

Talking is Power: Gender and Sexuality Terms

The terms below will help you gain an understanding of Gender and Sexual Identity. It is important to remember that some of these aspects of identity may be fluid or change over time. Young people are also exploring and forming their identities, so they may also discover more about themselves as they grow and develop.



GENDER

Socially defined and tends to dictate an individual's place and role within the community. Examples: female, girl, woman, male, boy, man, non-binary, or another gender.

TRANSGENDER

Someone who's gender identity is different than their sex assigned at birth.

CISGENDER

Someone who's gender identity is the same as their sex assigned at birth.

TWO-SPIRIT

Someone who has one spirit with both masculine and feminine characteristics; a term that encompasses spiritual, sexual, gender, and cultural identity. The term also relates to an individual's role in their tribe and contribution to their community.



GENDER IDENTITY

The gender that a person identifies with, or how they see themselves. It is the sense of being male, female, non-binary, both genders or another gender.

GENDER EXPRESSION

How a person expresses their gender identity, typically through clothing, body language, hairstyle, makeup, jewelry or voice.

PHYSICAL & EMOTIONAL ATTRACTION

Who a person is attracted to physically and emotionally (women, men, both, or other genders). People may have different physical and emotional attractions.

SEX ASSIGNED AT BIRTH

How a person is classified at birth (male, female, intersex). Sex is usually assigned based on anatomy or chromosomes. Intersex means a person with anatomy that isn't distinctly male or female or who may have genitals that are not aligned to their chromosomes.

RESOURCES

- [Celebrating Our Magic Toolkit](#)
- [Indigenizing Love](#)



SOURCES: The Gender Unicorn, by Trans Student Educational Resources (transstudent.org/gender) and Celebrating Our Magic, by Alessandra Angelino.

Text "EMPOWER" to 94449

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