

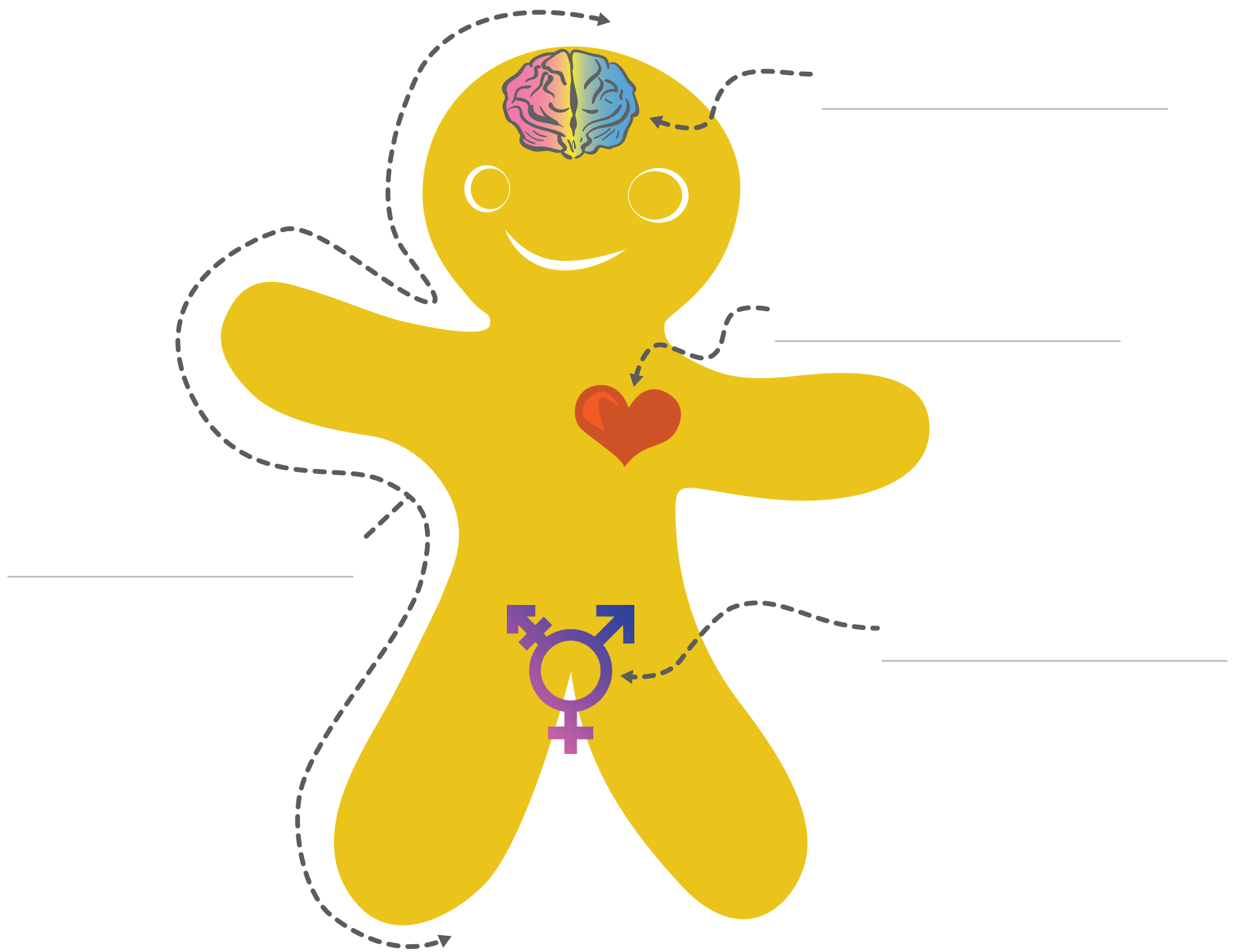
Identity

Attraction

Sex



Expression

# The Genderbread Person v4



⊘ means a lack of what's on the right side

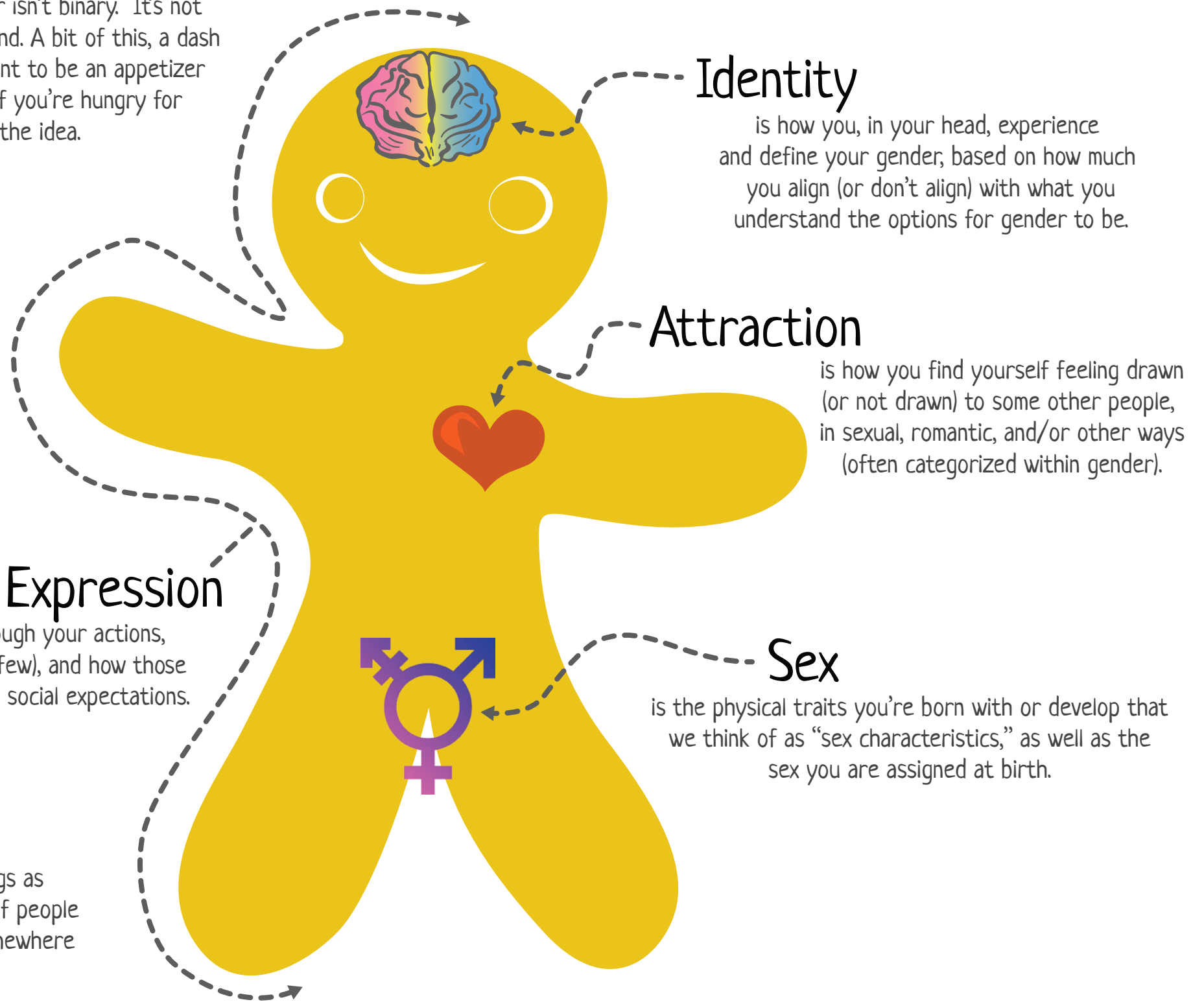
		
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# The Genderbread Person

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more after reading it. In fact, that's the idea.



We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each

⊘ means a lack of what's on the right side

## Gender Identity

- ⊘ → Woman-ness
- ⊘ → Man-ness

personality traits, jobs, hobbies, likes, dislikes, roles, expectations

common GENDER IDENTITY things

## Gender Expression

- ⊘ → Femininity
- ⊘ → Masculinity

style, grooming, clothing, mannerisms, affect, appearance, hair, make-up

common GENDER EXPRESSION things

## Anatomical Sex

- ⊘ → Female-ness
- ⊘ → Male-ness

body hair, chest, hips, shoulders, hormones, penis, vulva, chromosomes, voice pitch

common ANATOMICAL SEX things

Identity ≠ Expression ≠ Sex  
Gender ≠ Sexual Orientation

## Sex Assigned At Birth

Female  Intersex  Male

Typically based solely on external genitalia present at birth (ignoring internal anatomy, biology, and change throughout life), Sex Assigned At Birth (SAAB) is key for distinguishing between the terms "cisgender" (when SAAB aligns with gender identity) and "transgender" (when it doesn't).

## Sexually Attracted to... and/or (a/o)

- ⊘ → Women a/o Feminine a/o Female People
- ⊘ → Men a/o Masculine a/o Male People

## Romantically Attracted to...

- ⊘ → Women a/o Feminine a/o Female People
- ⊘ → Men a/o Masculine a/o Male People

English	Spanish
