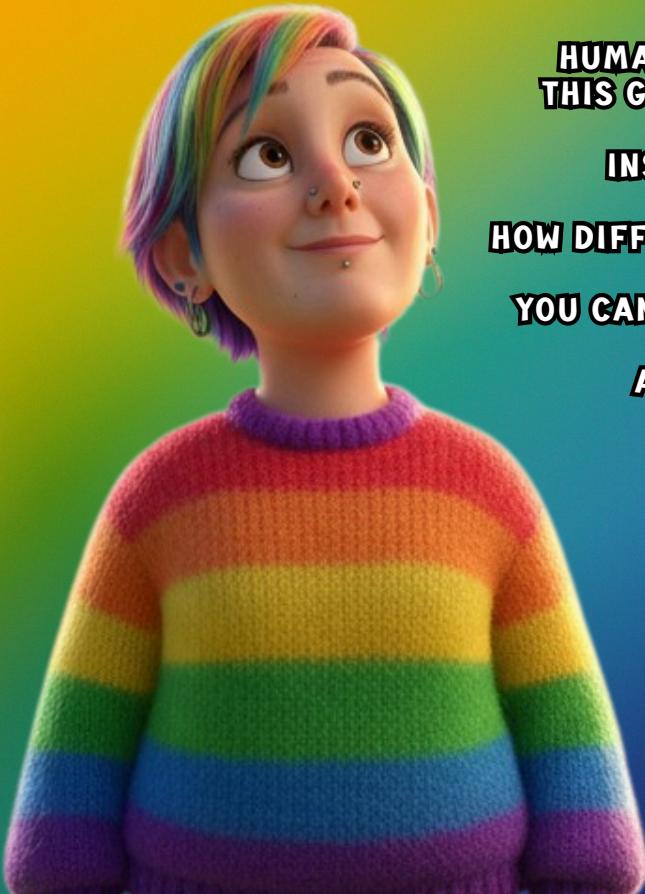


UNDERSTANDING GENDER, SEXUALITY & IDENTITY



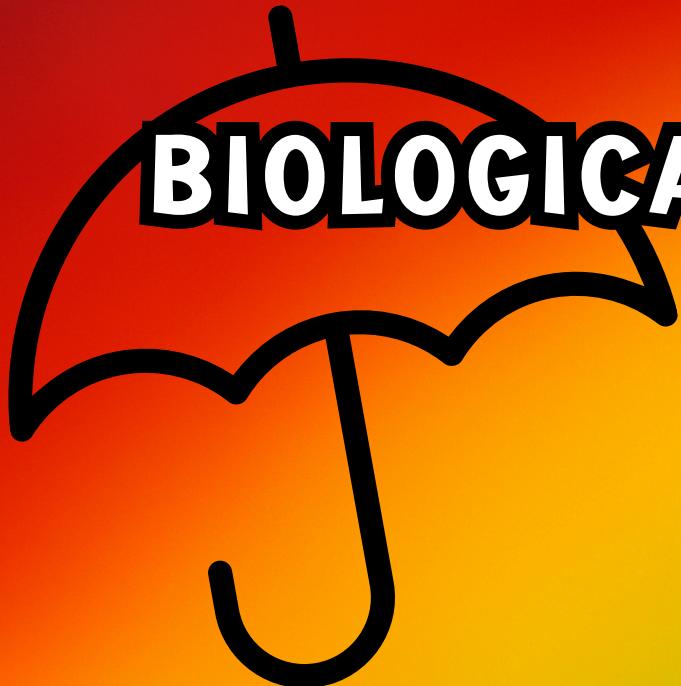
**HUMAN IDENTITY IS BEAUTIFULLY COMPLEX.
THIS GUIDE IS NOT A COMPLETE LIST OF EVERY
IDENTITY.
INSTEAD, IT'S AN OPEN-MINDED WAY TO
UNDERSTAND
HOW DIFFERENT PARTS OF IDENTITY RELATE TO EACH
OTHER.
YOU CAN EXIST IN ONE, MANY, OR NONE OF THESE
CATEGORIES
AND THEY CAN CHANGE OVER TIME.**



**AT THE CENTER OF EVERYTHING IS THE
HUMAN EXPERIENCE.
NO ONE EXISTS OUTSIDE OF IT.
FROM HERE, IDENTITY UNFOLDS ACROSS
SEPARATE BUT CONNECTED
'UMBRELLAS'.**



BIOLOGICAL SEX



**THIS IS A MEDICAL LABEL, USUALLY
GIVEN AT BIRTH, BASED ON PHYSICAL
TRAITS.**

**COMMON LABELS INCLUDE:
FEMALE
MALE
INTERSEX**

**SEX ASSIGNED AT BIRTH IS NOT THE
SAME AS GENDER IDENTITY OR
SEXUALITY.**



GENDER IDENTITY



**GENDER IDENTITY IS WHO YOU KNOW
YOURSELF TO BE.**

EXAMPLES INCLUDE:
**TWO-SPIRIT (A CULTURALLY SPECIFIC
INDIGENOUS IDENTITY)**
WOMAN
MAN
NONBINARY
GENDERQUEER
AGENDER
GENDERFLUID
BIGENDER
QUESTIONING
QUEER



CISGENDER & TRANSGENDER

**(GENDER IDENTITY
DESCRIPTORS)**

THESE ARE DESCRIPTORS, NOT GENDERS:

