

# Understanding the Experience of Non-Binary Youth

Juliana Diaz  
Gilbert Gammad  
Ben Liddie  
Lisa Wepfer

Moderator:  
Emmie Matsuno



WHAT PEOPLE  
ASSUME GENDER IS



WHAT GENDER  
ACTUALLY IS



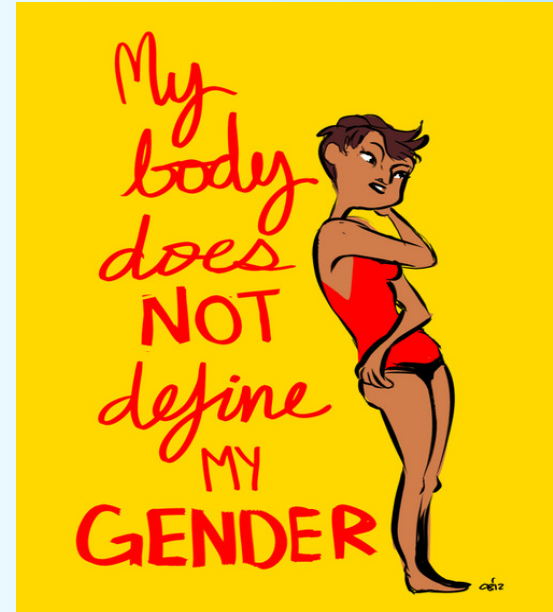
FREEDRESSING CAMPAIGN  
[WWW.FREEDRESSING.ORG](http://WWW.FREEDRESSING.ORG)





Sets of physical characteristics that tend to cluster together (e.g. chromosomes, hormones, genitalia)

**Sex isn't a binary!**



## Assigned Sex

Female



Male



## Gender Identity

Woman

Non-Binary

Man



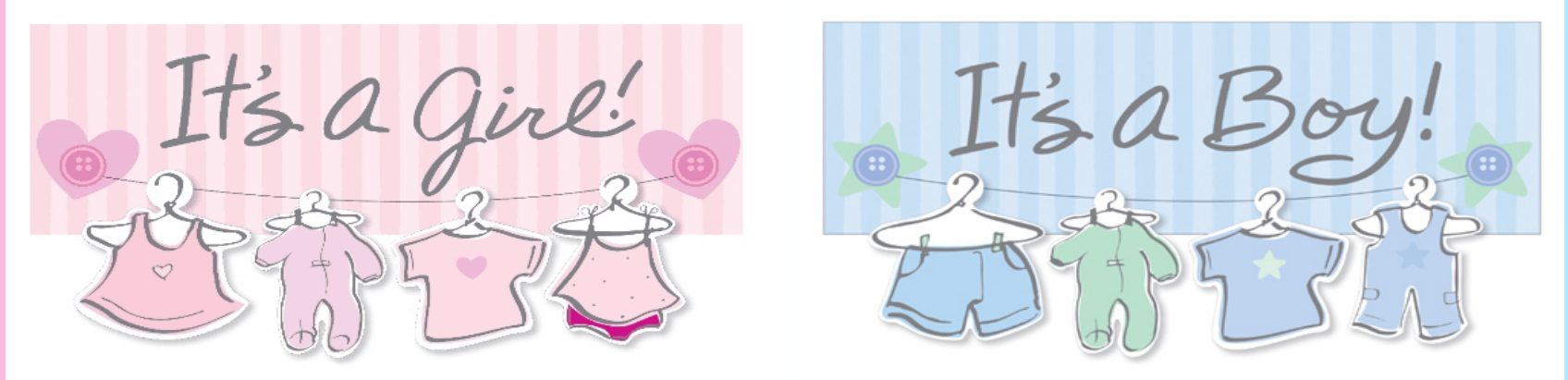
## Gender Expression

Feminine

Androgynous

Masculine

# Assigned Sex



Sex assigned at birth based on sex characteristics, typically male or female.





