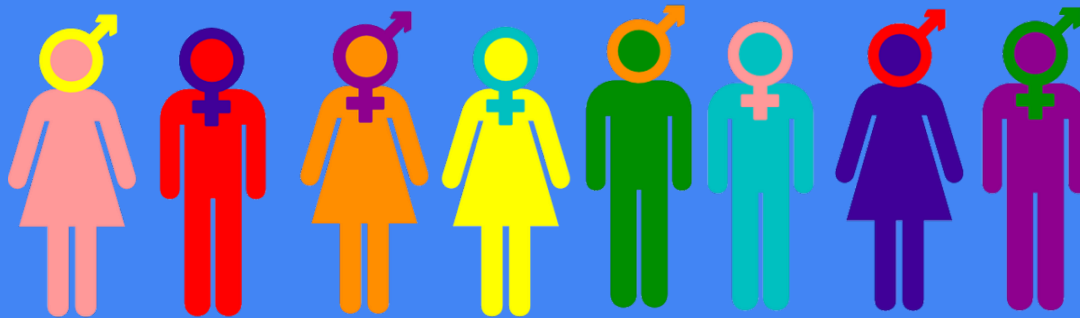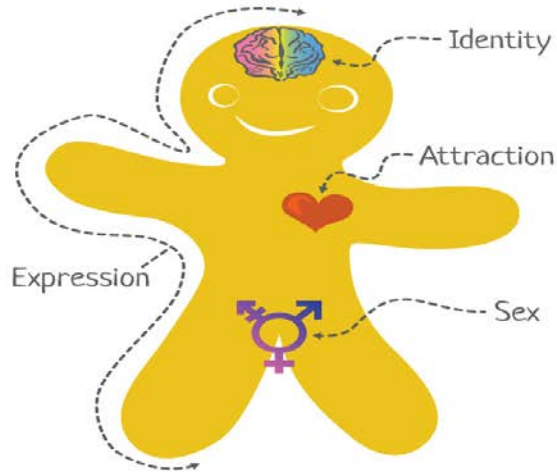# Gender Analysis

Health Communications

Harvard T.H. Chan School of Public Health
WGH 207, Spring 2021

The Genderbread Person v3.3 by its pronounced METRO sexual .com

Identity

Attraction

Expression

Sex

Gender Identity
⊘ { Woman-ness
Man-ness

Gender Expression
⊘ { Feminine
Masculine

Biological Sex
⊘ { Female-ness
Male-ness

Sexually Attracted to
⊘ { (Women/Females/Femininity)
(Men/Males/Masculinity)

Romantically Attracted to
⊘ { (Women/Females/Femininity)
(Men/Males/Masculinity)

Biological Sex
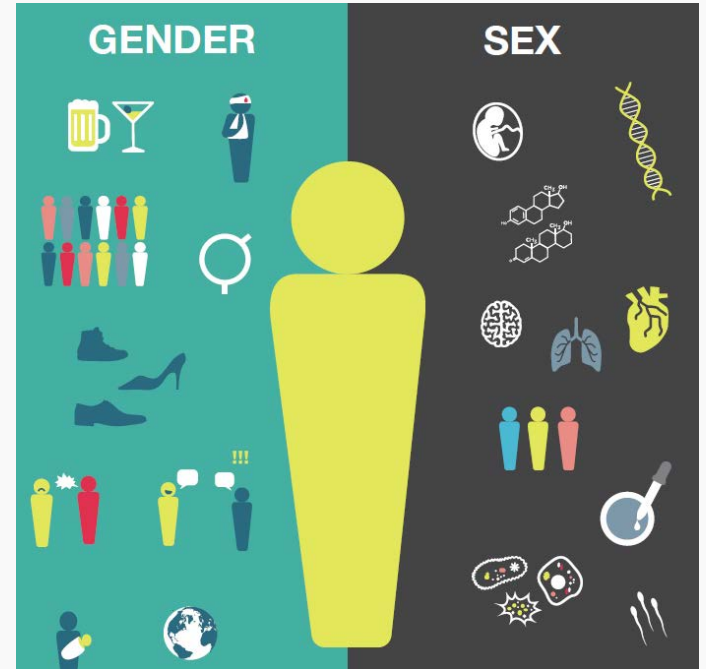
- <u>Sex</u> refers to biological factors:
  a. Chromosomes
  b. Hormones
  c. Primary Sexual Characteristics
  d. Secondary Sexual Characteristics
- Three common classifications:

- <u>Intersex</u> is a term to describe individuals born with variations in chromosomal arrangement or sexual/reproductive anatomy that is not fully congruent with either male or female.

- This is why "assigned male at birth" (AMAB) and "assigned female at birth" (AFAB) are better descriptors when communicating specifically about biological sex.

