



# IDENTITY

## IDENTITY (Sex, Gender, & Sexual Identity)

Oftentimes, sex and gender are used interchangeably but they have different meanings.

A person's *sex assigned at birth* is based their anatomy, hormones and chromosomes.

*Gender identity* refers to a person's sense of being male, female, neither, both or other. *Cisgender* is the term for when a person's gender identity and biological sex are the same. *Transgender* is an umbrella term for people whose gender identity differs from their sex assigned at birth. To learn additional gender identity terms, visit [www.transstudent.org/about/definitions](http://www.transstudent.org/about/definitions).

*Gender expression* is how a person presents their gender identity. *Gender role expectations* are society's beliefs and expectations about how gender should be expressed and often categorize gender as either male or female. Gender identity and gender expression are experienced on a spectrum, not just as male or female.

*Gender pronouns* are the words we use when referring to another person. When someone shares their pronouns, they are telling you how they would like to be referred to by in the singular third person ([www.mypronouns.org](http://www.mypronouns.org)).

Gender Pronouns				
Please note that these are not the only pronouns. There are an infinite number of pronouns as new ones emerge in our language. Always ask someone for their pronouns.				
Subjective	Objective	Possessive	Reflexive	Example
She	Her	Hers	Herself	She is speaking. I listened to her. The backpack is hers.
He	Him	His	Himself	He is speaking. I listened to him. The backpack is his.
They	Them	Theirs	Themselves	They are speaking. I listened to them. The backpack is theirs.
Ze	Hir/Zir	Hirs/Zirs	Hirself/Zirself	Ze is speaking. I listened to hir. The backpack is zirs.

[transstudent.tumblr.com](http://transstudent.tumblr.com)  
[facebook.com/transstudent](https://www.facebook.com/transstudent)  
[tumblr.com/transstudent](https://www.tumblr.com/transstudent)

For more information,  
 go to [transstudent.org/graphics](http://transstudent.org/graphics)

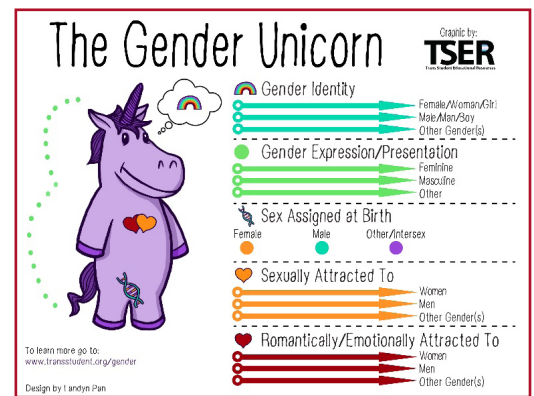
Design by Lindsey Pan

**TSER**  
 Trans Student Experience Resource

[www.transstudent.org](http://www.transstudent.org)

*Sexual identity, or sexual orientation*, describes someone's physical, romantic, emotional or aesthetic attraction to another or others. A person's sexual orientation is not the same as their gender identity. Like gender identity and gender expression, sexual orientation is experienced on a spectrum.

The Gender Unicorn illustrates the distinction between gender, sex assigned at birth, and sexuality.



For more information on sex, gender, and sexual orientation visit [www.transstudent.org](http://www.transstudent.org).

Additional resources:

The William Way  
 LGBT Community Center  
 1315 Spruce Street  
 Philadelphia, PA. 19107  
 215-732-2220  
[www.waygay.org](http://www.waygay.org)

PFLAG Philadelphia  
 Helpline: 215-572-1833  
[Pflagphila.org](http://Pflagphila.org)

For free, confidential counseling for Gwynedd Mercy University students, contact:

Counseling Services | Griffin Complex | 2nd Floor  
[counseling@gmercyu.edu](mailto:counseling@gmercyu.edu)

