



Sexuality and Gender

What is Sexuality?

- Sexuality begins before birth and is a lifelong process
- Everyone has a sexuality!
- Sexuality involves and is influenced by many things like: values, beliefs, attitudes, experiences, physical and sexual characteristics, society, other's expectations
- Sexuality also involves gender identity, gender expression and sexual orientation
- There are a wide range of gender identities, gender expressions and sexual orientations
- Sexuality is a spectrum, like a rainbow
- A person's gender or sexual identity may be fluid, or change over time



What is Gender Identity?

Gender identity

- Everyone has a gender identity
- Gender identity is how a person feels about their gender
- There are many genders
- No one can see a person's gender identity
- Gender identity is how a person feels
- Gender is not a choice a person makes





Healthy Relationships, Sexuality & Autism

Developed by: Autism Nova Scotia

Sexuality and Gender

Gender Identity


Ginger the Gender Cat:



Gender Identity
How we feel about our gender



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Gender Identity
How we feel about our gender

— ————— +
Woman

— ————— +
Man

— ————— +
Other Gender(s)

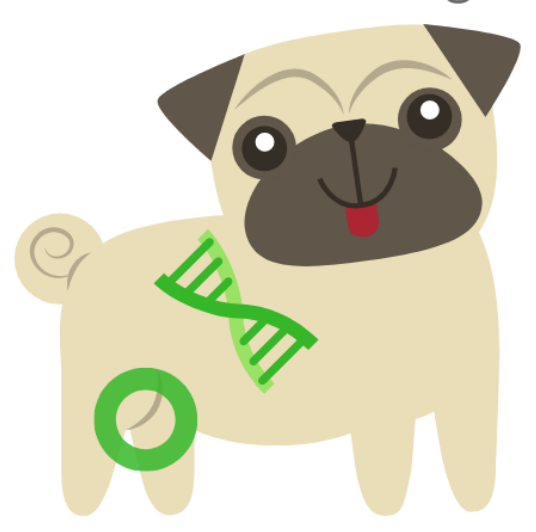
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What is Sex Assigned at Birth?

Sex assigned at birth

- A doctor or another person assign sex at birth
- Sex assigned at birth is based on what a baby's genitals look like and on their chromosomes
- This sex is what goes on a person's birth certificate
- There are typically three options: female, male or intersex


Sex Rex the Dog:





Sex Assigned at Birth
Based on genitalia and chromosomes

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Sex Assigned at Birth
Based on genitalia and chromosomes

Female

Male

Intersex

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Sexuality and Gender

What is intersex?

- A word used to describe people who are born with some variation(s) in chromosomes, hormones, and genital system
- Intersex is part of normal human diversity
- Sometimes the variance is visible, sometimes it is internal and cannot be seen
- Some people know they are intersex their whole lives, other times they may find out later in life
- Intersex is **not** a gender or an orientation



A person's gender identity does not always match their sex assigned at birth

- Some people experience their gender identity as being different than the sex they were assigned at birth, this is known as **transgender**
- The transgender community is diverse and people may use different words to identify their gender



