



# GENDER 101



presented by DiversityEd, with definitions sourced from PFLAG

**gender:** a set of socially constructed roles, behaviours, activities, and attributes that a given society considers appropriate.

**pronouns:** the words used to refer to a person other than their name. Common pronouns are they/them, he/him, and she/her. Some people use neopronouns, like xe/xem.

**transgender:** a term describing a person's gender identity that does not necessarily match their assigned sex at birth. Also used as an umbrella term to describe groups of people who transcend conventional expectations of gender identity or expression, like transsexual, genderqueer, gender diverse, and androgynous. Often shortened to trans.

**cisgender:** a term used to refer to an individual whose gender identity aligns with the one associated with the sex assigned to them at birth. Often shortened to cis.

**gender identity:** a person's sense of self in relation to gender. Gender identity does not always correlate to biological sex.

**gender expression:** how a person communicates about gender to others through external means such as clothing, appearance, and mannerisms. May or may not reflect their gender identity.

**gender spectrum:** the concept that gender exists beyond a simple man/woman binary model, but instead exists on a continuum.

**gender binary:** the disproven concept that there are only two genders, male and female, and that everyone must be one or the other.

**nonbinary:** refers to people who do not subscribe to the gender binary. They might exist between or beyond the man-woman binary.

**gender-fluid:** describes a person who does not consistently adhere to one fixed gender and who may move among genders.

**intersex:** current term used to refer to people who are biologically between the medically expected definitions of male and female.

**androgynous:** having physical elements of both femininity and masculinity, whether expressed through sex, gender identity, gender expression, or sexual orientation.

**Transgender** is a term describing a person's gender identity that does not necessarily match their assigned sex at birth. Also used as an umbrella term to describe groups of people who transcend conventional expectations of gender identity or expression, like transsexual, genderqueer, gender diverse, and androgynous. Often shortened to trans.

## transitioning

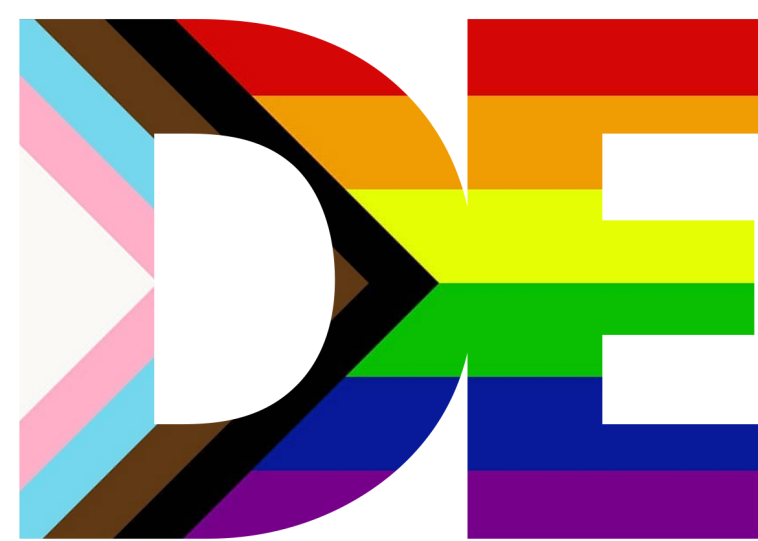
used to refer to the process, including social, legal, and/or medical one goes through to affirm one's gender identity.

**The validity of an individual's gender identity does not depend on any social, legal, and or medical transition.**

**gender-affirming surgery:** surgical procedures that can help people adjust their bodies to match their innate gender identity more closely. Also referred to as gender confirmation surgery.

**binding:** process of tightly wrapping one's chest in order to minimize the appearance of having breasts, often by using a binder. One must bind safely, with appropriate materials and reasonable amounts of time to avoid discomfort or negative health impacts.

**Hormone Replacement Therapy (HRT):** treatment which allows trans and gender-expansive people to medically transition to feel more at home in their bodies, like testosterone and estrogen.



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**Hormone blockers (puberty blockers):**

medical treatment which allows young trans and gender-expansive people to prevent the potentially negative outcomes of going through a puberty that does not match their gender identity.

**gender dysphoria:** the distress caused when a person's assigned sex at birth and assumed gender is not the same as the one with which they identify.

**gender euphoria:** a euphoric feeling often experienced when one's gender is recognized and respected by others, when one's body aligns with one's gender, or when one expressed themselves in accordance with their gender.

## things to avoid

**dead-naming:** occurs when an individual refers to the name that a transgender individual used at a different time in their life.

**misgender:** to refer to someone using a word, especially a pronoun or form of address, which does not correctly reflect their gender.

