Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sexually Attracted to...
- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

Romantically Attracted to...
- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

电视机 means a lack of what's on the right side

Gender Identity
- Woman-ness
- Man-ness

Gender Expression
- Femininity
- Masculinity

Anatomical Sex
- Female-ness
- Male-ness

Sex Assigned At Birth
- Female
- Intersex
- Male
The Genderbread Person v4

$obj means a lack of what's on the right side

Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann For a bigger bite, read more at www.genderbread.org
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
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).

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.

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.

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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” (when SAAB aligns with gender identity) and “transgender” (when it doesn’t).

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