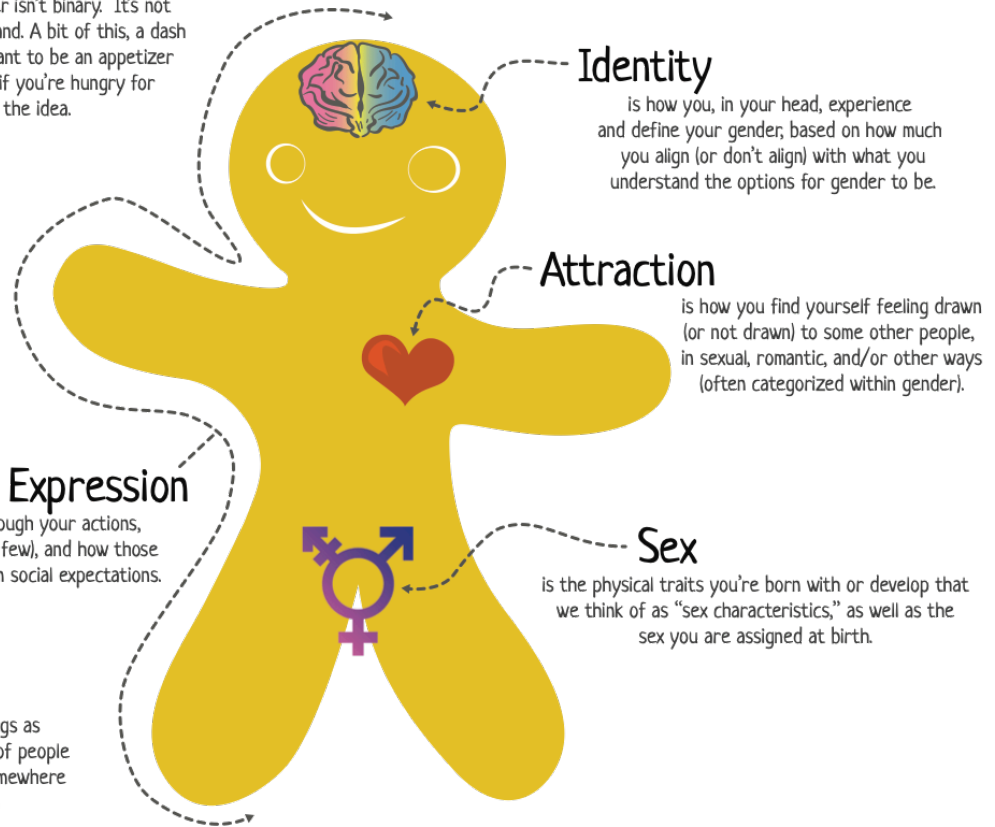


The Genderbread Person

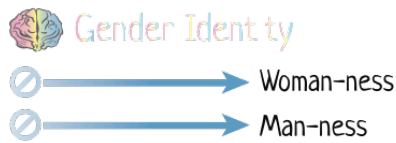
by its pronounced **METROsexual**.com

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.

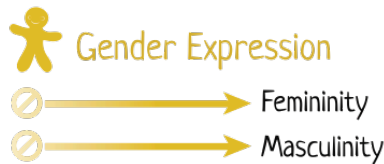


We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each

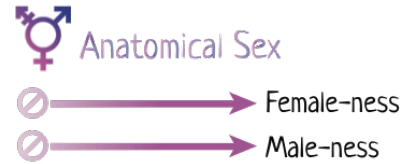
⊖ means a lack of what's on the right side



personality traits, jobs, hobbies, likes, dislikes, roles, expectations
common GENDER IDENTITY things



