

Coming Out to Self

Common Labels & Definitions

Sexual Orientation

- Aromantic:** Someone whose attraction to others is sexual but not romantic.
- Asexual:** Someone who has a romantic attraction to others but does not have a sexual attraction. Some asexual individuals engage in sexual behaviors.
- Bisexual:** A person who is emotionally and physically attracted two sex or genders.
- Gay:** A man who is attracted both physically and sexually to other men. (Other community members use this term such as lesbians and bisexuals)
- Lesbian:** A woman who is attracted both physically and sexually to other women. Some women use the term gay to express this.
- Pansexual:** Someone who is attracted to people of any or all genders and sexual expressions.
- Queer:** Anyone who is not heterosexual and/or cisgender.
- Questioning:** Anyone who is thinking about their sexuality and gender outside of being heteronormative.

Gender Non-Conforming or Non-Binary: Someone whose gender identity and/or gender expression does not conform to the cultural or social expectations of gender, particularly in relation to women or men. This can be an umbrella term for many identities including, but not limited to:

- Agender (or neutrois, gender neutral, or genderless)** – someone who has little or no personal connection with gender.
- Bigender** – someone who identifies with both women and men genders.
- Genderfluid** – someone whose gender identity and/or expression varies over time.
- Genderqueer (or third gender)** – someone whose gender identity and/or expression falls between or outside of women or men.
- Intergender** – someone whose identity is between genders and/or a combination of gender identities and expressions.
- Pangender** – someone whose identity is comprised of all or many gender identities and expressions.

Gender Expression: Refers to the external expression of one’s identity through clothing, pronouns and more.

Gender Identity: Refers to one’s internal sense of self. This is not visible. This may look like woman or man.

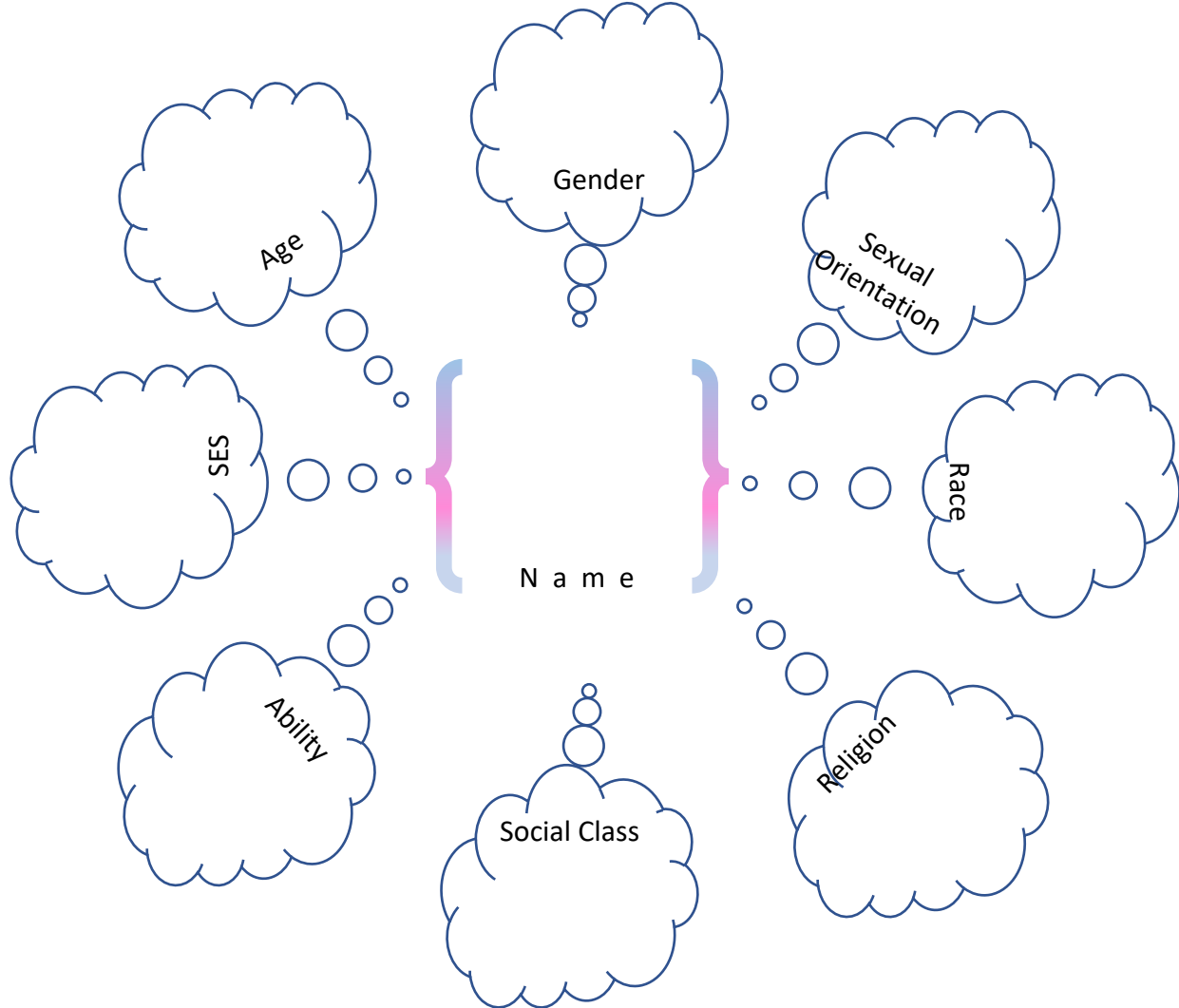
Sex: Refers to female or male and is presumed at birth based on presenting anatomy.

Gender Orientation

What Labels feel more like you? (List as many as you want) What about them feels good?

Intersectionality

When the components of our identity that are susceptible to systems of discrimination and disadvantage overlap. (Examples: gender, sexual orientation, religion, race/ethnicity, nationality, spoken language, social class, physical appearance, learning abilities, and more)



Think about a time you felt most ***proud*** of your identity:

Think about a time when it felt ***painful*** to be a part of your identity:

Name a stereotype associated with one of the groups with which you identify that is not consistent with who you are. Fill in the following sentence:

I am (a/an) _____ but I am NOT (a/an) _____.

I am (a/an) _____ but I am NOT (a/an) _____.

I am (a/an) _____ but I am NOT (a/an) _____.