



EXPRESSION



# The Genderbread Person

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

## GENDER IDENTITY



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



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

## GENDER EXPRESSION



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



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