Gender is one of those things everyone thinks they understand, but most people don’t. Gender isn’t binary. It’s not either/or. In many cases it’s both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It’s okay if you’re hungry for more after reading it. In fact, that’s the idea.

Identity is how you, in your head, experience and define your gender, based on how much you align (or don’t align) with what you understand the options for gender to be.

Attraction is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized within gender).

Sex is the physical traits you’re born with or develop that we think of as “sex characteristics,” as well as the sex you are assigned at birth.

Expression is how you present gender (through your actions, clothing, and demeanor, to name a few), and how those presentations are viewed based on social expectations.

We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each.

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Identify

Expression

Sex

Identity ≠ Expression ≠ Sex

Gender ≠ Sexual Orientation

Sexually Attracted to...

Men a/o Masculine a/o Male People

Women a/o Feminine a/o Female People

Romantically Attracted to...

Women a/o Feminine a/o Female People

Men a/o Masculine a/o Male People

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For a bigger bite, read more at www.genderbread.org