical procedures to change their sex to match their gender identity. While used as an identity label by some, this term is generally considered outdated. “Transgender” has become the preferred term.
- 11) **Transvestite:** an offensive term that should be avoided.

Bettencourt, R. (2009). *The Transgender Umbrella*. San Luis Obispo, CA.

Transgender 101: Identity, Inclusion, and Resources. Unitarian Universalist Association (2014, October 22). Retrieved June 16, 2015, from <http://www.uua.org/lgbtq/identity/25348.shtml>

Killermann, S. (n.d.). Comprehensive List of LGBTQ Term Definitions | It's Pronounced Metrosexual. Retrieved June 16, 2015, from <http://itspronouncedmetrosexual.com/2013/01/a-comprehensive-list-of-lgbtq-term-definitions/>



# Gender Expression

*Please remember that all of these terms are self-identified labels. The definitions provided are the most general descriptions, but every person has the right to define each term in the way that makes them the most comfortable. Please also remember that this is a resource guide and should not be used for labeling others.*

- 1) Masculine:** the act of expressing oneself with physical characteristics that are traditionally (socially) associated with men (e.g. appearance, behavior, dress, etc.).
- 2) Feminine:** the act of expressing oneself with physical characteristics that are traditionally (socially) associated with women (e.g. appearance, behavior, dress, etc.).
- 3) Androgynous:** a gender expression that has elements of both masculinity and femininity.
- 4) Gender Neutral:** a) a gender expression that is not completely masculine nor completely feminine; b) a gender expression that is ambiguous.
- 5) Cross-dresser:** a) a person who occasionally wears clothing of another gender, usually for personal comfort or relaxation; b) a person who considers wearing clothing of another gender to be an important part of their identity; c) this expression is not necessarily linked to gender identity, erotic activity, or sexual orientation.
- 6) Drag King or Drag Queen:** a) a performer who offers exaggerated presentations of gender and often cross-dresses for entertainment purposes; b) this expression is not necessarily linked to gender identity, erotic activity, or sexual orientation.

Bettencourt, R. (2009). *The Transgender Umbrella*. San Luis Obispo, CA.

Transgender 101: Identity, Inclusion, and Resources. Unitarian Universalist Association (2014, October 22). Retrieved June 16, 2015, from <http://www.uua.org/lgbtq/identity/25348.shtml>

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