

## Let's learn more about gender!

### *Definitions*

**Gender.** Refers to your sense of who you are as a guy, girl or something else regardless of what your physical characteristics, genes and hormones dictate. Your gender can also be more diverse than simply seeing yourself as “male” or “female.” People express their gender in different ways.

**Sex assigned at birth.** The assignment of someone as male, female, or intersex. This is often based on visible physical anatomy (E.g., genitals). This is what is listed on someone’s birth certificate.

**Cisgender.** A person whose gender identity is the same as the sex they were assigned at birth (e.g., someone who identifies as a man and was assigned male at birth).

**Transgender.** A term used to describe someone whose gender identity is different from the sex they were assigned at birth.

**Nonbinary.** A person whose gender identity does not easily fit into the boxes of “man” or “woman.”

**Gender Non-conforming.** A person who does not conform to conventional gender-based stereotypes.

## Let's learn more about sexual orientation!

### *Definitions*

**Sexual orientation.** A term that identifies who you’re attracted to. Everyone has a sexual orientation, which can change over time as you grow up and learn more about yourself.

**Lesbian.** A woman who is attracted to other women.

**Gay.** Usually refers to a man who is attracted to other men but can also be used to describe a woman attracted to other women.

**Bisexual.** Describes someone who is attracted to two or more sexes.

**Pansexual.** Describes someone who is attracted to someone regardless of their sex, gender, or gender identity.

**Demisexual.** Describes someone who does not experience sexual attraction unless there is a strong emotional connection.

**Asexual.** Describes someone who does not experience sexual attraction to others.

**Questioning.** Describes someone who is in a process of discovery and exploration about their sexual orientation, gender identity, gender expression, or a combination thereof.

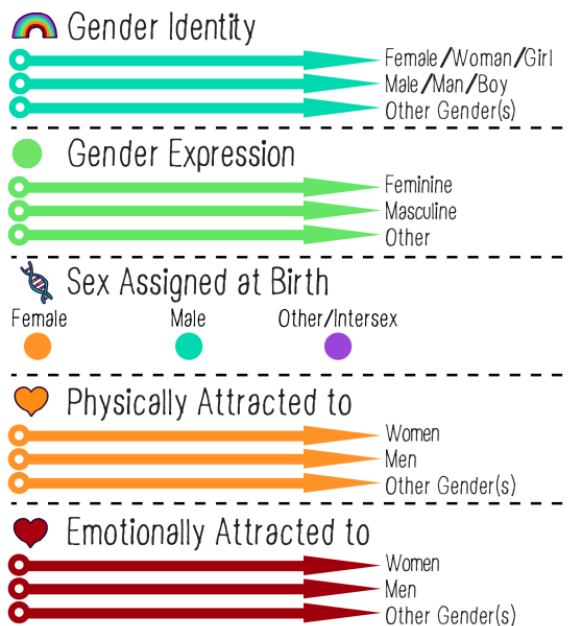
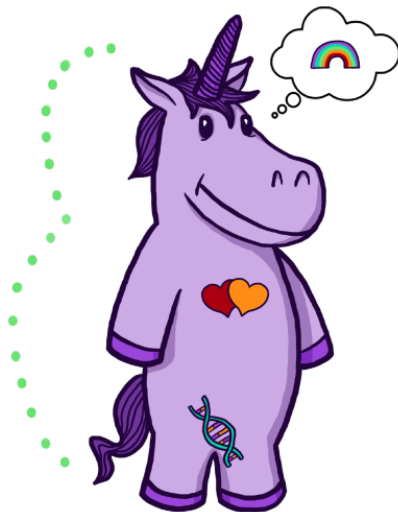
**It is normal to not know everything about your sexuality right now.** In fact, many teens are still figuring it out and it may take more time for some compared to others. Self-discovery and exploration looks different for everyone. Be gentle with yourself and others who may be questioning. Everyone deserves the time, space and support they need to figure out who they are.

### Meet the Gender Unicorn!

This is a fun way to explore, understand and explain differences and interconnectedness of terms like gender identity, gender expression, sex assigned at birth and sexual orientation.

# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

## GENDER IDENTITY



**Gender identity:** a person’s understanding, definition, or experience of their own internal sense of maleness, femaleness, neither, or both. This is regardless of the sex they were assigned at birth.

Everyone has a gender identity, including you! For cisgender people, their gender identity is the same as the sex they were assigned at birth. For transgender people, the sex they were assigned at birth may not be the same as their own internal sense of gender identity. Gender identity is often fluid, meaning it may differ from one day to the next.