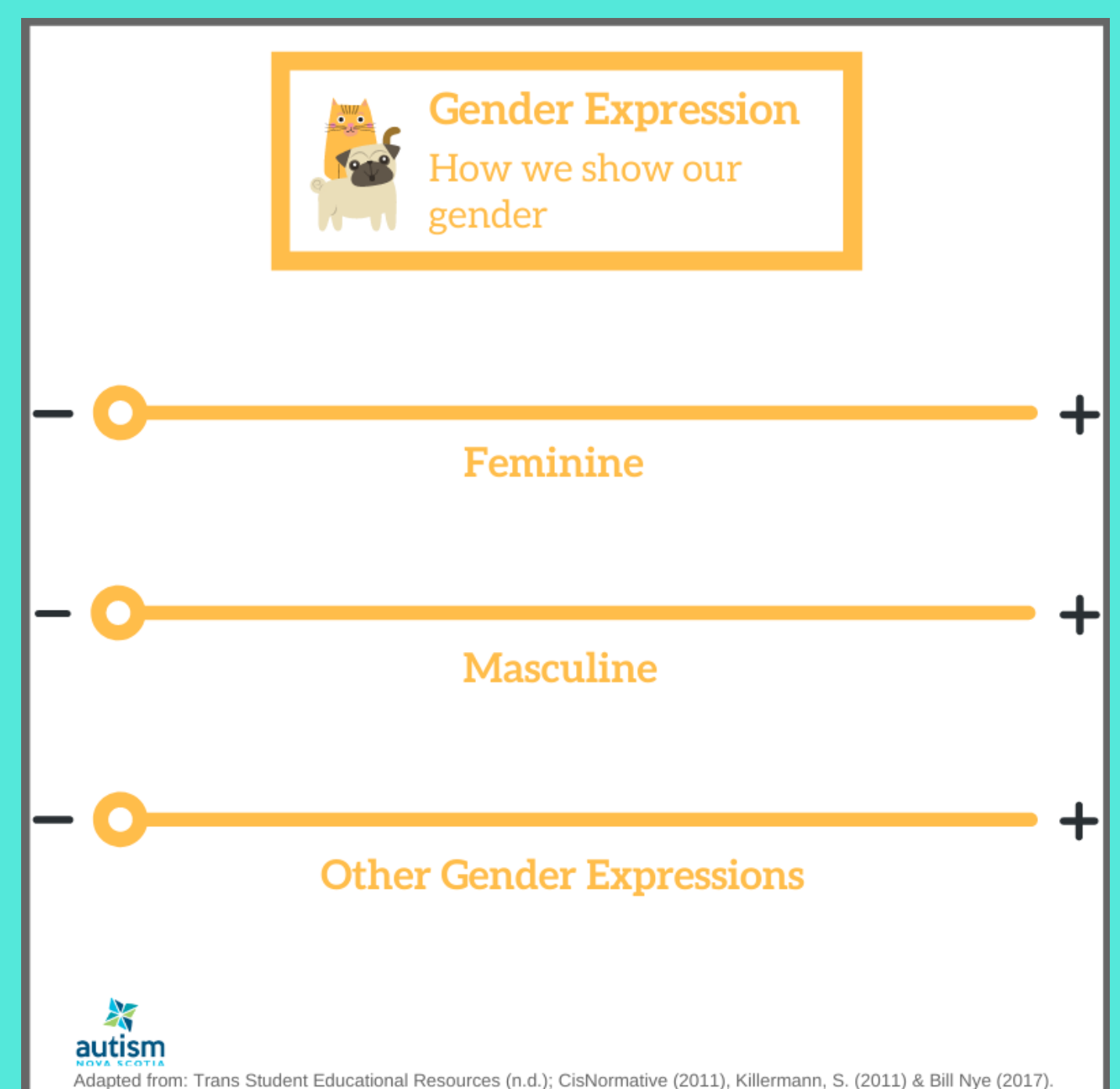
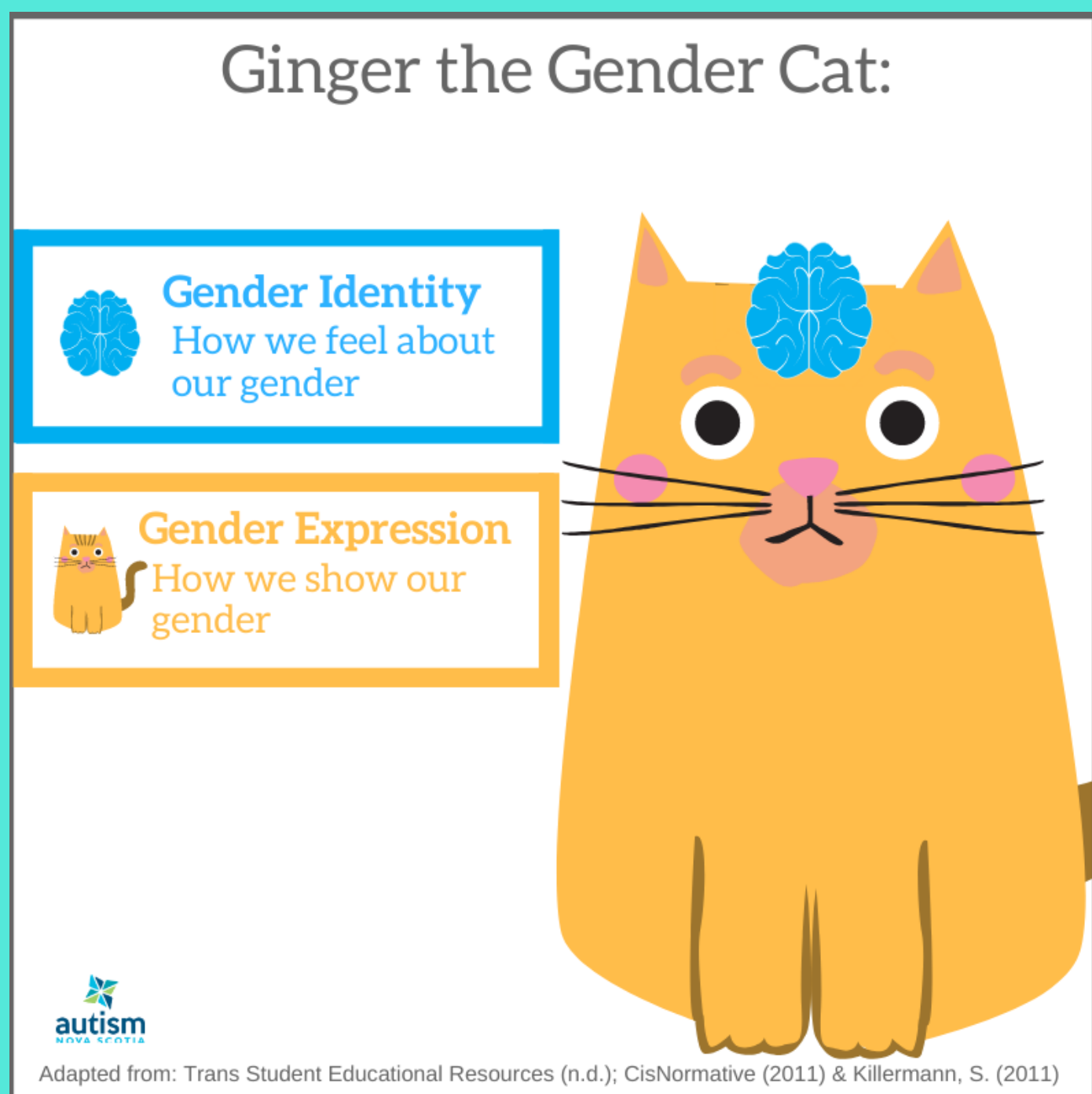


