

## Understanding Gender Identity Terminology

**Gender identity** is a deeply personal and intrinsic sense of one's gender, which may or may not align with the sex assigned at birth. Here is a guide to key terms and concepts to foster respect, inclusivity, and understanding:

**Gender Identity:** An individual's internal sense of being male, female, a blend of both, or neither. It's how people perceive themselves and what they call themselves.

**Sex Assigned at Birth:** The classification of a person as male, female, or intersex based on physical anatomy at birth. This is often recorded on the birth certificate.

**Cisgender:** A term for individuals whose gender identity aligns with the sex they were assigned at birth.

**Transgender:** A term for individuals whose gender identity differs from the sex they were assigned at birth.

**Non-Binary:** An umbrella term for gender identities that don't fit within the traditional binary of male and female. Non-binary individuals may identify as a mix of neither or a different gender entirely.

**Gender Fluid:** A term for individuals whose gender identity may shift or change over time, depending on their feelings or circumstances.

**Genderqueer:** Similar to non-binary, this term describes individuals who reject traditional gender distinctions and identify outside the binary.

**Agender:** A term for individuals who do not identify with any gender or have a neutral gender identity.

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**Bigender:** A term for individuals who identify as two genders, either simultaneously or shifting between them.

**Two-Spirit:** A culturally specific term some Indigenous peoples use to describe a person who embodies characteristics of both male and female genders or holds a unique gender role within their community.

**Pronouns:** Words used to refer to someone in place of their name (e.g., he/him, she/her, they/them). Using correct pronouns shows respect for someone's gender identity.

**Gender Dysphoria:** The distress experienced by some individuals whose gender identity does not align with their sex assigned at birth.

**Transition:** The process by which a person changes their gender expression and/or physical appearance to align with their gender identity. This can include social, legal, and medical aspects.

**Misgendering:** Referring to someone using incorrect pronouns or terms can be distressing and invalidating.

**Deadnaming:** Using a transgender or non-binary person's birth name without their consent, which can be harmful and disrespectful.

**Understanding and using these terms fosters a more inclusive and supportive environment. Remember, listening, respecting, and affirming each person's unique journey and identity is key.**

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