Gender Crash Course

First, the term transgender is an **umbrella** term for **ANY** gender outside the gender binary (the gender binary being ONLY male/masculine or ONLY female/feminine).

This means that transgender **INCLUDES** those whose biological sex may be different from their assigned gender, and that transgender applies to **more** folks than just those who may have been assigned one gender a birth but are transitioning to a different gender.

In other words, transgender does **NOT** inherently mean “transition”. This is an important element to note as it makes room for inclusion for those who identify as “non-binary”, which can mean they identify with no gender **OR** a fluid mix of genders. Plus, not all transgender folks “transition”.

As a starting place, one of the few things I often send people is the "Genderbread Person". This graphic can be useful for understanding the distinction between four key categories:

- **Biological sex** (which **ALSO** is NOT a simple "binary", see link below!)
- **Socially constructed gender**
- **Gender expression** (which might not "match" gender or sex), and
- **Sexuality**

BUT. I send you to this “genderbread” site with a **HUGE** caution because the graphic and the explanations depict these things along a spectrum, as if moving towards, say, a feminine identity inherently moves one AWAY from a masculine one. This is problematic because it’s not true to life; femininity and masculinity are not mutually exclusive. In other words, not just one or the other, not just binary. This is why some folks often describe their gender and/or sexuality as "fluid" or "queer" in order to capture the dynamic nature of these elements. This site also does not address non-sexual attraction, such as romantic, platonic, or aesthetic.

But as a way to understand the differences between: **sex, gender, gender expression, and sexuality**, it’s a **starting place**.

**Genderbread:** [http://itspronouncedmetrosexual.com/2015/03/the-genderbread-person-v3/](http://itspronouncedmetrosexual.com/2015/03/the-genderbread-person-v3/)

A NEW addition to this is a primer on why **biological sex** is also **NOT** binary:  
[https://twitter.com/patrickstrud/status/1035492290796703749?lang=en](https://twitter.com/patrickstrud/status/1035492290796703749?lang=en)  
(These are the same, but I am not sure which will be easier to follow along to, so I have linked both.)
The other articles I often send to people are from *Everyday Feminism*. They are a great source for a broad selection of topics related to intersectional feminism as a whole, as well as, queer and gender specific issues. If you’ve had time, you may have already come across some of these articles yourself. If not, here are some good starting places for non-binary reading in particular.

This one explains the ways in which non-binary can be "all the gender" or "no" gender. It also uses the Genderbread graphic and explains some of its limitations:

https://everydayfeminism.com/2014/03/too-queer-for-your-binary/

Ten myths around what non-binary means:

https://everydayfeminism.com/2014/12/myths-non-binary-people/

Some history both in terms of science and controversy:


This one is not only a good primer on being an inclusive ally, it also has a TON of links to other sources: