

GENDER 101: PEERS VICTORIA RESOURCES SOCIETY

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WHAT WE ARE GOING TO DO TODAY

- Define sex, gender, and sexuality;
- Talk about why its important to distinguish between these aspects of our identity;
- Define some other terms like transgender and gender queer;
- Discuss transphobia;
- How to be be a trans ally, and fight against transphobia.

YOUR GENDER
IS REAL.



YOUR IDENTITY
IS VALID.

YOU ARE WORTHY
OF LOVE AND
RESPECT.



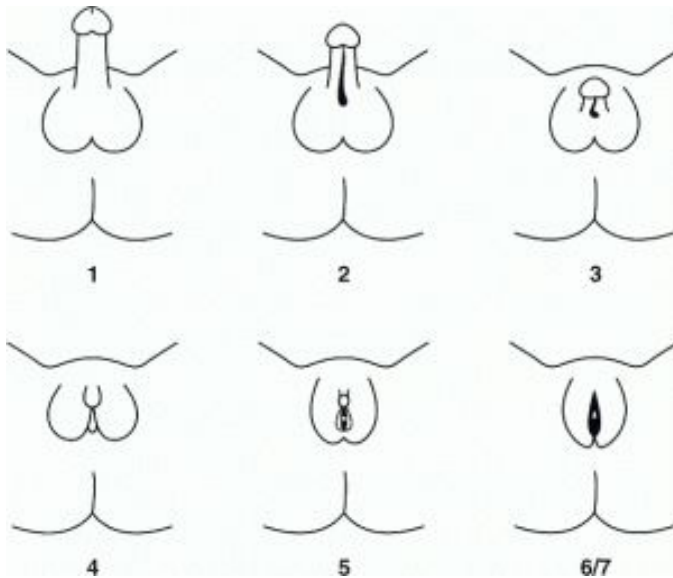
PLEASE NEVER
FORGET THAT.

WHAT DO WE MEAN BY “SEX”?



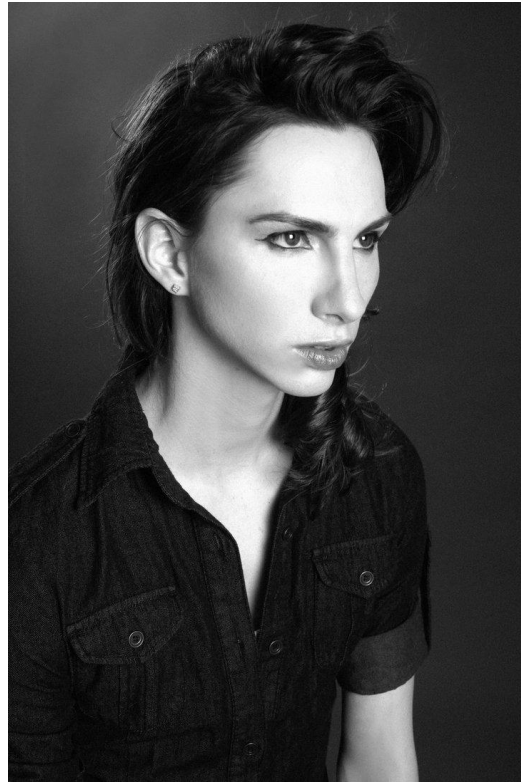
The categories male and female and the biological characteristics and properties that we associate with these categories.

INTERSEX



Intersex – those who fall somewhere on a continuum between male and female. These are people who have both or indistinguishable sexual organs or where some organs are missing.

VARIABILITY IN SEX CHARACTERISTICS



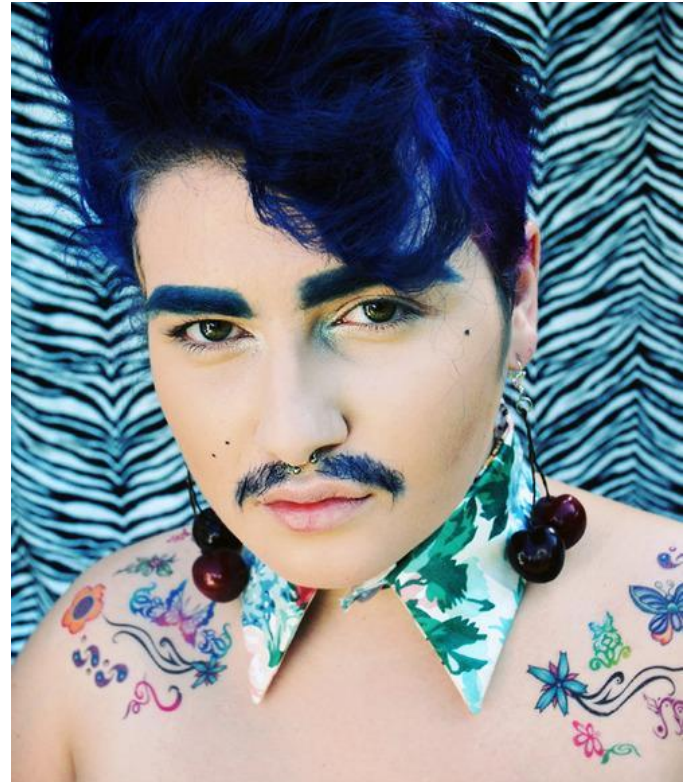
CASTER SEMENYA

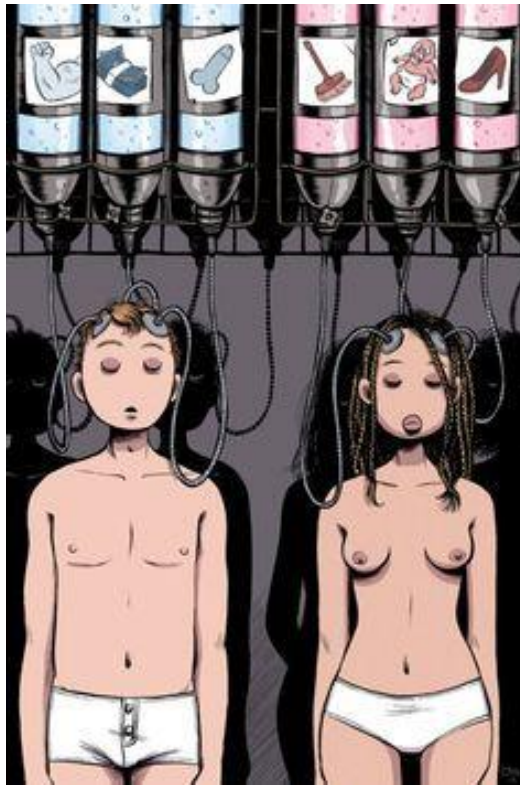


- **South African Olympic Runner who complicates our understanding of sex;**
- **Highlights that sex is MUCH more complicated than we think (science does not have all the answers);**
- **Appears masculine because of physique, accused of doping; Others accused her of being a man, pretending to be a woman to win medals;**
- **Subject of intense scrutiny – stigma - discrimination.**

WHAT DO WE MEAN BY “GENDER”?

- Gender is all the stuff that extends beyond our sexual organs or hormone levels that help us label each other, or ourselves, as boys or girls, men or women.
- Like sex, we tend to think our gender is natural, inevitable, but when we think about it critically, most of what makes up our gender does not necessarily come “naturally”.





Traditional Gender Stereotypes



not aggressive
 dependent
 easily influenced
 submissive
 passive
 home-oriented
 easily hurt emotionally
 indecisive
 talkative
 gentle
 cries a lot
 emotional
 verbal
 kind
 tactful
 nurturing

aggressive
 independent
 not easily influenced
 dominant
 active
 worldly
 not easily hurt emotionally
 decisive
 not at all talkative
 tough
 rarely cries
 logical
 analytical
 cruel
 blunt
 not nurturing

