Gender & Sexuality
What is Gender?

the behavioral, cultural, or psychological traits typically associated with one sex (Merriam-Webster)

The state of being male or female (typically used with reference to social and cultural differences rather than biological ones) (Oxford Dictionaries)
How is Gender different from Sex?

Sex refers to a person’s biological status and is typically categorized as male, female, or intersex (i.e., atypical combinations of features that usually distinguish male from female).

Gender refers to the attitudes, feelings, and behaviors that a given culture associates with a person’s biological sex. Behavior that is compatible with cultural expectations is referred to as gender-normative; behaviors that are viewed as incompatible with these expectations constitute gender non-conformity.

(American Psychological Association)
The Genderbread Person v3.3

Gender is one of those things everyone thinks they understand, but most people don’t. Like Inception. Gender isn’t binary. It’s not either/or. In many cases it’s both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It’s okay if you’re hungry for more. In fact, that’s the idea.

**Gender Identity**
- Woman-ness
- Man-ness

How you, in your head, define your gender; based on how much you align (or don’t align) with what you understand to be the options for gender.

**Gender Expression**
- Feminine
- Masculine

The ways you present gender, through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

**Biological Sex**
- Female-ness
- Male-ness

The physical sex characteristics you’re born with and develop, including genitalia, body shape, voice pitch, body hair; hormones, chromosomes, etc.

**Sexually Attracted To**
- (Women/Females/Femininity)
- (Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

**Romantically Attracted to**
- (Women/Females/Femininity)
- (Men/Males/Masculinity)

For a bigger bite, read more at http://bit.ly/genderbread
The Genderbread Person displays the differences between Gender Identity, Gender Expression, Sexual Attraction, and Biological Sex, and how they are all fluid.
THE SEXUALITREE

The Sexualitree is a way to see how we experience sexuality in different ways. Sexuality affects us on different levels of our lives, and each person uniquely.

3 levels of sexuality (Intimate, Relational, Cultural), 45+ different elements. Each bubble can be filled in with any of the numbers below, representing the ways you experience various aspects of sexuality.

1. Abortion
2. Abstinence
3. Access to Healthcare
4. Age
5. Anatomy
6. Body Image
7. Caring
8. Communication
9. Consent
10. Contraception
11. Disability
12. Education
13. Family
14. Fantasy
15. Fashion
16. Fetish
17. Gender
18. Healthcare System
19. Intercourse
20. Laws
21. Liking
22. Loving
23. Masturbation
24. Media
25. Medical Theory
26. Oral Sex
27. Physiology
28. Pornography
29. Psychological Theory
30. Puberty
31. Race
32. Rape
33. Religion
34. Reproduction
35. Risk Taking
36. Sex Toys
37. Sexual Anatomy
38. Sexual Orientation
39. Sexual Response System
40. Sharing
41. Skin Hunger
42. STI Prevention
43. STIs
44. Technology
45. Vulnerability
46. 
47. 
48+ 

What's missing? Add your own!

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The Sexualitree

Intimate Sexuality: “This is you, your lived experience, your wants, your fears, your behaviors, dispositions, attractions, and preconceptions...there is no minimum level of intimate sexual experience necessary to qualify one as having a legitimate sexuality.”

Relational Sexuality: “everyone who has a direct impact on someone, has an impact on their relational sexuality...the people in our lives contribute to our internal definition of what sexuality even is — what elements of life are allowed to be, or can be healthily considered as sexuality.”

Cultural Sexuality: “Cultural sexuality is often as invisible as it is important: it’s presented as “just the way things are.” But cultural sexuality is anything but objective. It’s created, reinforced, and recreated by the social communities we participate in.”

http://itspronouncedmetrosexual.com/2016/05/sexualitree-model-of-comprehensive-sexuality/
"COMING OUT"..."of the closet."

is the process by which someone...

1. Accepts and identifies with their gender identity and/or sexual orientation; and
2. Shares their identity willingly with others.

Sometimes We talk about coming out as if it were a one time thing. But for most folks coming out is a series of decisions – sometimes daily – that LGBTQ people navigate in every new setting they enter. (Most people aren’t like Ellen, where they come out once and then the whole world knows.)

People may be "out" ☁️ in some spaces, and "in" ☁️ in others.

☁️/☀️ to Family  ☁️/☀️ to Friends  ☁️/☀️ to Classmates/Coworkers  ☁️/☀️ to Religious Community

A decision to come out to a person or group is one of safety, comfort, trust, & readiness

It's dangerous, unhealthy, and unhelpful to force someone to come out, or to "out" someone else (i.e., disclosing someone's gender identity or sexual orientation to others without the person's consent), regardless of your intentions (sometimes people think they're being helpful, or acting on the person's behalf to conquer their fears), but...

IF SOMEONE COMES OUT TO YOU...

DON'T:
1. Say "I always knew," or downplay the significance of their sharing with you.
2. Go tell everyone, bragging about your "new trans friend."
3. Forget that they are still the person you knew, befriended, or loved before.
4. Ask probing questions, or cross personal barriers you wouldn't have crossed earlier.
5. Assume you know why they came out to you.

DO:
1. Know this is a sign of huge trust! (Yay!)
2. Check-in on how confidential this is (Do other people know? Is this a secret?)
3. Remember that their gender/sexuality is just one dimension (of many) of who they are.
4. Show interest and curiosity about this part of them that they are sharing with you.
5. Ask them how you can best support them.

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Campus Resources

NCSU Women’s Center: 919-515-2012

NC State GLBT Center: 919-513-9742

The Counseling Center: 919-515-2423

LGBT Center of Raleigh: 919-832-4484