**CISGENDER: WHEN GENDER ALIGNS WITH
SEX ASSIGNED AT BIRTH**

**TRANSGENDER: WHEN GENDER DOES NOT
ALIGN WITH SEX ASSIGNED AT BIRTH**



GENDER EXPRESSION

**GENDER EXPRESSION IS HOW YOU SHOW
YOUR GENDER TO THE WORLD.**

**EXAMPLES:
MASCULINE
FEMININE
ANDROGYNOUS
NEUTRAL
FLUID
GENDER NON-CONFORMING**

**ANYONE OF ANY GENDER CAN EXPRESS
THEMSELVES IN ANY WAY.**



SEXUAL ORIENTATION

**SEXUAL ORIENTATION DESCRIBES WHO
YOU'RE ATTRACTED TO**

EXAMPLES:
LESBIAN
GAY
BISEXUAL
PANSEXUAL
OMNISEXUAL
HETEROSEXUAL
ASEXUAL
QUEER
QUESTIONING

**THIS IS ABOUT ATTRACTION,
NOT BEHAVIOUR OR APPEARANCE.**



ROMANTIC ORIENTATION

**ROMANTIC ATTRACTION DOESN'T ALWAYS
MATCH SEXUAL ATTRACTION.**

EXAMPLES:
AROMANTIC
BIROMANTIC
PANROMANTIC
HOMOROMANTIC
HETEROROMANTIC

**SOMEONE CAN BE ASEXUAL
AND ROMANTICALLY ATTRACTED TO
PEOPLE.**



ASEXUAL SPECTRUM

ASEXUALITY IS A SPECTRUM, NOT A SINGLE EXPERIENCE.

EXAMPLES:
ASEXUAL
DEMISEXUAL
GRAYSEXUAL
ACEFLUX

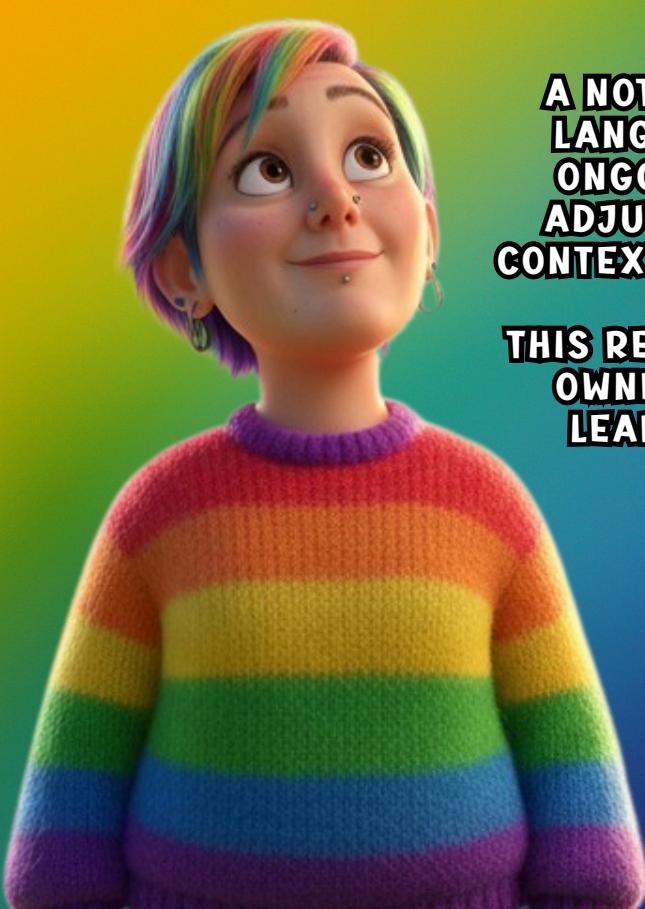
PEOPLE ON THE ASEXUAL SPECTRUM MAY OR MAY NOT EXPERIENCE ATTRACTION, AND MAY STILL EXPERIENCE ROMANCE.



CULTURAL & COMMUNITY IDENTITIES

**SOME IDENTITIES ARE ROOTED IN
INDIGENOUS CULTURE AND ANCESTRY,
NOT WESTERN LABELS AND HISTORY.**

**EXAMPLES INCLUDE:
TWO-SPIRIT (INDIGENOUS, CULTURAL AND
SPIRITUAL)
HIJRA
FA'AFAFINE
MĀHŪ**



**A NOTE ON RESPECT & RECONCILIATION:
LANGUAGE EVOLVES, AND LEARNING IS
ONGOING. RESPECT MEANS LISTENING,
ADJUSTING, AND HONOURING CULTURAL
CONTEXT, ESPECIALLY WHEN IDENTITIES ARE
NOT OURS TO DEFINE.
THIS RESOURCE IS SHARED WITH CARE, NOT
OWNERSHIP. I ENCOURAGE CONTINUED
LEARNING, CURIOSITY, AND GROWTH.**

REMINDER

**NO SINGLE RESOURCE CAN FULLY
REPRESENT HUMAN IDENTITY.**

**THIS GUIDE SHOWS
RELATIONSHIPS,
NOT LIMITS.**

**YOU ARE ALLOWED TO EXIST
EXACTLY AS YOU ARE.**

NO HARM, NO FOUL.

