### SEX vs. GENDER

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<th><strong>SEX</strong></th>
<th><strong>GENDER</strong></th>
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<td>is a physiological trait you are born with.</td>
<td>is the behaviors, performance, expression you identify with.</td>
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#### GENDER IDENTITY:
How we identify ourselves in terms of our gender, e.g. man, woman, transman, etc.

#### PRONOUNS:
The part of speech used to refer to nouns or noun phrases. e.g. he/him/his, she/her/hers, they/them/their.

#### HOMOPHOBIA:
The societal & systemic discrimination and/or oppression of lesbian, gay or bisexual people.

#### GENDER FLUID:
Individuals who have different gender identities at different times.

#### TRANSPHOBIA:
The societal & systemic discrimination and/or oppression of transgender people.

#### TRANSGENDER:
An umbrella term and identity of persons whose gender identity is not aligned with the sex they were assigned at birth.

#### QUEER:
An umbrella term used to describe a sexual orientation, gender identity or gender expression that does not conform to heteronormative society.

#### CISGENDER:
An identity of a person whose gender identity is aligned with the sex they were assigned at birth and whose gender expression more or less fits in with society’s roles and expectations of that gender.

#### GENDER EXPRESSION:
An individual’s physical characteristics, behaviors and presentation that are linked to masculinity, femininity, or gender, such as: appearance, dress, mannerisms, speech patterns and social interactions.

#### HETERO Normativity:
Applies to attitudes, bias and discrimination in favor of heterosexual sexuality and relationships. Includes the presumption everyone is heterosexual or that man/woman attractions and relationships are the norm.

70% of 93 transgender and gender non-conforming people experiencing denial of access to facilities, verbal harassment or physical assault.

18% have been denied access to a gender-segregated public restroom.

68% have experienced some sort of verbal harassment.

9% have experienced some form of physical assault when accessing or using gender-segregated public restrooms.
**Assigned Sex**
They look at your parts at birth and declare “boy” or “girl”. But there is more to determining sex than this. Sex, like gender is far from binary, and one’s assigned sex may not be representative of their actual sex. Examples include male, trans, intersex, female.

**Sexual Desire**
This is what folk are referring to when they say someone is “your type”. It’s who you are sexually attracted to, who “revs your engine”, so to speak. Some examples include homosexual, heterosexual, pansexual, bisexual, asexual.

**Affection**
These are the people we tend to form strong emotional attachments to. You can love someone without feeling sexual desire for them. Examples are homoromantic, biromantic, panromantic, heteroromantic, aromantic.

**Gender**
Your gender is how you personally identify. It is something that is very individual and no one can decide this for you. A few examples are two-spirited, queer, androgynous, transgender, feminine, masculine.

**Expression**
The outward expression of gender may, or may not match any of the categories already mentioned, and like the others can change and evolve. It’s how you present yourself to the world, and there is no right or wrong here.

All these things together create your “Orientation”.

http://td365.wordpress.com/
EVENYONE IS EQUAL

GAY

LESBIAN

BISEXUAL

TRANSEXUAL

PANSEXUAL

ASEXUAL
Pride Flags of the LGBTQ+ Community

- Gay Pride Flag: Established in 1978
- Intersex Pride Flag: Established in 2013
- Bisexual Pride Flag: Established in 1998
- Transgender Pride Flag: Established in 1999
- Genderqueer Pride Flag: Established in 2011
- Genderfluid Pride Flag: Established in 2012
- Pansexual Pride Flag: Established in 2010
- Asexual Pride Flag: Established in 2010
How to be an ally to the Transgender Community

Don't...

Please...

Certainly do...

get to know me!
use preferred pronoun
and learn my real name!

educate yourself!

out me as trans without my
permission, ask what my name
was before, make assumptions
about my sexual orientation.

transgender foundation
of america

www.thegenderbook.com
Gender

Be a trans* ally & help fight transphobia & cissexism.

Do not assume an individual's sexual orientation due to their

 Likewise, do not ask others if "she-so is transgender."

Never use a trans* individual to others.

Their life before they transitioned.

Likewise, do not ask invasive personal questions of a person regarding

Do not ask questions regarding someone's anatomy or question

Do not ask questions regarding someone's anatomy or question

Improvised, or a result of an illness or trauma.

Do not claim someone's gender identity is false, nonexistent,

the individual what their preferred pronouns are.

If you are unsure which pronoun to use, politely and privately ask

Always use the desired pronouns of an individual.

(T heir desired name is T heir Real name).

Do not ask someone what T heir "real" name is.

Always use the name any individual gives you.

These words are intended to insult and harm trans* individuals.

Do not use transphobic slurs such as "transphobic" or "transphile.

Individuals are abnormal. "Hil, orbroken.

Rather than transphobic words like "normal" which imply trans

Use the term cisgender when referring to non-trans* individuals,
SEXUALITY

1. Do not assume a person's orientation based on sex, gender, gender expression, race, or personality.
2. Do not use homophobic language or jokes and challenge those who do.
3. Do not say someone cannot be bisexual because they are currently dating or have previously dated a specific gender.
4. Allow others to define their sexuality and be open and accepting rather than judgmental and accusatory.
5. Do not claim someone's sexual orientation is false, nonexistent, or a result of an illness or trauma.
6. Be willing to listen with an open mind when your friend or family member needs support.
7. Educate yourself on LGBTIQ+/QA topics, history, and culture.
8. Give the individual the right and respect to decide when to come out.
9. Understand that people can change and that sexuality is fluid.
10. Never out someone. Do not say or imply someone's gay/bisexual/queer/sex/etc.

Be an ally and help fight homophobia, biphobia, & heterosexism.
IF YOUR FEMINISM ISN'T...

FAT POSITIVE

ANTI RACIST

TRANS* INCLUSIVE

PRO CHOICE

CHALLENGING ABILISM

AGAINST CLASSISM

WHO'S IT EVEN FOR?

SPARE Change?
THEY TRIED TO BURY US.
THEY DID NOT KNOW WE WERE SEEDS.
MEXICAN PROVERB
AROMANTIC ≠ ASEXUAL

AROMANTIC (ARO) = NO ROMANTIC ATTRACTION (but may experience sexual attraction)

ASEXUAL (ACE) = NO SEXUAL ATTRACTION (but may experience romantic attraction)

AROMANTIC AND ASEXUAL (ARO/ACE) = NO ROMANTIC AND NO SEXUAL ATTRACTION
EQUALITY CANNOT BE UNDERSTOOD WITHOUT

INTERSECTIONALITY

Image: Van Scribbles via BFORBEL.COM
LGBT NATIONAL HOTLINE
1-888-843-4564

Serving callers of all ages (youth & adult). Peer-counseling information & local resources.
LGBT NATIONAL YOUTH TALKLINE
1-800-246-PRIDE (7743)

Serving youth through age 25. Peer-counseling, information & local resources.
LOVE

Learn to describe and respect and
describe, I couldn’t describe, will
blessed are the beloved who I didn’t
blessed is respect
blessed is consent
blessed is the spectrum
blessed are the weirdos-queers
blessed are the hot fat girls
blessed are the disabled
blessed are the kindesteros
blessed are the gender illusionists
blessed are the dis-identifiers
blessed are the authentic
blessed are the sex workers
blessed are the high femmes
blessed are the trans
blessed are the kin and kin
blessed are the people of color
blessed are the boi dykes
blessed are the bees
TO HAVE A BODY

NO WRONG WAY