The Genderbread Person	La persona de pan de Genero (como el hombre de jengibre)
by <a href="http://www.ItsPronouncedMetrosexual.com">www.ItsPronouncedMetrosexual.com</a>	por <a href="http://www.ItsPronouncedMetrosexual.com">www.ItsPronouncedMetrosexual.com</a>
Gender Identity	Identidad de género
Woman	Mujer
Genderqueer	Cuirgénero
Man	Hombre
Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g. hormonal levels) and how you interpret what that means.	La identidad de género es cómo usted, en su cabeza, piensa de sí mismo. Es la química que lo compone (por ejemplo, los niveles hormonales) y cómo interpreta lo que eso significa.
Gender Expression	Expresión de género
Feminine	Femenino
Androgynous	Andrógino
Masculine	Masculino
Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.	La expresión de género es cómo usted demuestra su género (basado en los roles tradicionales de género) a través de las maneras en que usted actúa, viste, se comporta e interactúa.
Biological Sex	Sexo biológico
Female	Hembra
Intersex	Intersexual
Male	Macho
Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two	El sexo biológico se refiere a los órganos, hormonas y cromosomas objetivamente medibles. Hembra = vagina, ovarios, cromosomas XX ; hombre = pene, testículos, cromosomas XY; intersexual = una combinación de los dos
Sexual Orientation	Orientación sexual
Heterosexual	Heterosexual
Bisexual	Bisexual
Homo sexual	Homosexual
Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.	La orientación sexual es a quien está físicamente, espiritualmente, y emocionalmente atraído basado en el sexo/género de esa persona en relación con el suyo.
Identity	Identidad
Orientation	Orientación
Expression	Expresión
Sex	Sexo