Exploring Gender Diversity

In each sphere, mark the area(s) that best describes you. This may be a single point, a larger area, or multiple areas. It’s all up to you!

Gender Identity
I am...

- Gender Fluid / Bigender
- Woman
- Girl
- Non-Binary
- Man
- Boy
- Agender

Physical Sex
My body developed...

- Visible DSD
- Female
- Differences of Sex Development
- Male
- Non-Visible DSD

Gender Expression
My expression is...

- Vivid / Fluid
- Feminine
- Androgy nous
- Masculine
- Subtle / None

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Gender Identity
A person’s core understanding of their gender.

Transgender / Trans:
Refers to people whose gender identity does not match their assigned sex at birth.

Gender Fluid / Bigender
Woman
Girl
Non-Binary
Man
Boy
Agender

Physical Sex
The development and changes of a person’s body over their lifespan, as affected by their sex chromosomes, hormones, reproductive organs, secondary sex characteristics, related medical care, etc.

Differences of Sex Development (DSD):
Approximately 1.7% of people are born with a DSD that is outside phenotypical ranges assigned ‘Female’ and ‘Male.’

Visible DSD
Female
Differences of Sex Development
Male
Non-Visible DSD

Gender Expression
All the ways a person communicates their gender, including clothing, voice, mannerisms, names, pronouns, etc.

Norms for gender expression vary culturally, generationally, spiritually, regionally, and between communities and peer groups.

Vivid / Fluid
Feminine
Androgynous
Masculine
Subtle / None

Societal Factors

Gender Norms
The expectations a society has for someone based on their assigned sex at birth, including the ways that societies treat, classify, and separate people. This includes laws, language, gender roles, gender stereotypes, clothing, toys, team sports, birth certificates, identification documents, etc.

Gender Perceptions
Other people’s interpretation of a person’s gender, often based on learned bias (gender norms) and external cues (gender expression, secondary sex characteristics, etc.). Not everyone’s perception of a person’s gender will be the same.

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