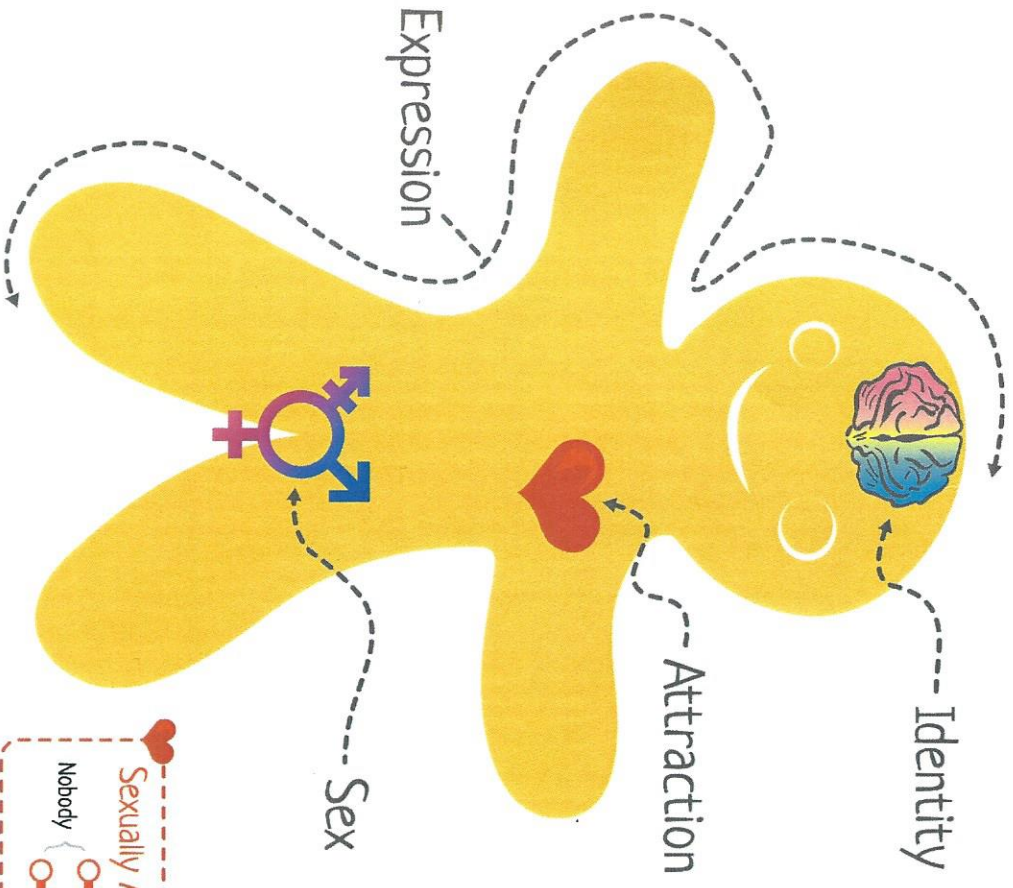


The Genderbread Person v3.3

by its pronounced **NETRO** sexual .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.



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.

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

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Gender-ness!

4 (of infinite) possible plot and label combos

☉	☉	☉	☉
Woman-ness	Man-ness	Woman-ness	Man-ness
"woman"	"man"	"sw-spirit"	"genderqueer"

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	Feminine	Masculine
"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	Female-ness	Male-ness
"male"	"femme"	"intersex"	"MF Female"

Sexually Attracted to

Nobody

☉

☉

☉

☉

(Women/Females/Femininity)

(Men/Males/Masculinity)

Romantically Attracted to

Nobody

☉

☉

☉

☉

(Women/Females/Femininity)

(Men/Males/Masculinity)

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

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