

Spectrums of Gender & Sexuality

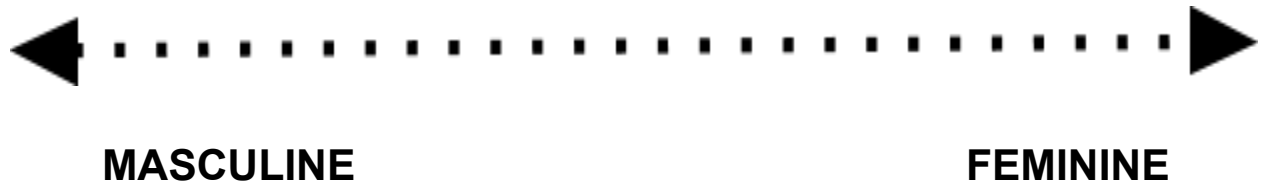
Assigned Sex

A marker given to a person at birth based on the appearance of their external genitalia.



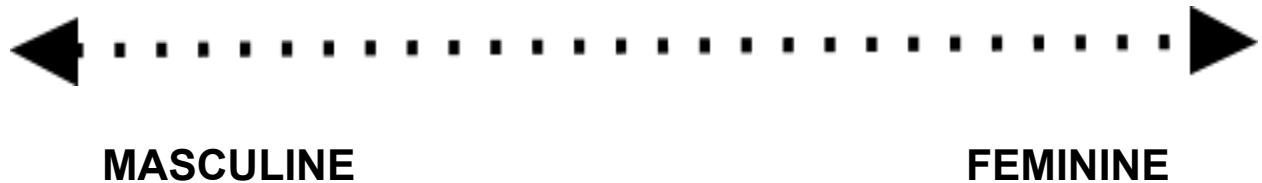
Gender Identity

An individual's internal sense of being male, female, both, or neither.



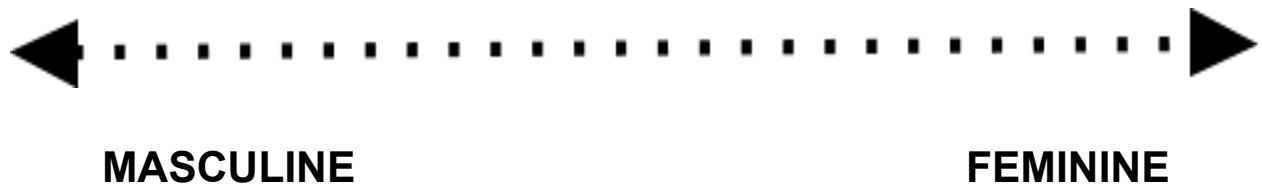
Gender Expression

How a person represents or expresses one's gender identity to others, often through behavior, clothing, hairstyles, voice or body characteristics.



Sexual or Romantic Attraction (or Sexual Orientation)

A term describing a person's attraction to members of the same sex, a different sex or no sexual attraction. (Ex: lesbian, gay, bisexual, queer, heterosexual, asexual, etc.)



The Gender Affirmative Model

- Gender variations are not disorders; they are not pathological.
- Gender variations are healthy expressions of infinite possibilities of human gender.
- Gender presentations are diverse and varied across cultures requiring cultural sensitivity to those variations.
- Gender involves an interweaving of nature, nurture, and culture - no one of these stands alone in shaping gender.
- A person's gender may be binary; a person's gender may be fluid or multiple.
- If people suffer from any kind of emotional or psychiatric problem connected to their gender, this is most likely because of negative reactions to them from the outside world.
- If there is gender pathology, we will find it not in the child but in the culture (otherwise known as transphobia).

(Sources: Diane Ehrensaft, The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes (New York: The Experiment, 2016); M. Hidalgo et al., "The Gender Affirmative Model: What We Know and What We Aim to Learn," *Human Development* 56 (2013): 285-90.)

Minority Stress Theory: “suggests that minority, oppressed, or marginalized groups are more likely than privileged groups to experience mental health issues because of the negative way they are treated by society.”

Trans Bodies, Trans Selves

Privilege: “a set of unearned benefits given to people who fit into a specific social group...Privilege is the other side of oppression.”

S. Ferguson, Everyday Feminism

What is it like? (properties)

What is it?

Oppression

What are some examples?

Microaggressions: “[S]ubtle, verbal and nonverbal behaviors that communicate derogatory or dismissing messages towards oppressed groups...Regardless of the perpetrator’s intentionality, micro aggressions serve as a reminder that someone doesn’t belong, that they are not valued, or that they are different.”

L. Leighton, Oppression and the Body

Intersectionality: term coined by Black legal scholar Kimberle Crenshaw, refers to overlapping or intersecting identities or systems of oppression. “This is what intersectionality really is - not parsing out separate identities and lining them

beside or in front of each other, but knowing that all parts of us are always connected and informing one another.” H. Ziyad, Everyday Feminism

What Helps Develop Secure Attachment?

- Safe & Protective
- Present
- Unflappable Trust
- Affirming & Positive
- Consistent & Reliable
- Attuned & Resonant
- Reciprocity in Communication
- Welcoming & Affectionate
- Playfulness
- Ease in Coming & Going
- Use of Repairs

Source: Diane Poole Heller, PhD, Dynamic Attachment Re-patterning experience (DARe) Training Materials

References

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Further Resources

Madness and Oppression: Paths to Personal Transformation & Collective Liberation. A Mad Maps Guide by the Icarus Project. <https://theicarusproject.net/resources/publications>.

Munson, M. & Cook-Daniels, L. (2015). *Transgender Sexual Violence Survivors: A Self-Help Guide to Healing and Understanding*. FORGE: Transgender Sexual Violence Project. <http://forge-forward.org/wp-content/docs/self-help-guide-to-healing-2015-FINAL.pdf>.

National LGBT Health Education Center. Glossary of LGBT Terms for Health Care Teams. <https://www.lgbthealtheducation.org/wp-content/uploads/2018/03/Glossary-2018-English-update-1.pdf>.

Trans Student Educational Resources *LGBTQ+ Definitions*. <http://www.transstudent.org/definitions>