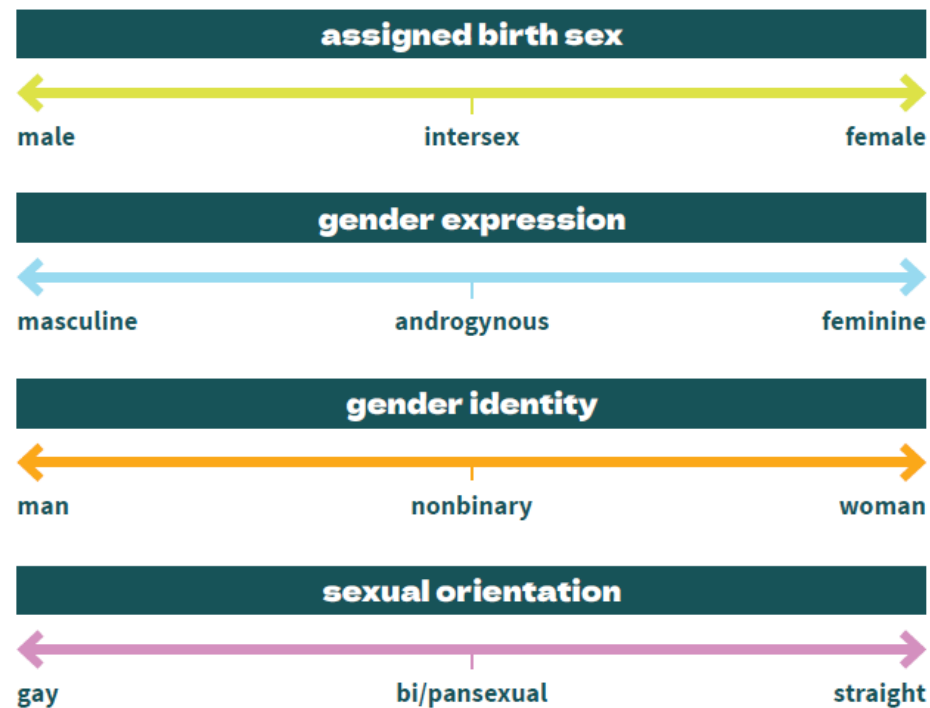




## Breaking Binaries and Understanding Identity

Looking for a way to better understand the differences in how individuals 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 identities and the rich diversity that we embody. Don't feel like you're on the spectra? Write in your identity and maybe use it as an opportunity to educate others.



**Be a powerful ally to people who are transgender and nonbinary.**

Visit [straightforequality.org/trans](https://straightforequality.org/trans) to download the *Guide to Being an Ally to Trans and Nonbinary People* and access even more great resources from PFLAG National and the Straight for Equality program!

