The Genderbread Person

EXPRESSION

WOMAN/GIRL     NON-BINARY     MAN/BOY

Gender identity is how you, in your head, think about yourself. It’s the chemistry that composes you (ex. hormonal levels) and how you interpret what that means.

SEXUAL ORIENTATION

STRAIGHT    BISEXUAL    GAY OR LESBIAN

Sexual orientation is who you are physically, spiritually, and emotionally attracted to.

GENDER EXPRESSION

FEMININE    MASCUINE

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

ASSIGNED SEX AT BIRTH

FEMALE    INTERSEX    MALE

Assigned sex refers to the objectively measurable organs, hormones, and chromosomes.

Adapted from Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann