

UNDERSTANDING GENDER

Gender: A social construct that organizes bodies into the categories of men, women, or some other identity. Gender does not depend on the sex one is assigned at birth. Gender changes over time and encompasses culture.

Gender Expression: How one expresses their self in their gender to the outside world. Gender expression could take the form of name, pronouns, clothing, hairstyle, behavior, voice, body characteristics, & other expressions. Gender expression can be characterized as masculine, feminine, androgynous, or in other manners. Gender expression does not necessarily match someone's gender identity.

Gender Identity: A person's internal and deeply held sense of their gender. A person may internally identify themselves as transgender, genderless, gender non-conforming, transgender male, transgender female, transgender man, woman, or some other identity. Gender identity may or may not correspond with the sex one is assigned at birth. Gender identity is not able to change.

Transgender: An umbrella term that refers to a broad range of identities and experiences of people whose gender identity and/or expression differs from conventional social expectations based on their assigned sex at birth. "Transgender" people might be a member of their non-born assigned gender, have multiple genders, transgender as a gender outside the gender binary. The term transgender does not determine or include gender expression, sexual orientation, hormonal status, physical anatomy, or how one is perceived in daily life.

Trans: An abbreviation for transgender. For example, someone identifies as a transgender man may refer to themselves as a trans man.

Gender Non-Conforming (GNC): Someone who does not conform to the political, social, or cultural expectations of gender or gender expression in their society. "GNC" falls do not conform to a standard or conventional construction of masculinity, femininity, androgyny, or other gender expression, but at the same time, individuals are transgender, and transgender people are not necessarily gender non-conforming.

Gender Variant: A synonym for gender non-conforming. Gender non-conforming is preferred by many because gender variant implies that gender comes from some standard gender norm.

Genderless: A person whose identity transcends the boundaries of gender expressions and identities that someone has for that particular individual. Not binary people can be similar to people that identify as gender expression or gender non-conforming, as they create new ideas and ways of being that are not restricted by gender.

Genderqueer: A person whose gender identity and/or gender expression falls outside dominant social norms. Genderqueer people have an identity that is neither male nor female, can often be between or beyond gender, or some combination of genders.

Transsexual: An older term originating from medical and psychological fields. The term transsexual refers to a person who fully feels to be a gender or sex different than the one they were assigned at birth. The term may be preferred by some people today who either wish to be recognized gender confirmation surgeries, while transgender, transsexual is not an umbrella term.

Transsexual: An outdated term for someone who, despite other partially or fully as a member of a gender other than their assigned sex. Historically, while some transgender people identified as transsexual, the term has been used within the language of medical or medical health disorders. Today, transsexual is usually at odds. The term "Cross Dresser" has replaced transsexual.

Gender Binary: A system that divides the idea that gender exists in only two opposite categories: neutral "male" & "female" or "man" & "woman". The gender binary asserts that no other possibilities for gender identity or expression exist. The gender binary is deeply ingrained throughout Western societies, and it's an oppressive system for anyone who does not identify with their gender and/or sex assigned at birth.

Two-Spirit: Generally, Two-Spirit is a term that people assume refers to Native American people who are transgender. However, this is an oversimplification and limited understanding. The term Two-Spirit was adopted by the same tribal, tribal Indigenous groups in Canada and the U.S. around 1990 replacing hundreds of Indigenous names. However, Two-Spirit people are not "modern warriors," but rather have rich and diverse histories within Native America. Two-Spirit, and North American Indigenous communities, Two-Spirit individuals can possess either femininity or masculinity or a balance of both, and through their Creation, actively participate and act in the through both spirits. Two-Spirit people can identify with any or more of the identities within the LGBTQIA+ spectrum and being Two-Spirit acknowledges the fluidity of gender identity and expression. Two-Spirit people are a community away from heterosexuality and the gender binary. Both of which maintain Western gender and sexuality ideas. Instead a recognition of social structures including other Indigenous communities that recognize more than two genders. For instance, Two-Spirit people may have other social responsibilities for the youth, elders, and adults within their local communities, such as leading certain prayers, songs, and gathering in ceremonies to honor healing and balance. Some Two-Spirit people who are not Native American First Nations/Indigenous cannot claim the identity for themselves.

Transition: An individual and interpersonal process transgender people undergo to align themselves with their gender identity or preferred gender expression(s). From an internal aspect to transitioning, for internal self transition, may include changing one's name and pronouns, legal transition, may include changing one's gender marker and legal name or identity documents, and medical transition may include changing one's sex assigned at gender confirmation surgeries. Transitioning has many more dimensions, and is not different for each individual. All forms of transition – or deciding one's transition – are valid.

Gender Expression: An umbrella term for individuals who broadly commonly hold definitions of gender, gender identity, expression, roles, and roles. Gender expression individuals include those who identify as transgender, in addition to anyone whose gender expression their society's understanding of gender.

Throughout the guide, certain terms are used in accordance to their historical context. For example, the term "transsexual" or "transsexual" was used by people who are might identify as "transgender" today.

Please assume corrected gender, please, always and first, always include, under the category you think is the best word!

These definitions were inspired by the LGBTQIA+ community resources from the University of Illinois, the University of Illinois, and the National Center for Transgender Equality.



The first transsexual community in the United States was established in 1966, and the community center of the first transsexual community in the United States was established in 1966.

Transsexual was made possible through the generous support of the U.S. Department of Health and Human Services, and the work of the American and Canadian governments.