Understanding the Experience of Non-Binary Youth

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WHAT PEOPLE
ASSUME GENDER IS

WHAT GENDER
ACTUALLY IS

FREEDRESSING CAMPAIGN
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Sets of physical characteristics that tend to cluster together (e.g. chromosomes, hormones, genitalia)

Sex isn’t a binary!
Sex assigned at birth based on sex characteristics, typically male or female.
STACHES
or
LASHES

GUNS
or
GLITTER

LITTLE MAN
LITTLE MISS

IT'S A GIRL
Gender Identity

- A person’s internal sense of being a man, woman, neither, both or another gender entirely

- Gender identity is self-defined!

- Gender identity can be fluid and people come to know their gender at any age!
Gender variance can be found in every culture!
How you express your gender through...

- Clothing, fashion, style
- Hairstyle, makeup, grooming
- Personality, interests & activities
- Speech & body language
Transgender

**trans-** (prefix, from Latin): across or beyond

Examples: translate, transcontinental, transcend, transport, transnational

**trans(gender)** (adj): describes people whose gender identity is not the same as their gender assigned at birth.

Examples: transgender person / woman / man

(not: “a transgender” or “transgendered”)
Assigned Sex

Female [ ] Male [ ]

Gender Identity

Woman [ ] Non-Binary [ ] Man [ ]

Gender Expression

Feminine [ ] Androgynous [ ] Masculine [ ]
Cisgender

cis(gender) (adj): describes people whose gender identity is the same as their assigned gender; people who are NOT transgender.

Examples: cis person / woman / man
Cisgender identity

Female

Assigned gender

Woman

Gender identity

Male

Man
Trans women

People assigned male at birth who are women.

Assigned sex: Male
Gender identity: Female
Gender expression: ANY
Trans men
People assigned female at birth who are men.

Assigned sex: Female
Gender identity: Male
Gender expression: ANY
Non-Binary

People who don’t exclusively identify as female or male. Non-binary people may identify as both female and male, as neither, or as another gender entirely.
Bigender
Agender
Genderfluid
Genderqueer
Aggressive
Stud

NON-BINARY

☐ Male
☐ Female
☒ Neither
Gender identity
Assigned sex
Gender expression
Sexual orientation
**Gender identity:**
Refers to who you are.

**Examples:** cisgender woman, cisgender man, transgender woman, transgender man, non-binary, etc.

**Sexual orientation:**
Refers to who you love.

**Examples:** lesbian, gay, bisexual, heterosexual, pansexual, asexual, queer, etc.
Transgender is NOT a sexual orientation

- Everyone has both a gender identity and a sexual orientation
- Trans people can be straight, gay, lesbian bisexual, etc. - just like everyone else!
Trans Affirming Resources

Guidelines for Psychological Practice With Transgender and Gender Nonconforming People
American Psychological Association

Non-Binary Gender Identities
Fact Sheet
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