

# Sexual/Gender Identity

*Los Alamitos High School*



# Why Is It Important To Understand Sexual Identity?

- Establish a culture of respect
- Reduce bullying, harassment, violence
- Better understand others and ourselves



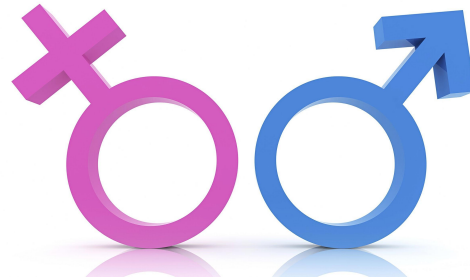
# Gender

-Gender: The state of being male or female

-Biological Sex: Our anatomy as female, male, or intersex. It includes our internal and external sex organs, chromosomes, and hormones.

-Gender identity: One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

-Gender Dysphoria: Strong, persistent feelings of identification with the opposite gender and discomfort with one's own assigned sex that results in significant distress or impairment.



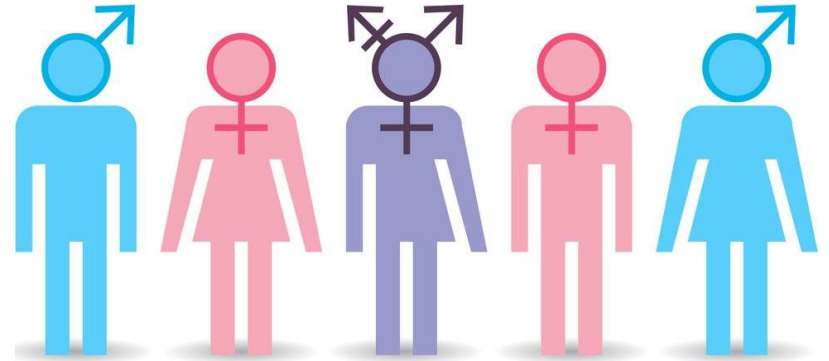
# Gender Continued

-Gender Expression: Refers to the ways in which we each manifest masculinity or femininity. It is usually an extension of our “gender identity,” our innate sense of being male or female.

-Each of us expresses a particular gender every day – by the way we style our hair, select our clothing, or even the way we stand.

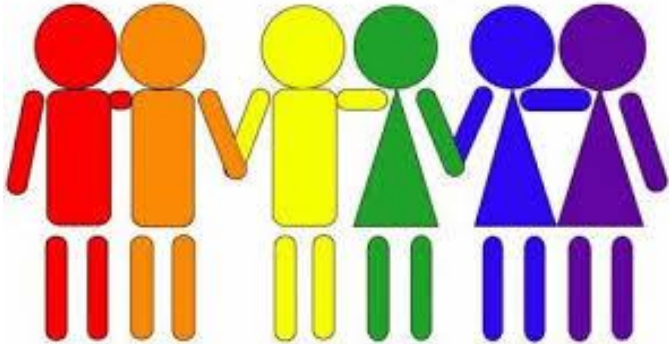


-Intersex: General term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male



# Sexual Orientation

-Sexual Orientation: A person's sexual identity in relation to the gender to which they are attracted; the fact of being heterosexual, homosexual, bisexual, etc.



-Define the following terms:

1. Heterosexual
2. Homosexual
3. Bisexual
4. Asexual

-Pair/share

# Key Vocabulary

-Lesbian: A homosexual woman. A female that is sexually attracted to another female.

-Gay: Generally refers to a homosexual man. A man that is sexually attracted to another man.

-Bisexual: Refers to an individual who is sexually attracted to both men and women.

-Transgender: denoting or relating to a person whose self-identity does not conform unambiguously to conventional notions of male or female gender.

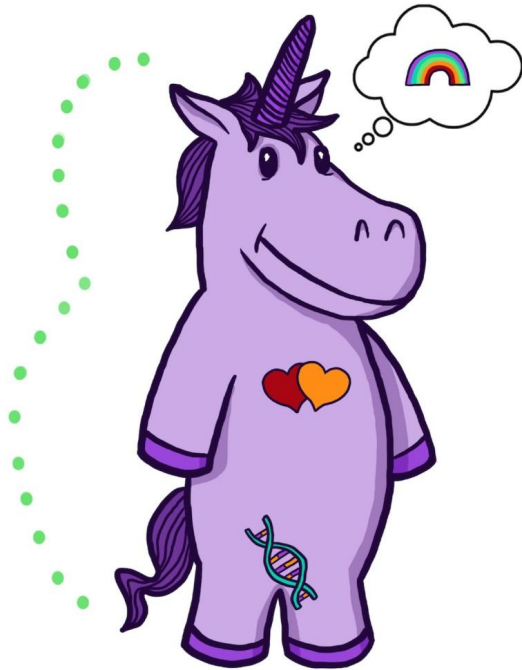
-Queer: Slang term towards gay and lesbian individuals that used to be considered derogatory. Some in the LGBTQIA community have now embraced this term.

