The Genderbread Person

by it's pronounced METRQ sexual com

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

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.

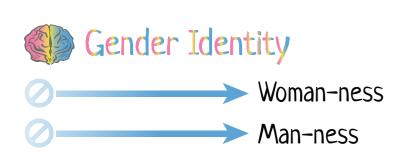
is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized within gender).

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.

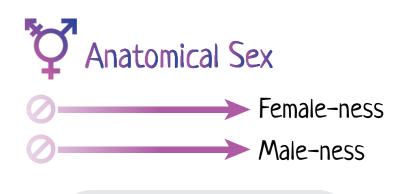
We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each

O means a lack of what's on the right side



Gender Expression

style, grooming, clothing, mannerisms,



body hair, chest, hips, shoulders, hormones

personality traits, jobs, hobbies, likes, dislikes, roles, expectations

common GENDER IDENTITY things

affect, appearance, hair, make-up

common GENDER EXPRESSION things

penis, vulva, chromosomes, voice pitch

common ANATOMICAL SEX things

Sex Assigned At Birth Female Intersex Male

Typically based solely on external genitalia present at birth (ignoring internal anatomy, biology, and change throughout life), Sex Assigned At Birth (SAAB) is key for distinguishing between the terms "cisgender" (whenSAAB aligns with gender identity) and "transgender" (when it doesn't).

Sexually Attracted to... and/or (a/o)
Women a/o Feminine a/o Female People
Men a/o Masculine a/o Male People

Identity \neq Expression \neq Sex

Gender \neq Sexual Orientation



→ Women a/o Feminine a/o Female People

Men a/o Masculine a/o Male People

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