# Gender Identity



**Woman**

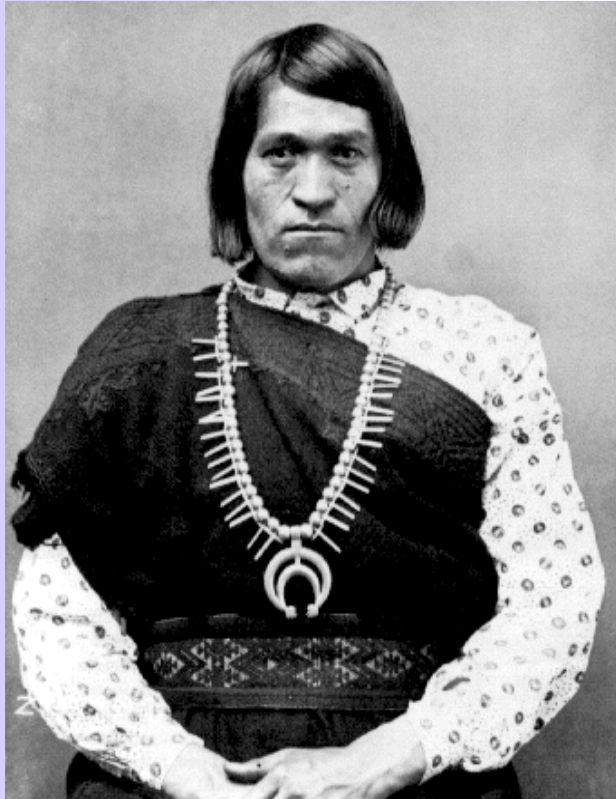
**Non-Binary**

**Man**

- A person's internal sense of being a man, woman, neither, both or another gender entirely
- Gender identity is self-defined!
- Gender identity can be fluid and people come to know their gender at any age!



# Gender variance can be found in every culture!





# Gender Expression

**Feminine**

**Androgynous**

**Masculine**

How you express your gender through...

- Clothing, fashion, style
- Hairstyle, makeup, grooming
- Personality, interests & activities
- Speech & body language



# Transgender

**trans-** (prefix, from Latin): across or beyond

Examples: *translate, transcontinental, transcend, transport, transnational*

**trans(gender)** (adj): describes people whose gender identity is not the same as their gender assigned at birth.

Examples: *transgender person / woman / man*

(not: "*a transgender*" or "*transgendered*")

## Assigned Sex

Female



Male



## Gender Identity

Woman

Non-Binary

Man



## Gender Expression

Feminine

Androgynous

Masculine



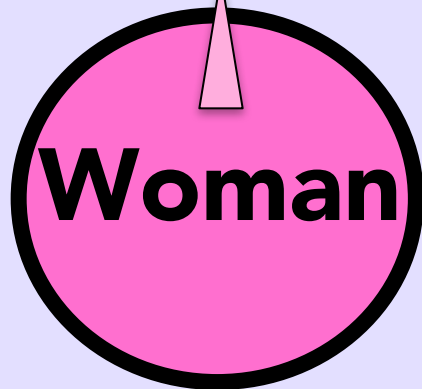
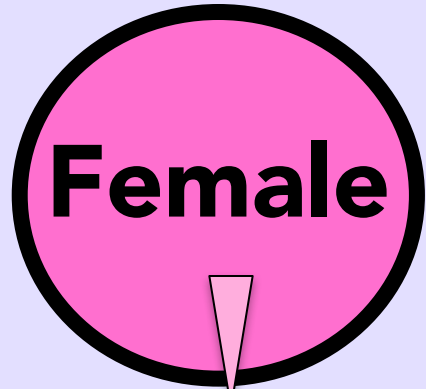
# Cisgender

**cis(gender)** (adj): describes people whose gender identity is the same as their assigned gender; people who are NOT transgender.

Examples: *cis person / woman / man*

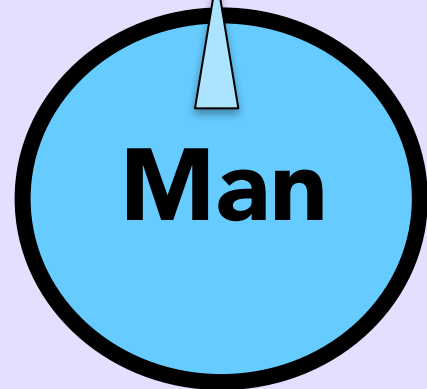
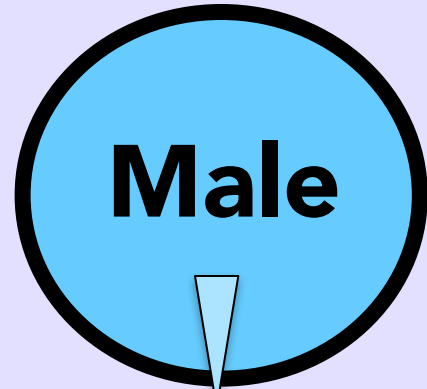


# Cisgender identity



**Assigned  
gender**

**Gender  
identity**





# Trans women

People assigned male at birth who are women.