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What is Gender Expression?

Gender Expression

- Is how people show their gender to others
- It can include how people dress, how they wear their hair, their voice, and how they act
- A person's gender expression may be different from their gender identity
- This may be because it is not safe for the person to express their gender, or they are not comfortable to do so.



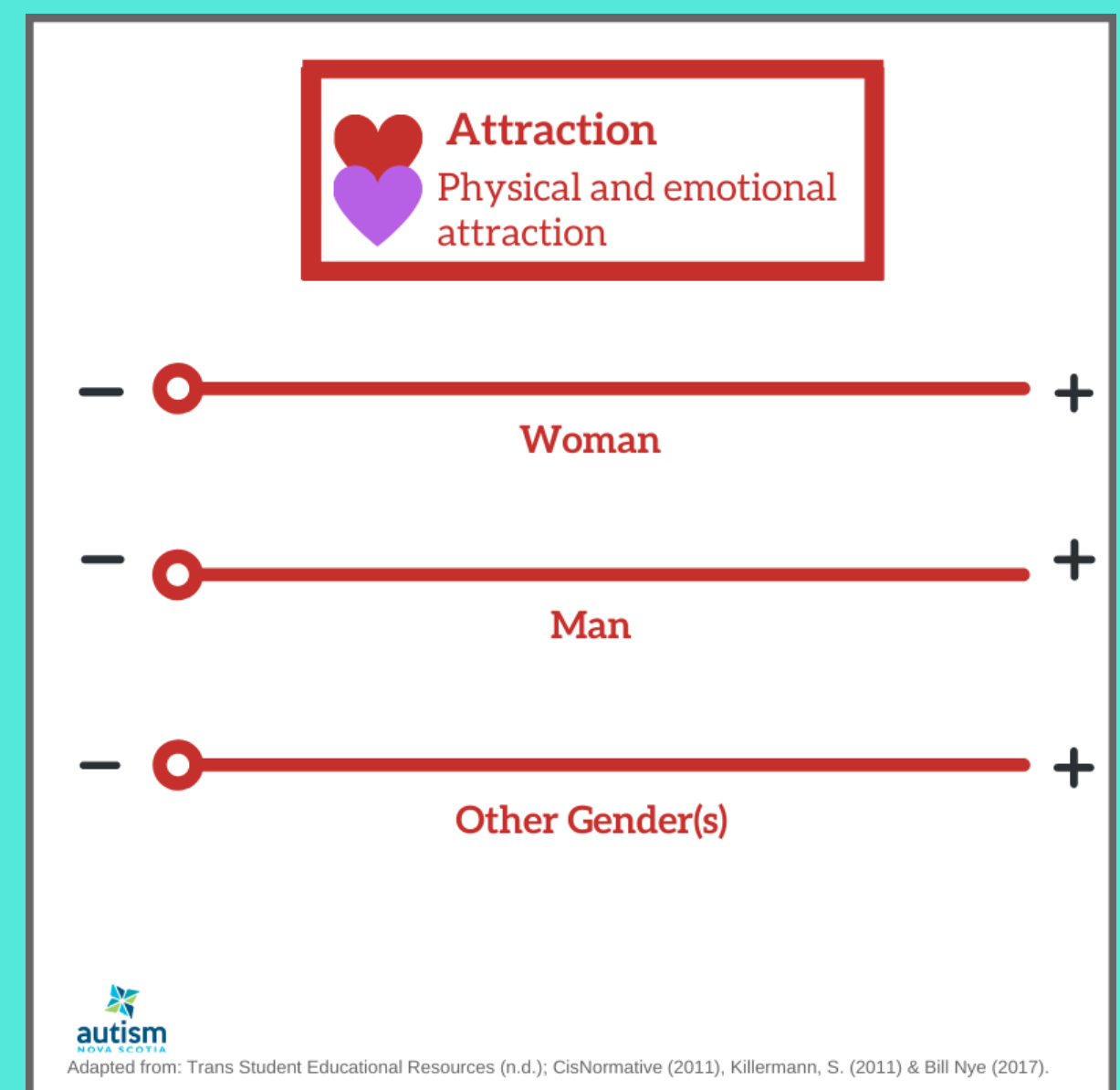
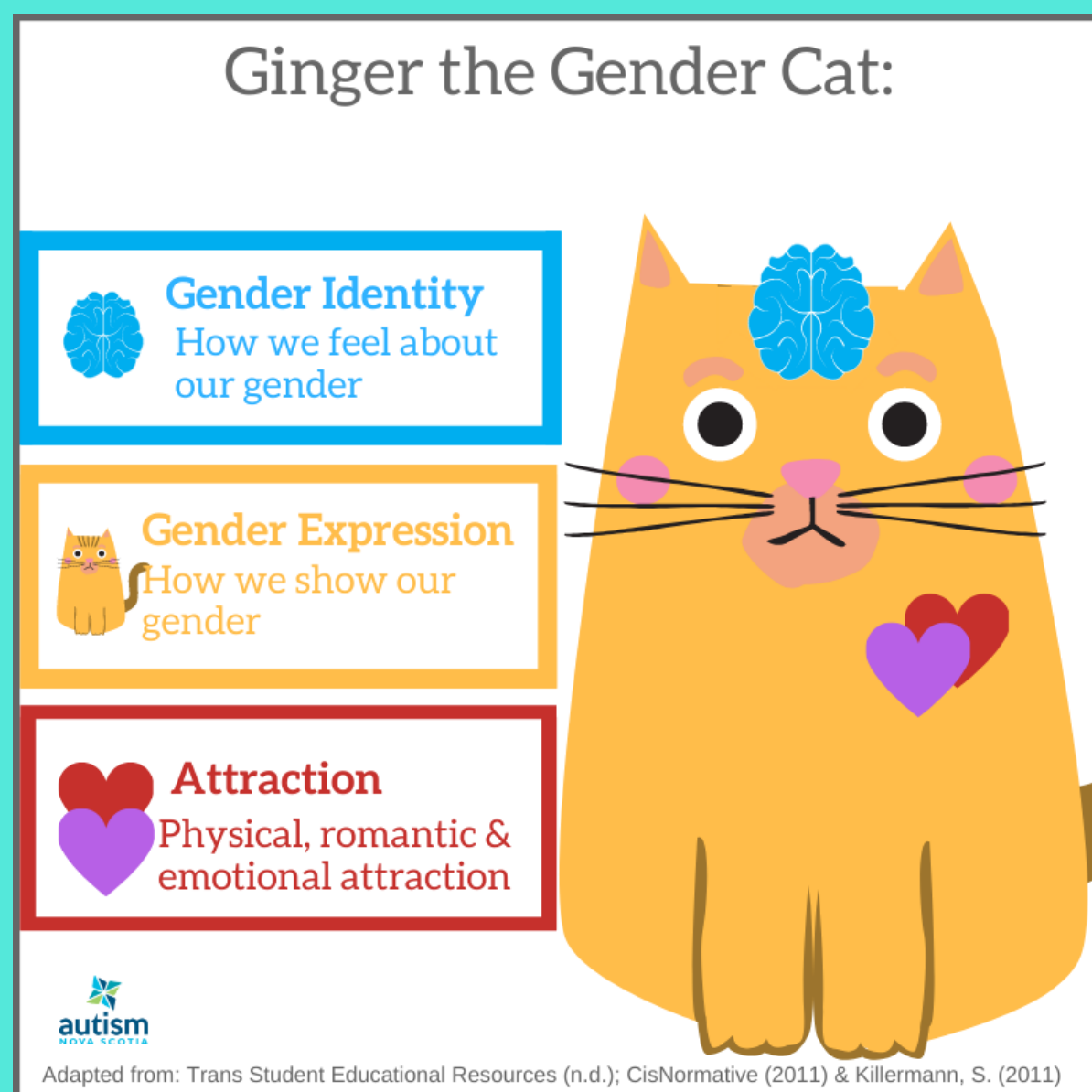


