

Sexuality and Gender Spectrum

L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Transgender A person whose gender identity differs from their assigned sex at birth.	Transsexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many subgroups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

Gender Identity: Who You *Think* You are

Gender Identity is how you, in your head, think about yourself. As you know it, do you fit better into societal role of “woman” or “man,” or neither?

It’s also important to note that many people consider their identity to fall outside of the traditional woman to man spectrum, which is referred to as non-binary gender expressions



Gender Expression: How You *Demonstrate* Who You Are

Gender Expression is all about how you demonstrate your gender through the ways you act, dress, behave, and interact (whether it's intentional or not)

It is likely that you slide around on this continuum throughout the week without even thinking about it.



Biological Sex: The Equipment Under the Hood

Biological sex refers to the objectively measurable organs, hormones, and chromosomes you possess.

Total number of people whose bodies differ from standard male or female:
1 in 100 births



Sexual Orientation: Who You Are Attracted To

Sexual Orientation is all about who you are physically, spiritually, and emotionally attracted to.



Dr. Alfred Kinsey broke down sexuality into a seven point scale. Most people who identify as straight are somewhere between 1-3, while most who identify as lesbian/gay are 3-5, meaning most of us are a little bi.

- 0 – Exclusively Heterosexual
- 1 – Predominantly heterosexual, incidentally homosexual
- 2 – Predominantly heterosexual, but more than incidentally homosexual
- 3 – Equally heterosexual and homosexual
- 4 – Predominantly homosexual, but more than incidentally heterosexual
- 5 – Predominantly homosexual, incidentally heterosexual
- 6 – Exclusively Homosexual

List of Non-Binary Gender Expressions

Androgynous:

1. a gender expression that has elements of both masculinity and femininity;
2. occasionally used in place of “intersex” to describe a person with both female and male anatomy

Agender:

A person with no (or very little) connection to the traditional system of gender, no personal alignment with the concepts of either man or woman, and/or someone who sees themselves as existing without gender.

List of Non-Binary Gender Expressions

Aromantic:

Experiencing little or no romantic attraction to others and/or has a lack of interest in romantic relationships/behavior.

Aromanticism exists on a continuum from people who experience no romantic attraction or have any desire for romantic activities, to those who experience low levels, or romantic attraction only under specific conditions.

Asexual:

Experiencing little or no sexual attraction to others and/or a lack of interest in sexual relationships/behavior. Asexuality exists on a continuum from people who experience no sexual attraction or have any desire for sex, to those who experience low levels, or sexual attraction only under specific conditions

* Not all asexual people are aromantic

List of Non-Binary Gender Expressions

Gender Fluid:

Gender fluid is a gender identity best described as a dynamic mix of boy and girl. A person who is gender fluid may always feel like a mix of the two traditional genders, but may feel more man some days, and more woman other days

Intersex:

Term for a combination of chromosomes, gonads, hormones, internal sex organs, and genitals that differs from the two expected patterns of male or female. Formerly known as hermaphrodite (or hermaphroditic), but these terms are now outdated and derogatory