**Assigned sex:**

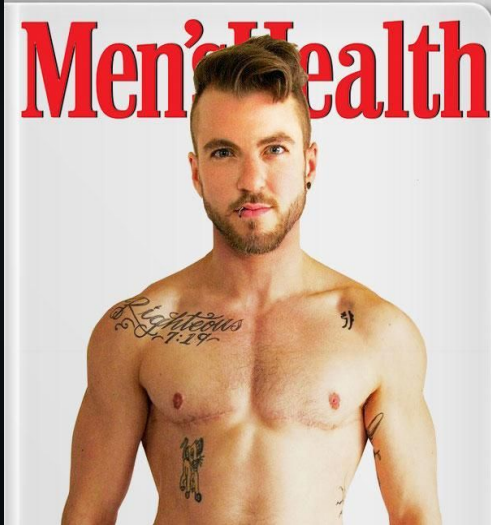
Male

**Gender identity:**

Female

**Gender expression:**

ANY



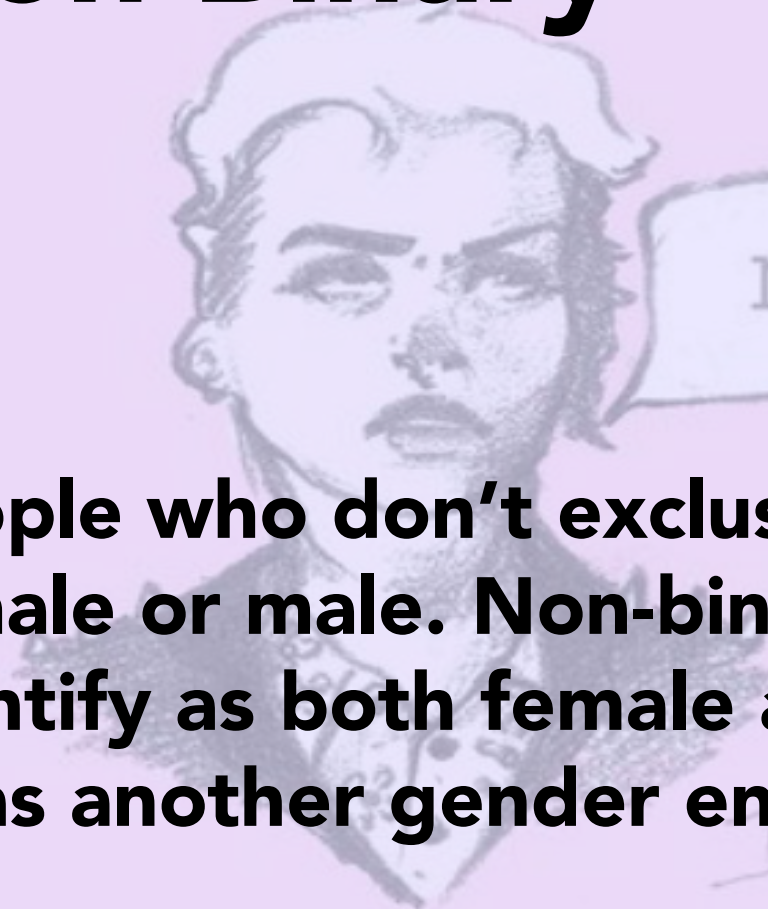
# Trans men

People assigned female at birth who are men.

<b>Assigned sex:</b>	Female
<b>Gender identity:</b>	Male
<b>Gender expression:</b>	ANY



# Non-Binary



are you a boy  
or a girl.

no

**People who don't exclusively identify as female or male. Non-binary people may identify as both female and male, as neither, or as another gender entirely.**



# NON-BINARY

Bigender  
Agender  
Genderfluid  
Genderqueer  
Aggressive  
Stud

- ☐ Male
- ☐ Female
- ☒ Neither



**Gender  
identity**

**Assigned  
sex**

**Gender  
expression**

**Sexual  
orientation**

## **Gender identity:**

Refers to you who you are.

**Examples:** cisgender woman, cisgender man, transgender woman, transgender man, non-binary, etc.



## **Sexual orientation:**

Refers to who you love.

**Examples:** lesbian, gay, bisexual, heterosexual, pansexual, asexual, queer, etc.





# Transgender is **NOT** a sexual orientation

- Everyone has both a gender identity and a sexual orientation
- Trans people can be straight, gay, lesbian bisexual, etc. - just like everyone else!

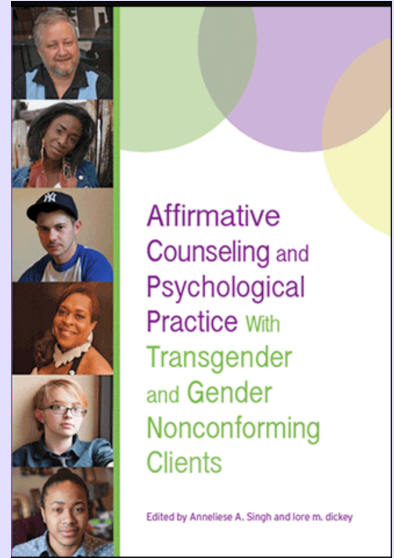


# Trans Affirming Resources



## Guidelines for Psychological Practice With Transgender and Gender Nonconforming People

American Psychological Association



THE SOCIETY FOR THE PSYCHOLOGICAL STUDY OF LESBIAN, GAY, BISEXUAL, AND TRANSGENDER ISSUES

## Non-Binary Gender Identities

### Fact Sheet

ARIELLE WEBB, MS, EMMIE MATSUNO, MA, STEPHANIE BUDGE, PHD, MIRA KRISHNAN, PHD, & KIMBERLY BALSAM, PHD

