



THE SPECTRUM OF THE LGBTQ+ SELF

**HOW IDENTITY, EXPRESSION,
BODY, AND ATTRACTION
COEXIST**



**THIS IS SIMPLY ONE WAY TO UNDERSTAND
GENDER AND ATTRACTION.
LANGUAGE AND EXPERIENCES MAY VARY,
AND INDIVIDUALS ALWAYS DEFINE
THEMSELVES.**

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Gender Identity

HOW YOU KNOW YOURSELF ON THE INSIDE

(YOUR INTERNAL SENSE OF GENDER OR LACK OF ONE).

MAY INCLUDE:

**WOMAN • MAN • NONBINARY •
GENDERQUEER • AGENDER • FLUID
• QUESTIONING
ETC,**

Gender Expression

HOW YOU PRESENT YOURSELF TO THE WORLD

(CLOTHING, BEHAVIOR, VOICE, MANNERISMS, AND STYLE.

MAY INCLUDE:

**FEMININE • MASCULINE •
ANDROGYNOUS • SOFT • BOLD •
SHIFTING
ETC.**



LGBTQ+ Human Sexuality and Gender Diversity



LOVE IS LOVE

Biological Sex

**PHYSICAL TRAITS YOUR BODY HAS
MAY INCLUDE:**

**HORMONES • CHROMOSOMES •
ANATOMY • VOICE • BODY HAIR
ORGANS**

Sexual Orientation

**WHO YOU FORM ROMANTIC OR
EMOTIONAL BONDS WITH
(THE ONES YOU DESIRE FOR
CONNECTION, PARTNERSHIP, OR
LOVE.)**