-Intersex: General term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male.

-Asexual: Refers to an individual who is not sexually attracted to any type of individual.

# 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

# What Is Sex Assigned At Birth?

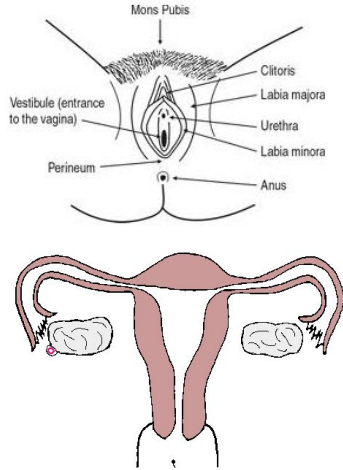


*The biological characteristics that we are born with. Includes: body parts, chromosomes, & hormones.*



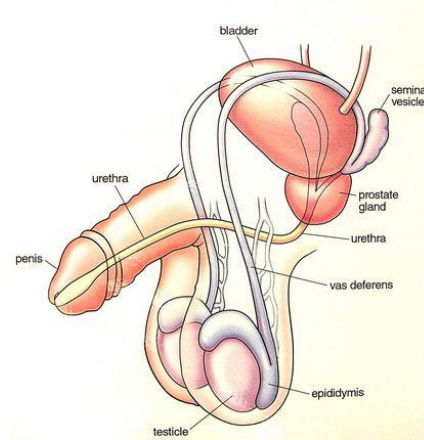
# Female

## XX



# Male

## XY



# Other/Intersex

## XO,XXY,XXX, XY, XX

- 46, XX Intersex
- 46, XY Intersex
- 1 in 1500 births  
(ambiguous genitals)

# What Is Gender Identity?



Gender Identity



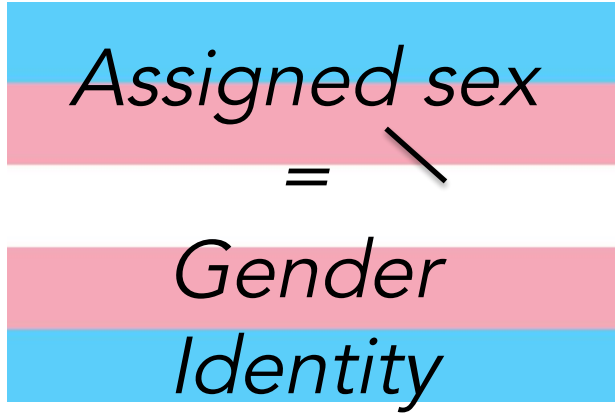
Female / Woman / Girl

Male / Man / Boy

Other Gender(s)

*How we think and feel about ourselves. One's internal sense of being male, female, neither of these, both, or another gender(s).*

# Can We See What Someone's Gender Identity Is?

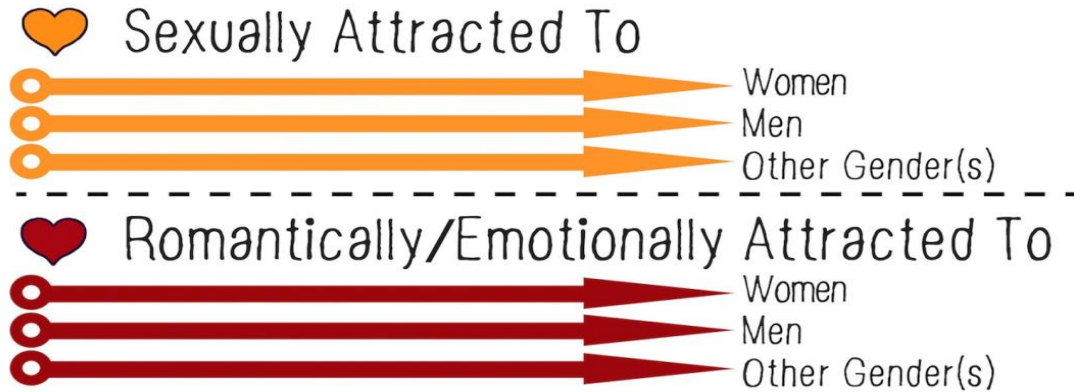


# What Is Gender Expression?



*How we physically present ourselves to the world. We do this through clothing, hairstyle, voice, body shape, etc.*

# What Is Sexual Orientation?



*It is who we are romantically, spiritually, sexually, or physically attracted to.*

# What Can You Do?

- ✓ Treat others with respect
- ✓ Speak up if you witness disrespect
- ✓ Inform yourself and others
- ✓ Reach out to the following resources if you need help with bullying, talking to a parent, or need legal help