

GENDER AND SEX

IMPORTANT TERMS

Assigned Sex - the sex a person is given at birth based off of anatomical indicators.

Gender refers to roles, behaviors, activities, attributes, and opportunities that are commonly associated with men or women.

Gender Identity refers to your personal perception of your gender, or how you label yourself.

Pronouns (he/him, they/them, she/her, etc.) are a part of gender expression, but do not always indicate gender identity. Cisgender people can use other pronouns, like they/them, and non-binary people do not always use they/them. There are also *neo pronouns* like ze/zir.

Gender Dysphoria is a psychological distress that stems from an inconsistency between one's assigned sex and one's gender identity. Hormone therapy, binding/tucking, and gender reassignment surgery are all possible treatments to help relieve the distress.

Cisnormativity refers to the assumption that everyone is cisgender, or that everyone is the gender they appear to be.

GENDER IDENTITIES

Cisgender - used by those whose gender identity and assigned sex align.

Transgender - used by those whose gender identity differs from their assigned sex.

Intersex - used to describe a variety of different conditions in which a person is born with reproductive or sexual anatomy that doesn't fit the typical descriptions for male or female.

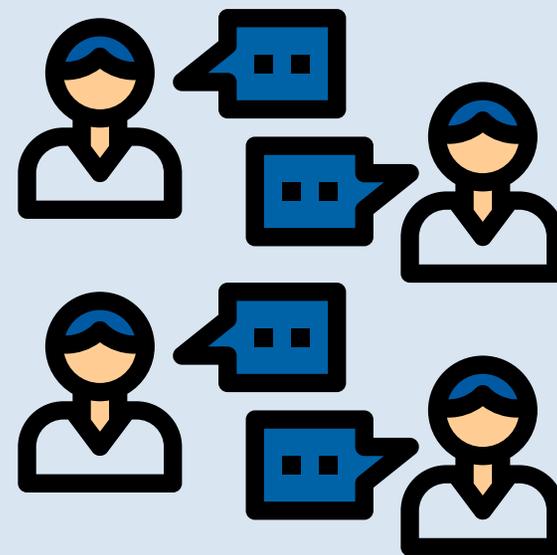
Non-Binary - used by those who don't fit within the traditional *gender binary* of male or female.

Queer - an umbrella term used by those who are not straight and/or outside the gender binary. While this is a reclaimed word for some, it can still be considered derogatory by others.

Genderqueer - just like queer, genderqueer is another umbrella term for anyone whose identity does not fit within the gender binary.

***Remember, a person's identity is just that, **their identity**. Identities are fluid and subject to change, just as people change and grow. Respecting people's gender identities is part of being a good sexual citizen.

TERMINOLOGY ON THE GO!



STIs and STDs

STIs and **STDs** are contracted in the same way, however they are significantly different.

STI - a sexually transmitted infection. This term is used to reference when the possible pathogen has been initially transferred into the host.

STD - a sexually transmitted disease, occurs as a result of the initial STI. However, STIs do not always cause STDs.

Prevention - you can prevent STI transmission very easily. The best way is by using an external condom or internal condom. The external condom goes on the outside of the penis to prevent any direct contact of the genitalia during sex. An internal condom works very similarly, except it is inserted inside the vagina or anus. Dental dams are a third good option for preventing transmission during sex. You can also use gloves when using hands during sex.

Testing - testing is also essential to preventing STIs. It's good to get on a regular testing schedule if you are having sex frequently with several different people. You can also talk to any potential partners about whether or not they've been tested, before engaging in sex.

Sexuality

Sexuality - is used to describe a person's sexual preferences and desires. Sexuality and attraction refer to both sexual and romantic interests.

Lesbian - commonly defined as women who are attracted to women, but some non-binary people choose to identify as lesbians and prefer the definition non-men attracted to non-men

Gay - used to mean men attracted to men or non-women attracted to non-women. This is also an umbrella term sometimes used by LGBTQ+ people of other identities

Bisexual - used by those who are attracted to people of two or more genders.

Pansexual - used by those who are attracted to people of all gender identities.

Asexual - used by those with a lack of sexual attraction or desire for sex. They may still be interested in pursuing romantic relationships, and some may even have sex. Asexuality is a spectrum.

*****Please note these identities are fluid and different for each person who holds the identity. These definitions do not completely define the identity, but rather serve to give a general idea for educational purposes. It is important to be respectful of everyone's identity, whether or not it aligns with these definitions.**

Demisexual - falls on the spectrum of asexuality and is used by those who need a strong or longstanding emotional connection or relationship with the other person(s) before wanting sex.

Aromantic - used by those who have little or no romantic attraction to others, meaning they don't have an interest in forming relationships. This is also a spectrum.

Heterosexual - used by people who are attracted to other genders, but not their own. Also sometimes referred to as 'straight'.

It's important to remember all of these sexual identities can be used by transgender and non-binary people. The importance of these labels is less to define a lifestyle and more to open up a way of communicating one's general sexual or romantic interests in social settings.

Heteronormativity - just like cisnormativity, this is the assumption everyone is heterosexual. This assumption is dangerous and damaging.