



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.**

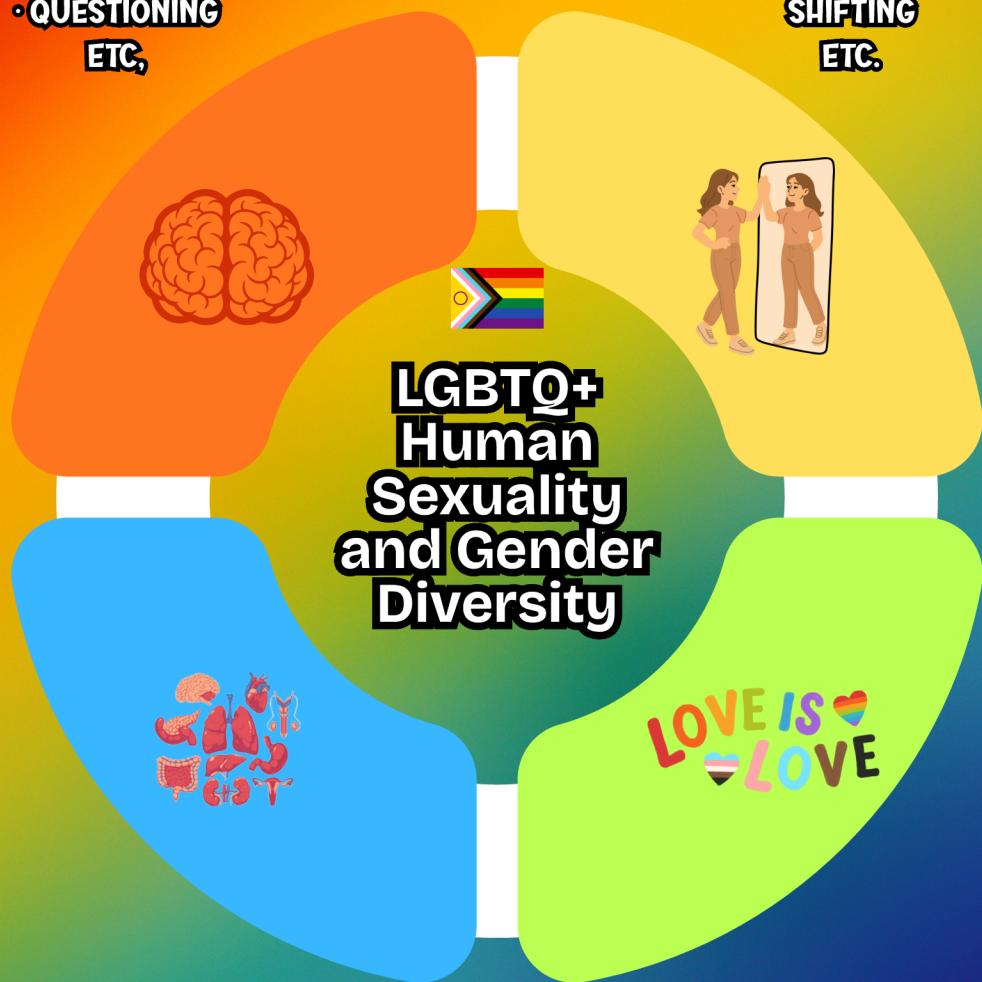
WWW.LAVENDERLIBRARYPRESS.CA

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.



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.)