



## Start the Conversation: Exploring Gender Key Term Definitions

*Created by Lindz Amer of Queer Kid Stuff*

### **Gender:**

When you hear the word gender you might think we're just talking about boys and girls, but that's just a small part of what gender actually is! Gender is a feeling. It's something you feel deep down inside yourself. Your gender is unique and special to you! Some people might feel like boys, some people might feel like girls, and some people might feel like they're somewhere in between or outside of boy and girl, like me! We're going to talk about gender in lots of different ways!

### **Gender Identity & Expression:**

Gender identity is about how you feel. Some people feel like girls, some people feel like boys and some people feel like they are somewhere in between or outside of boy or girl!

Gender expression is how you show or express your gender with the clothes, hair, glasses, school supplies and more!

### **Pronouns:**

Pronouns are words that we use to talk about someone when we don't use their name. Pronouns replace our names and express our gender. Some pronouns people use are she, he, they and ze!

### **Nonbinary Gender:**

Nonbinary is made up of two words. Let's talk about binary first! Bi means two and has to do with two genders: boy and girl. The binary thinks that there are only 2 genders: boy and girl. But that's not true! Because we know that some people feel like girls or boys but some people feel in between the two!

Now, "Non-" means no. So Nonbinary means that you aren't part of the binary that you fall outside of or somewhere inbetween boy and girl.

### **Gender Spectrum:**

Instead of a gender binary (boy and girl), we have a gender spectrum! The gender spectrum includes, girls, boys and nonbinary people!



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### **Gender Spectrum (cont.)**

It's kind of like the color spectrum. You have Black and white but in the middle there are all different colors. The gender binary has girls and boys but there are all different colors or genders in the middle!

### **Assigned Gender:**

When your parent was pregnant with you, a doctor probably helped them give birth to you! And when you were a brand new baby, that doctor gave you an *assigned gender* based on what your body looked like as an infant. They said it's a boy or it's a girl! Sometimes the gender that the doctor assigned us is correct! That's awesome! But sometimes that gender assignment is wrong, and that's not so awesome.

### **Transgender & Cisgender:**

There are words for people who identify with the gender they were assigned at birth and for people who do not identify with the gender they were assigned at birth. Someone who does identify with their assigned gender is a cisgender person. And someone who does not identify with their assigned gender is a transgender person. Take me for example! I was assigned a girl at birth, but now I identify as nonbinary! Think about whether your gender matches your gender assignment to figure out if you are cisgender or transgender. How does that make you feel?