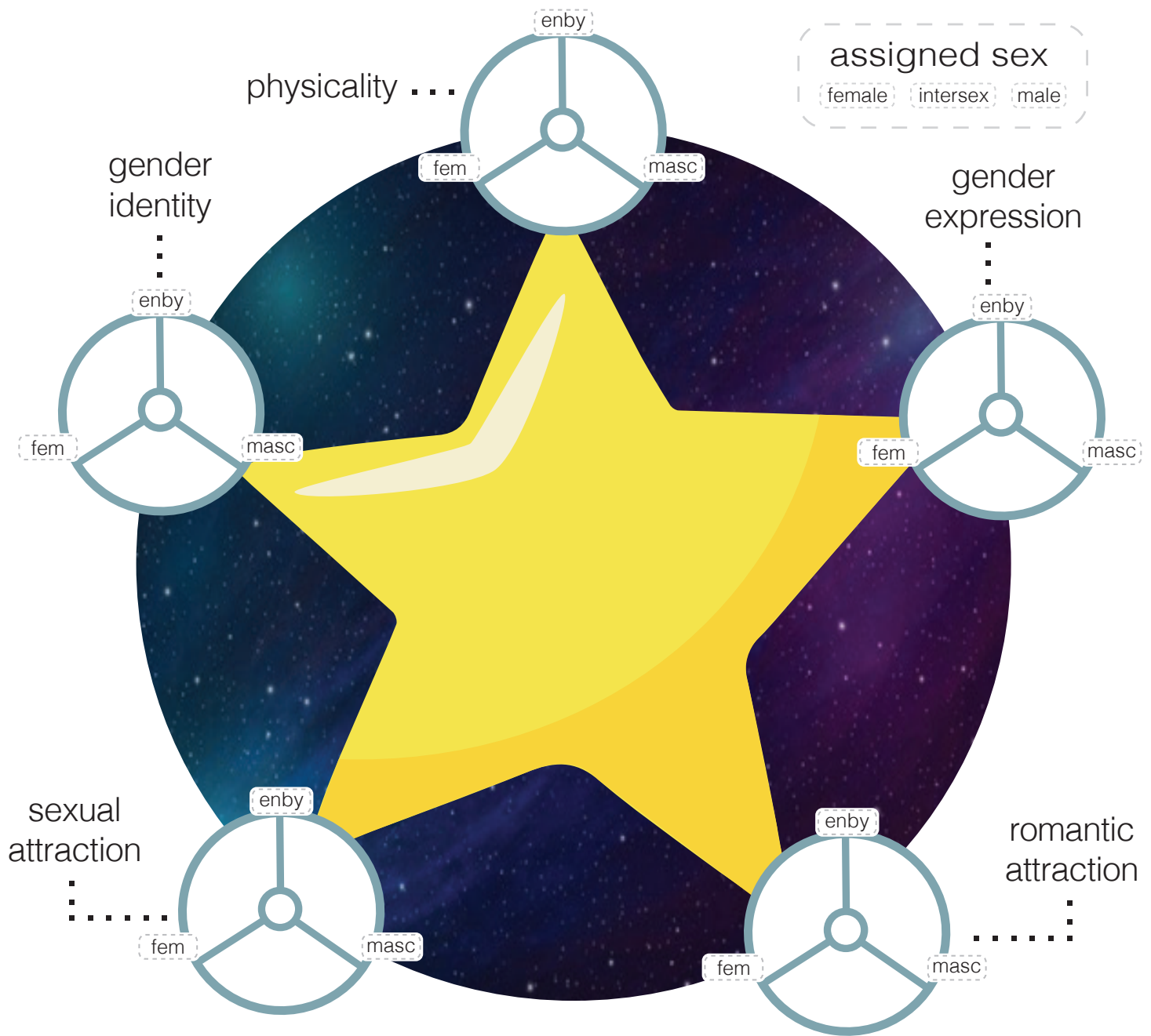
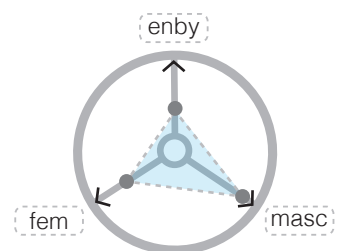


The Constellation of You



instructions

1. In each circle there is a line representing nonbinary (enby), feminine (fem), and masculine (masc) traits (see back page for definitions). Place a dot on each line that represents the degree you feel aligned with those traits.
 - The more the trait applies to you, the further out (towards the rim of the circle) the dot can be placed.
 - If a trait does not align with you, place a dot next to the inner circle.
 - If none of the traits apply to you, fill in the inner circle (for example: asexual, aromantic, agender).
2. Once you've placed a dot on all three lines, connect them and fill in the resulting triangle (see image right).
3. Repeat for all the circles and reflect on your findings. Remember, there is no "right" way to interact with this worksheet.



about the constellation

The goal of this worksheet is to encourage an introspective experience and promote an open, educational environment that centers the experiences of queer, trans, & nonbinary folks. This worksheet shifts away from the traditional binaries (i.e. male and female; gay and straight) to offer a more inclusive representation of the spectrum of gender and sexuality. We hope this helps you better understand your identities and the identities of others to build a more compassionate world.



terms

assigned sex

a medically constructed categorization determined at an infant's birth.

physicality

the physical characteristics that define one's person, one's physical body and presence.

gender identity

one's innermost concept of self as male, female, a blend of both, or neither. one's gender identity can be the same or different from their sex assigned at birth.

gender expression

a person's behavior, mannerisms, interests, and appearance that are associated with gender in a particular cultural context and may or may not conform to socially defined norms associated with being feminine or masculine.

sexual attraction

a physio-emotional response sexual people feel where they find one or more people sexually appealing, and often results in a desire for sexual contact with the recipient(s).

romantic attraction

an emotional response a person can feel for one or more people that results in a desire for a romantic relationship with the recipient(s).

feminine (fem)

having qualities or an appearance traditionally associated with women.

masculine (masc)

having qualities or appearance traditionally associated with men.

nonbinary (enby)

umbrella term for people with gender identities that fall outside of the traditional conceptions of strictly either female or male.

gender non-conforming

a personal identity, behavior, or gender expression that does not conform to masculine or feminine gender norms.

intersex

individuals born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones, or genitals that do not fit the typical definitions for male or female bodies.