

# THE GENDERBREAD PERSON

Gender is one of those things everyone thinks they understand, but most people don't. Like Inception. 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. In fact, that's the idea.

## Identity

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

## Attraction

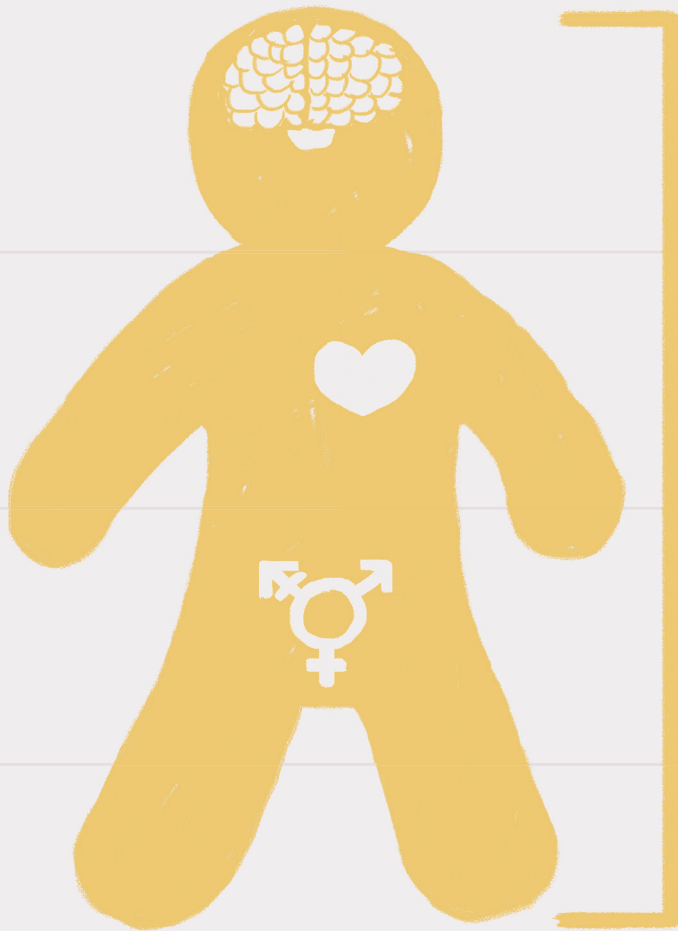
Who you are attracted to.

## Sex

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

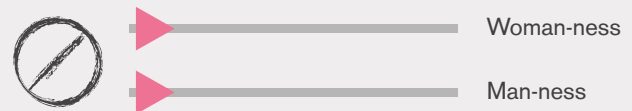
## Expression

The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

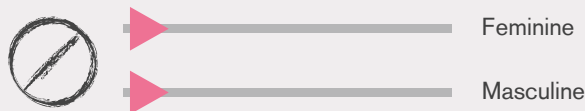


Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

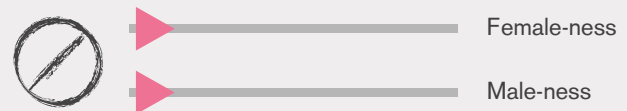
### Gender identity



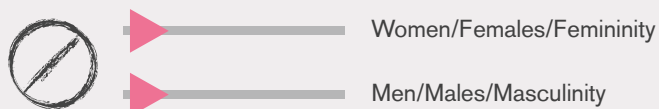
### Gender expression



### Biological sex



### Sexually attracted to



### Romantically attracted to

