

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.**

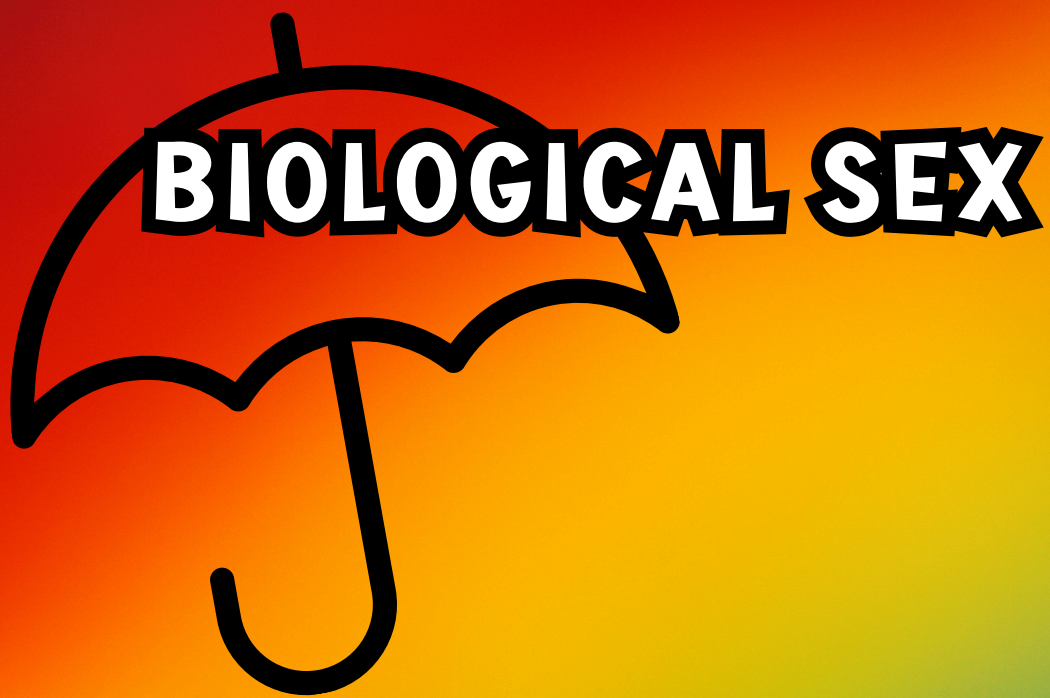




**AT THE CENTER OF EVERYTHING IS THE
HUMAN EXPERIENCE.
NO ONE EXISTS OUTSIDE OF IT.
FROM HERE, IDENTITY UNFOLDS ACROSS
SEPARATE BUT CONNECTED
'UMBRELLAS'.**



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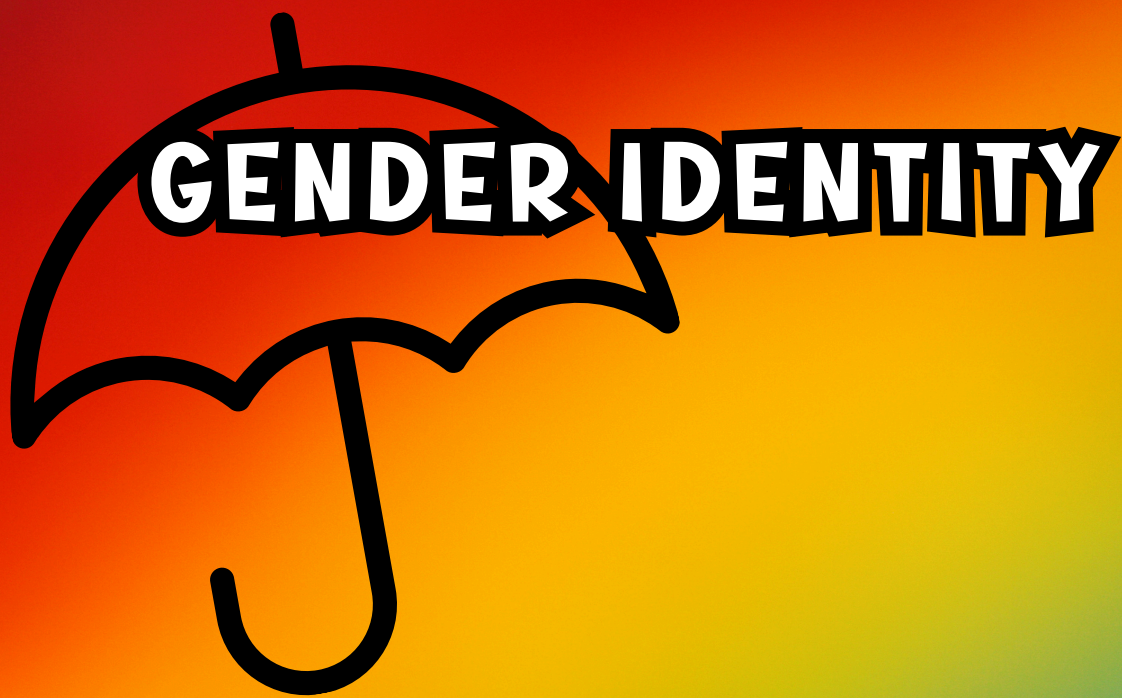


**THIS IS A MEDICAL LABEL, USUALLY
GIVEN AT BIRTH, BASED ON PHYSICAL
TRAITS.**

**COMMON LABELS INCLUDE:
FEMALE
MALE
INTERSEX**

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





**GENDER IDENTITY 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



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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'AFINE
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.