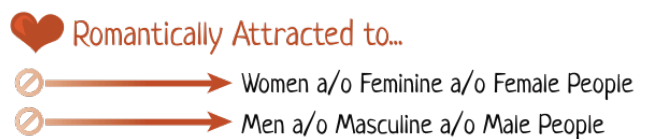
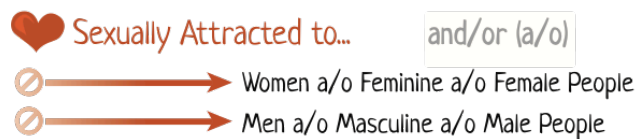
style, grooming, clothing, mannerisms, affect, appearance, hair, make-up
common GENDER EXPRESSION things



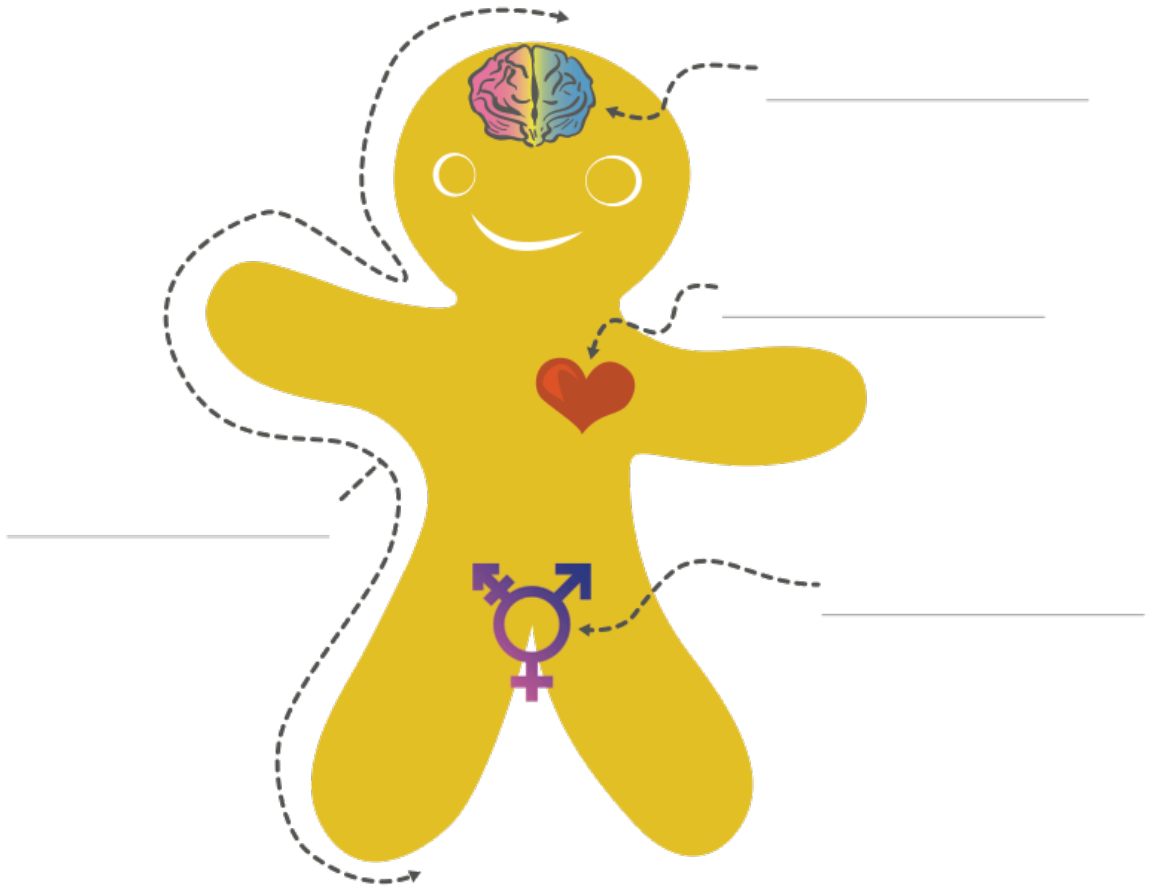
body hair, chest, hips, shoulders, hormones, penis, vulva, chromosomes, voice pitch
common ANATOMICAL SEX things

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).



The Genderbread Person v4



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