Gender

- <u>Gender</u> refers to the socially-constructed roles, behaviours, expressions and identities of girls, women, boys, men and gender-diverse people.

- <u>Gender Identity</u> is defined by the internal perception of how one understands their identity on the spectrum of gender.

- <u>Gender Expression</u> is defined by how one outwardly expresses their gender to others based on traditional gender roles.

Gender

- Cisgender: refers to people who identify with the gender that aligns with the sex they were assigned at birth.

- Transgender: refers to people who identify with a gender different than the sex they were assigned at birth.

- Although many people think of gender as binary (ie. Male or Female), gender exists on a spectrum.

- Individuals who do not identify with either male or female gender labels often identify as Gender Non-Conforming and/or Non-Binary.
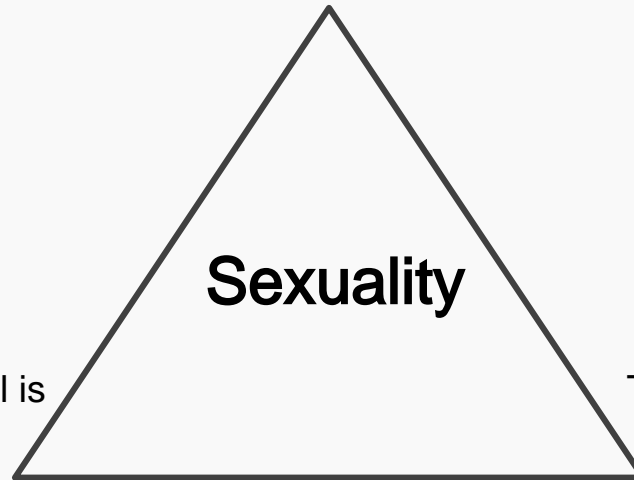
Sexual Orientation

- Sexual orientation describes the physical, emotional, and/or romantic attraction one feels toward another gender - in reference to one's own gender identity.

Sexual Identity
How an individual identifies their sexual orientation to themselves or publically.

Sexuality

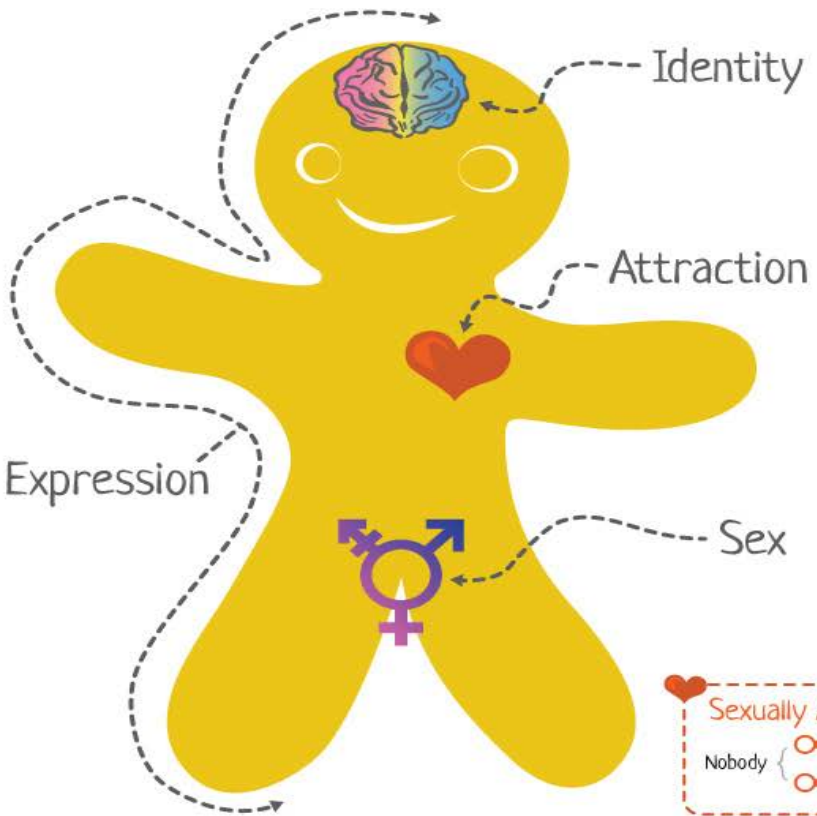**Attraction**
Who an individual is attracted to.

Behavior
The sexual contacts an individual has.

The Genderbread Person v3.3

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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

Attraction

Expression

Sex

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

Ø Indicates a lack of what's on the right.

Gender Identity

Ø { Woman-ness
    Man-ness

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"　"man"
"two-spirit"　"genderqueer"

Gender Expression

Ø { Feminine
    Masculine

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

"butch"　"femme"
"androgynous"　"gender neutral"

Biological Sex

Ø { Female-ness
    Male-ness

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

"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.

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