## GENDER EXPRESSION



**Gender expression:** the way a person expresses or shows their gender through gestures, movement, dress and grooming.

Gender expression looks different for everyone and it’s okay if you don’t meet society’s expectations for “normal.” Everyone deserves to be their authentic selves—inside and out—without fear of judgment.

## SEX ASSIGNED AT BIRTH



**Sex assigned at birth:** the assignment and classification of people as male, female, intersex or another sex is determined by anatomy, hormones and chromosomes.

Sex assigned at birth only tells a small part of the story of who we are – specifically what genitals or what chromosomes we have. Gender identity and expression often go beyond or have nothing to do with sex assigned at birth.

## PHYSICALLY ATTRACTED TO



**Physical attraction:** who a person may be attracted to sexually or may be interested in being sexual with.

Even though someone might be “attracted” to someone, they may never act on that attraction – sexual identity, attraction, and behavior are all separate!

## ROMANTICALLY ATTRACTED TO



**Romantic or emotional attraction:** who someone is attracted to in terms of emotional connections, or who someone would want to build an emotional closeness or relationship with.

Romantic and sexual attraction may be the same for a person, but they may also be different!

## Explore your Gender!

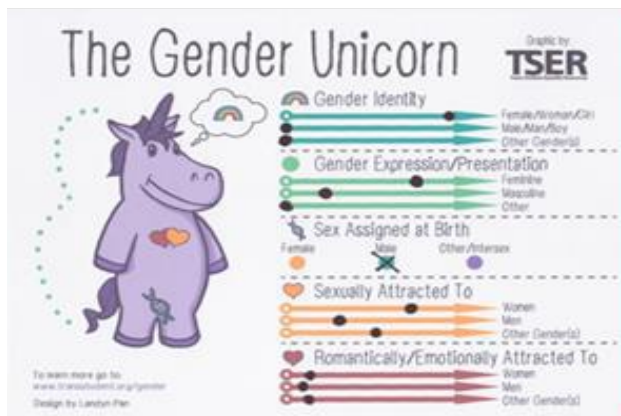
Now that you have learned more about gender, it's time to explore your gender. Fill out the Gender Unicorn sheet below. Remember that there is no right or wrong way to fill this out. Your gender is unique to you. No matter what your sheet looks like at the end of this activity, it is perfect!

Option 1: put dots on each line based on what feels good for you right now.

Option 2: use the coloring sheet and fill in each line according to what feels good for you right now.

How you identify may change as you grow up and that is 100% normal.

### Example:

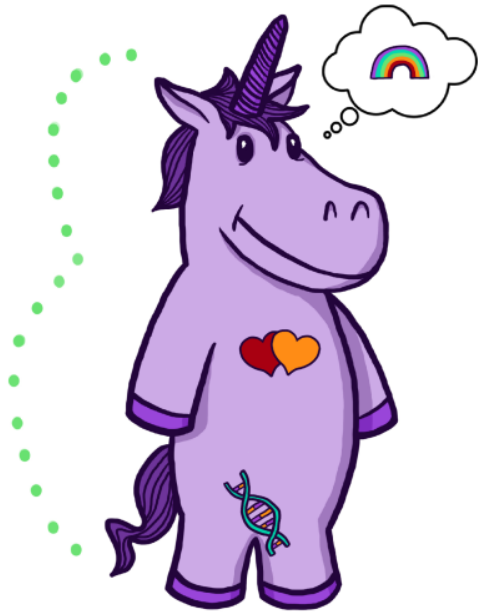


**There are ENDLESS ways of understanding and expressing our own genders and sexualities.**

**All of our identities are important, unique and our own!**

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Gender Identity

Female/Woman/Girl  
Male/Man/Boy  
Other Gender(s)

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Gender Expression

Feminine  
Masculine  
Other

---

Sex Assigned at Birth

Female      Male      Other/Intersex

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Sexually Attracted To

Women  
Men  
Other Gender(s)

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Emotionally Attracted To

Women  
Men  
Other Gender(s)

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Design by Landyn Pan  
Illustration by Anna Moore



## Reflection Questions

*After you complete the activity, ask yourself these questions:*

1. How did you feel when you filled out your gender unicorn sheet?
2. Was anything stressful or exciting as you filled out your gender unicorn sheet?
3. Have you talked to a trusted friend or trusted adult about your gender identity? How could you use your gender unicorn sheet to have this conversation?

## Conversation starters with someone you trust

*For many young people, it can be helpful to talk about their gender with someone they trust. Here are some questions and statements to help you get started.*

1. I am exploring my gender and I have learned some exciting things about myself. I trust you with this information and would like to share it with you.
2. Do you know about all of the ways someone can define their gender?
3. Can I talk to you about my gender?