

GENDER AS A **SPECTRUM**

Sex is not always binary — even on a biological level. One in every 2000 people are born intersex, meaning they have chromosomes, anatomy, or other sex characteristics that cannot be categorized as exclusively male or female.

The notion that sex and gender are binary — with everyone being either purely male or female — is a social construct.

TRANSGENDER 101

BASIC TERMINOLOGY AND INFORMATION

GENDER **IDENTITY**

One's internal sense of being man, woman, neither of these, both, or other qender(s)

TRANSGENDER

Umbrella term for people whose gender identity differs from the sex they were assigned at birth

CISGENDER

A term for someone who exclusively identifies as their gender assigned at birth

The terms cisgender and transgender are not indicative of expression, sexual orientation, hormonal makeup, physical anatomy, or how one is perceived in daily life.

GENDER DYSPHORIA Anxiety and/or discomfort regarding one's sex assigned at birth or one's body/how it is perceived



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PHYSICAL **TRANSITIONING**

Some, but certainly not all, transgender people choose to pursue hormones or surgeries to affirm their genders and relieve gender dysphoria.

Physical transitioning is a private, medical decision. It is usually inappropriate to ask to ask about a trans person's physical transition status or plans.



Recommended Read: Stop Using Phony Science to Justify Transphobia

TRANS WOMAN

Woman who was assigned male at birth

TRANS MAN

Man who was assigned

NON-BINARY



Tips for Allies of

Recommended Read: Transgender People

Trans women are women. Trans men are men. Non-binary people are non-binary.