notnurture.com

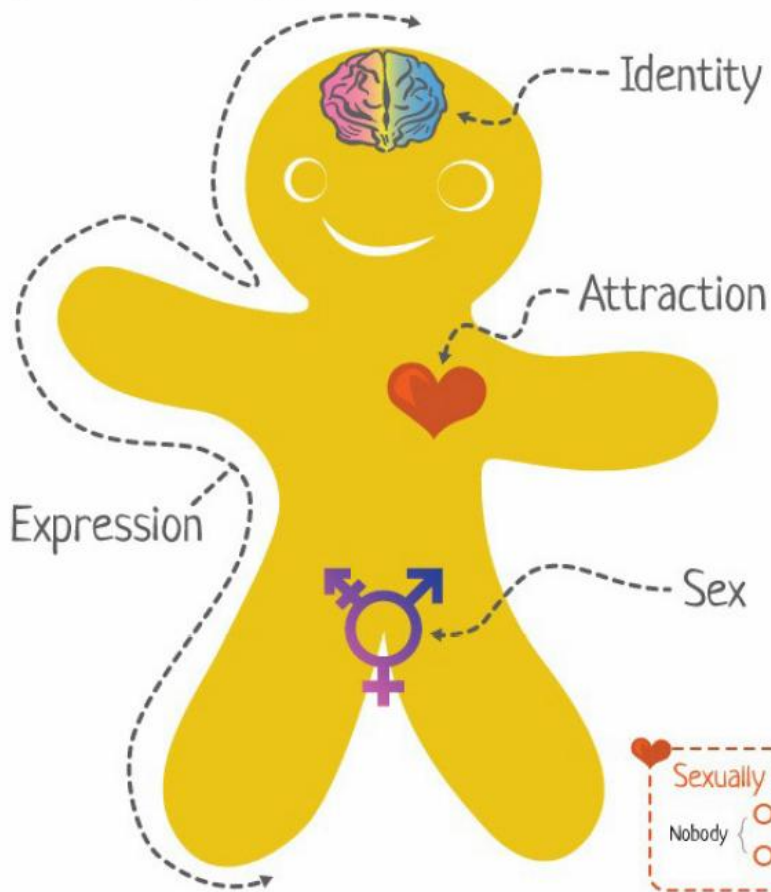


The Genderbread Person v3.3

by its pronounced **METROsexual**.com

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.

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread. 4 (of infinite) possible plot and label combos



Gender 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.

Woman-ness

Man-ness

Labels: "woman", "man", "two-spirit", "gender queer"

Gender Expression

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

Feminine

Masculine

Labels: "butch", "femme", "androgynous", "gender neutral"

Biological Sex

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

Female-ness

Male-ness

Labels: "male", "female", "intersex", "MtF Female"

Sexually Attracted to

Nobody { (Women/Females/Femininity)
(Men/Males/Masculinity)

Romantically Attracted to

Nobody { (Women/Females/Femininity)
(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

by Samuel Killermann at www.ItsPronouncedMetrosexual.com

For a bigger bite, read more at <http://bit.ly/genderbread>

WHY IS IT IMPORTANT TO DIFFERENTIATE SEX AND GENDER?



- When we attempt to clearly categorize people into what we assume are “natural” categories, we limit them and their possibilities.
- We create a climate in which those that look or feel or want to be different are marginalized and discriminated against.
- Rigid ideas about sex and gender become the basis for systematic inequality and social injustice.

WHAT DO WE MEAN BY “TRANSGENDER”?

- People’s whose gender identity and/or gender expression are different than their assigned sex at birth.
- Stryker: “the movement across a socially imposed boundary away from an unchosen starting place...” (2009:1).



SOME MORE DEFINITIONS:



- **Genderqueer**: a person refusing to conform to dominant binary gender categories.
- **Genderfuck**: actively playing with gender in an intentional way to fuck with hegemonic (dominant/powerful) categories.
- **Gender variant**: a broad term encompassing all of the previous – where gender expression does not match the gender roles set for males and females.

TRANSPHOBIA



Irrational fear, aversion to, or discrimination against transgender and/or transsexual people – which can lead to hate speech, stigma, and violence.

HOW TO END TRANSPHOBIA & BE AN ALLY

1. You can't tell if someone is trans just by looking;
2. Don't make assumptions about a trans person's sexual orientation;
3. Call people by their preferred name, and pronouns – listen first;
4. Don't ask a trans person what their “real” name is, or what they looked like “before”;
5. Be careful about confidentiality, disclosure, and “outing”;
6. Respect the terms folks use, whether it is transgender, transsexual, genderqueer, etc);
7. Understand that there is no right or wrong way for folks to transition, it will look different for everyone;
8. Don't ask about their genitals, surgical status, or sex life;
9. Avoid backhanded compliments;
10. Set an inclusive tone.

