

BREAKING BINARIES

Looking for a better way to understand or explain the differences in how people identify across assigned sex, gender expression, gender identity, and sexual orientation?

Try charting yourself on this worksheet.

Make a checkmark where you feel that you fall in each category. Consider using this tool as a way to get a conversation started about the reality of our often non-binary identities and the rich diversity that we embody.

Don't feel like you're included on the chart?

Write in your identity or draw your own chart and use it as an opportunity to educate others!

Assigned Sex: Designation given to you when you were born.

WOMAN INTERSEX MAN

Gender Identity: How you see yourself.

FEMALE GENDERFLUID/NONBINARY/EXPANSIVE MALE

Gender Expression: How you present yourself to others.

FEMININE NONBINARY/ANDROGYNOUS MASCULINE

Sexual Orientation: Who you're attracted to.

WOMEN BOTH/ALL/NONE (BISEXUAL/PANSEXUAL/ASEXUAL) MEN



BE A POWERFUL TRANS ALLY!

Visit straightforequality.org/trans to download *the guide to being a trans ally* and access other tools and resources!