

### ***What is “Transgender?”***

**Transgender** – or trans – is an umbrella term for people whose gender identity or expression is *different* from those typically associated with the sex assigned to them at birth (e.g., the sex listed on their birth certificate). Transgender is an *adjective* and should never be used as a noun. Transgender never needs an "-ed" at the end. Transgender people exist all throughout history, in every culture and continent.

**Cisgender** – or cis – is the term used to describe people whose gender identity or expression *aligns* with the sex assigned to them at birth. That’s 99% of the population.

### ***Is being transgender a mental disorder?***

**No**, but this remains a common stereotype about transgender people.

Transgender identity is **physical** ailment. Transgender people experience a “persistent and authentic” disconnect between the sex assigned to them at birth and their internal sense of who they are. This referred to by medical professionals as “gender dysphoria” because it can cause undue pain and distress in the lives of transgender people.

As of December 2012, the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) no longer includes the term “gender identity disorder.” The revised manual replaced “gender identity disorder” with the more neutral term “gender dysphoria.”

### ***What is gender identity and gender expression?***

**Gender identity** refers to a person’s innate, deeply-felt psychological identification as a man, woman or some other gender. This is separate from Sexual Orientation, which defines to whom you are attracted.

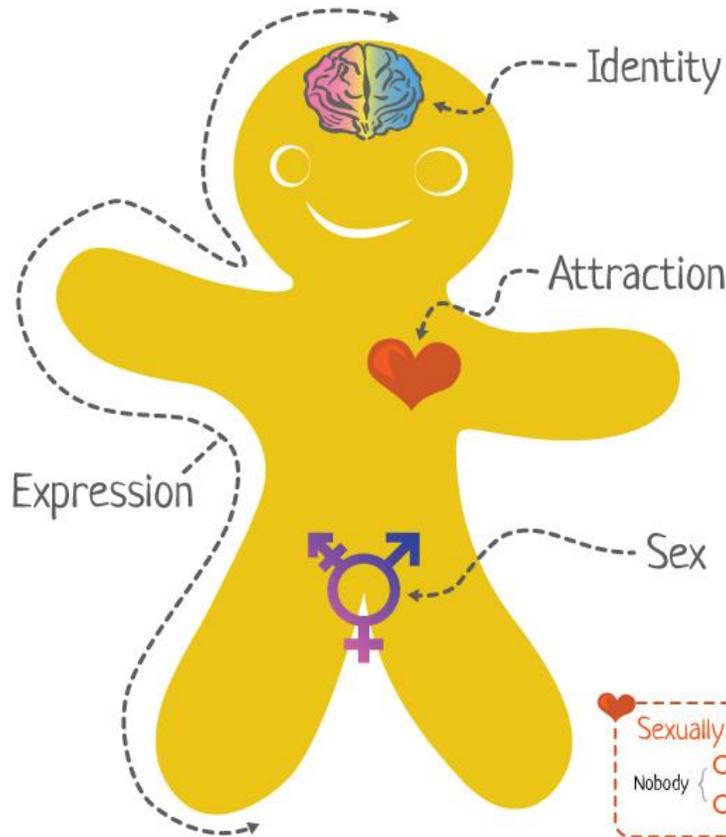
**Gender expression** refers to the external manifestation of a person’s gender identity, which may or may not conform to socially-defined behaviors and characteristics typically associated with being either masculine or feminine.

# 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**

Indicates a lack of what's on the right.

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.

Labels: "woman", "man", "two-spirit", "genderqueer"

**Gender Expression**

Feminine

Masculine

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

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

**Biological Sex**

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.

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.

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

### *What is “Transition?”*

**Transitioning** is the time period during which a person begins to live according to their gender identity, rather than the gender they were thought to be at birth. While **not all** transgender people transition, a great many do at some point in their lives. **Gender transition** looks different for every person. Possible steps in a gender transition may or may not include changing gendered clothing, appearance, name, or the pronoun people use to refer to you (like “she,” “he,” or “they”). Some people are able to change their identification documents, like their driver’s license or passport, to reflect their gender. Some people undergo hormone therapy or other medical procedures to change their physical characteristics and make their body better reflect the gender they know themselves to be. Only approximately 1% of Transgender people undergo surgeries.

### *Why should I care?*

Transgender people are human beings, like you. In the context of the Fraternity, they are your Brothers (or potential brothers.) Yes, they are born different, but that gives them a unique and valuable perspective on life. The mental and psychological strength needed to endure Gender Dysphoria and Transition is formidable, and as such, transgender people often hold positions of leadership before and after transition. Transgender people have been, and will continue to be, valuable members of our Fraternity.