Sexuality and Gender

What is Sexual Orientation?

Sexual Orientation

- Based on the people and/or gender(s) a person is attracted to physically, emotionally, and romantically
- Is a spectrum - there are a wide range of sexual and romantic orientations



What is the Difference Between Sexual Orientation and Gender Identity?

Gender Identity is how a person feels inside themselves about their gender. Gender Identity is about that person. **Sexual Orientation** is who a person is sexually and/or romantically attracted to.

Each person has a gender identity AND a sexual orientation.



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What are some ways to be gender affirming?



DO NOT make assumptions. Remember you can not tell someone's gender by how they look.

It is **NOT OKAY** to ask someone about their sex assigned at birth. That's like asking them what genitals they have and that is **not appropriate!**

People can ask respectfully about gender identity and a person's pronouns

A way to talk to someone about gender identity is to SAY:

"Hi! My name is Alex. My pronouns are she/her."

Then they can REPLY:

"Hi. My name is Sam. My pronouns are they/them."

or ASK: "What are your pronouns?"

Using correct pronouns helps create a safer world for all genders. It helps people be who they are.



Not everyone agrees about sexuality & gender...

- The "rules" about gender have changed over the years and they still vary depending on where you live.
- Language about gender is evolving and some information will likely change in the future.
- How someone chooses to identify, or whether they choose to disclose their identity is **ALWAYS UP TO THEM!**



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