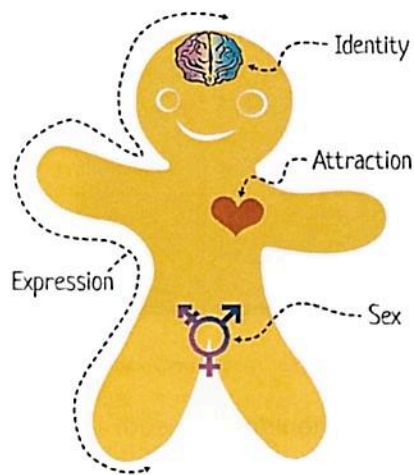# Language Matters: GENDER

We recognize that the language we use matters to those around us.

We invite you to learn more about some of the gender-affirming terms to use and which terms to avoid.

There are many parts to our gender.

The Genderbread Person illustrates this well:

The Genderbread Person v4 — *its pronounced METROsexual*

⊘ 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

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
☐ Female ☐ Intersex ☐ Male

Sexually Attracted to... and/or (a/o)
- ⊘ ——→ 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

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

Cisgender:

People who identify with the gender or sex they were assigned at birth.

Some cisgender people question their gender, and others do not. Questioning one's gender and sex is a completely normal human experience.

Transgender:

People whose gender identity is different from the gender they were thought to be when they were born.

In addition to being a specific gender identity, transgender is also a broad, umbrella term that can include many other labels, like genderqueer, nonbinary, and gender non-conforming. **The Genderbook illustrates this well:**

TRANS GENDER UMBRELLA

Encompasses any individual who crosses over or challenges their society's traditional gender roles and/or expressions.

*graphic adapted from TheGenderBook.com

Language to Avoid:

Don't Say: Transgendered. It is grammatically incorrect and shouldn't be used.

Don't Say: Offensive words like tranny, transvestite, she-male, he/she, lady man, shim, "it," or transsexual*.

*(*If someone identifies as a transsexual to you, this is the appropriate term to use. If they do not use this term, you should not use it either.)*

Nonbinary Identities

The trans community is incredibly diverse. Some trans people identify as trans men or trans women. Others may see themselves as a combination of genders, or they exist outside of the male/female binary. These people describe themselves as **nonbinary, genderqueer, gender non-conforming, agender, bigender and other identities** that reflect their personal experience. People who identify as nonbinary may or may not also identify as transgender.

Important Note:

Everyone's identity is individually-defined! The language someone uses may be different than others. That language may also change over time as terms evolve or someone explores their identity further.