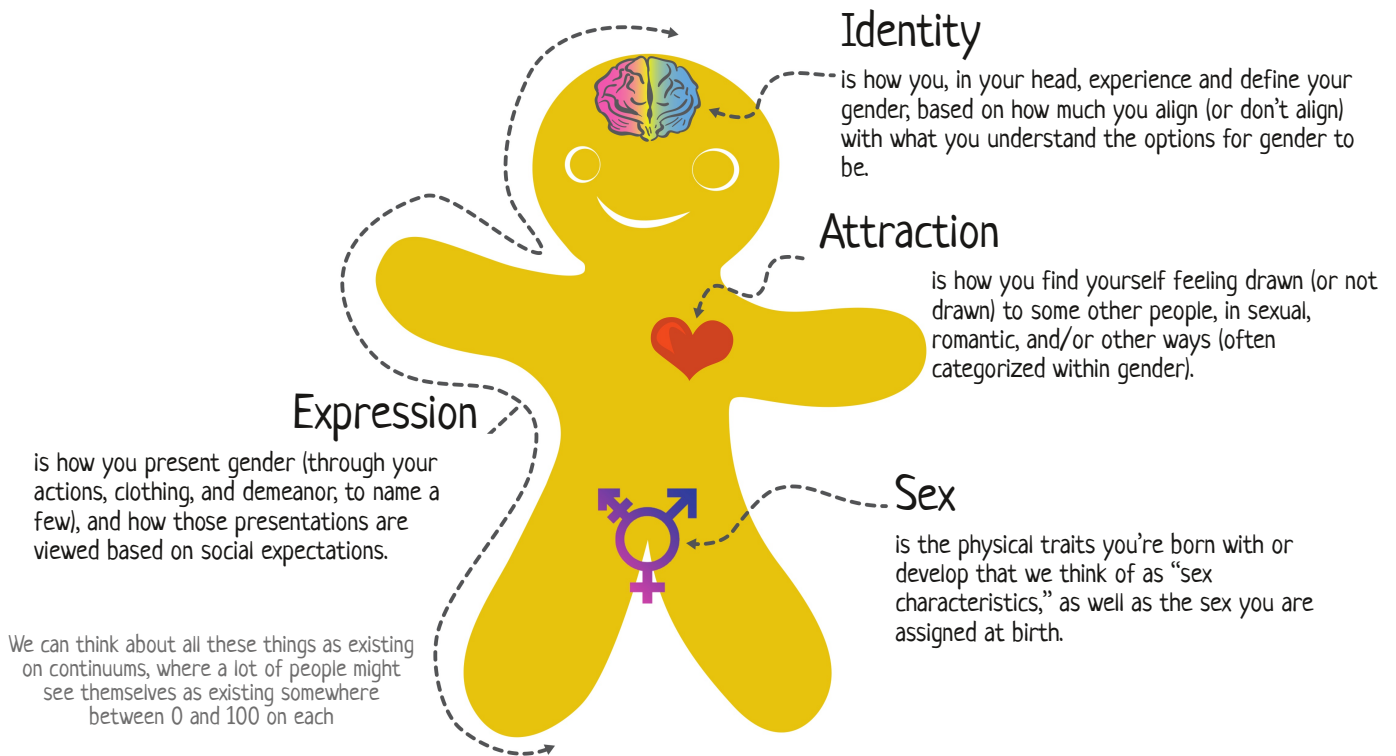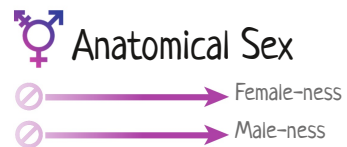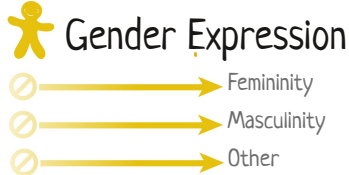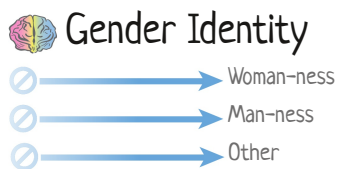# The Genderbread Person v6.0

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.

Identity

is how you, in your head, experience and define your gender, based on how much you align (or don't align) with what you understand the options for gender to be.

Attraction

is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized within gender).

Expression

is how you present gender (through your actions, clothing, and demeanor, to name a few), and how those presentations are viewed based on social expectations.

Sex

is the physical traits you're born with or develop that we think of as "sex characteristics," as well as the sex you are assigned at birth.

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
- ⊘ ———————➤ Other

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

Common GENDER IDENTITY things

🧍 Gender Expression
- ⊘ ———————➤ Femininity
- ⊘ ———————➤ Masculinity
- ⊘ ———————➤ Other

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).

❤ Sexual attraction
- ⊘ ———➤ Women and/or Feminine
- ⊘ ———➤ Men and/or Masculine
- ⊘ ———➤ Other genders or aspects

❤ Romantic attraction
- ⊘ ———➤ Women and/or Feminine
- ⊘ ———➤ Men and/or Masculine
- ⊘ ———➤ Other genders or aspects

❤ Sentimental attraction
- ⊘ ———➤ Women and/or Feminine
- ⊘ ———➤ Men and/or Masculine
- ⊘ ———➤ Other genders or aspects

❤ Sensual attraction
- ⊘ ———➤ Women and/or Feminine
- ⊘ ———➤ Men and/or Masculine
- ⊘ ———➤ Other genders or aspects