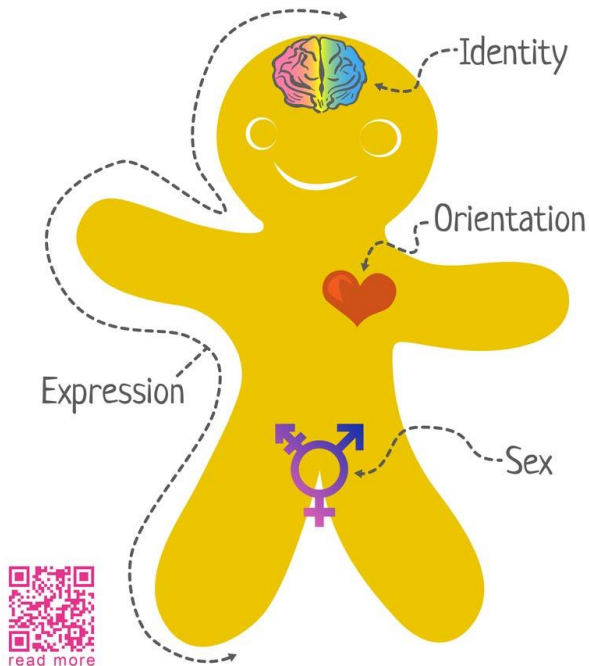


The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.



Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.



Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.



Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

Source: <https://www.itspronouncedmetrosexual.com>

Gender Identity Definitions

The Difference between Sex & Gender

Sex refers to the classification of a person as male or female, most commonly at birth, and is usually determined by a person's external anatomy, otherwise known as their primary sex characteristics.

In contrast, gender, or gender identity, relates to how a person perceives and identifies themselves. A person's gender can match the sex assigned to them at birth but can also differ.

Intersex

An intersex person is someone who is born with a variation of sex characteristics which do not fit the typical male and female. These variations can be: chromosomes, gonads, sex hormones or genitals.

Some people may be identified as intersex from birth, others may find out later in life, and some people may never learn that they are intersex.

Cisgender

Cisgender is a term for people whose gender identity fits with the sex they were assigned at birth. Cisgender can therefore be used to describe people who are not transgender.

Transgender

Transgender refers to someone whose gender identity does not match the sex they were assigned at birth.

Some trans people transition and change their name, are prescribed hormones, and have surgery to align their bodies with their gender identity. Some trans people may only do some of those things, whereas other trans people may not transition at all. A trans person's identity is not determined by how, or if, they transition.

Non-Binary

A Non-Binary person is someone who does not identify with the binary genders of male and female.

Non-binary is often used as an umbrella term for someone who does not fit the gender binary. Other terms such as 'agender' and 'genderqueer' may come under the non-binary umbrella, but are also terms in their own right.

Genderfluid

A gender fluid person is someone whose gender is not fixed but can move fluidly along the spectrum from masculinity to femininity. Their gender may fluctuate throughout the day, over weeks or months, or depending on their environment.

Genderqueer

A term used by those who identify outside of the binary genders of male and female. Genderqueer can be used as an umbrella term for people whose gender expression and/or identity rejects the gender binary.

Bigender

Someone who identifies as two distinct genders. They may identify as both genders at once, or they may switch between the two.

Source: <https://rainbowandco.uk>