







TOOL 9 | Genderbread Person

Learning Objective	Understand the difference between gender, sex, etc. and to distinguish between the L, G, B, Q, T, I and the + of LGBTQI+, between sex, gender identity, gender expression, and attraction. Help individuals to connect and to consider their own understandings of their sex, gender identity, gender expression, and attraction		
Learning Outcome	After use of the tool, participants will <ul style="list-style-type: none"> ▶ understand: <ul style="list-style-type: none"> ▶ terms and definitions around gender and sex ▶ differences between gender identity, gender expression, anatomical sex, sexual attraction, romantic attraction ▶ be able to: <ul style="list-style-type: none"> ▶ use the concept of gender in practical work and everyday life 		
Target Group	All		
Type	 	Duration	30 minutes
Use	 	Participants	5-25
Complexity	Medium		
Material Needed	<div>  <ul style="list-style-type: none"> ▶ Genderbread person poster (https://www.genderbread.org/resource/genderbread-person-v4-0) ▶ Genderbread person handout (Genderbread Person v3.3 The Genderbread Person) </div> <div>  <ul style="list-style-type: none"> ▶ Presentation of the case ▶ Breakout rooms ▶ Whiteboards per breakout room </div>		
Preparation Steps	<ul style="list-style-type: none"> ▶ Prepare flipcharts ▶ Prepare data source links 		

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Implementation Steps

- ▶ Introduce activity
 - ▶ Starting with the umbrella handout, ask participants what the letters stand for, let participants define and discuss the difference between the L, G, B, and T, I and the +, highlighting how the LGB represent marginalized sexual orientation, while the T and I represent marginalized gender identities, while the + stands for all further possible sexual identities and orientations to cover the entire spectrum of the queer community
 - ▶ Move to the genderbread handout walking people through gender identity, expression, and sex using continua and proper labels
 - ▶ Explain how each aspect of gender is independent of one another, and then move to talking about sexual and romantic attraction
- Example introduction: There are many variations to summarize the spectrum of the queer community: LGBT is the most common, but it is often extended out to more broad and inclusive versions as LGBTQI+ or LGBTQIAATS.

Module

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Prior Knowledge (Module)

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Remarks / Reminders

More information and hints on the tool can be found here: [The Genderbread Person | A free online resource for understanding gender identity, gender expression, and anatomical sex.](https://www.genderbread.org/)

