

GENDER 101

Sex Assigned At Birth

The anatomical, physiological, genetic, or physical attributes that a person possesses, including primary and secondary sex characteristics.

Gender Identity

A person's deeply held core sense of self in relation to gender. Gender identity does not always correspond to biological sex.

Gender Binary

The Western societal structure that places each person into "male" and "female" categories. Some transgender people have binary identities (are a man or a woman) and some transgender people have identities outside of the gender binary (see "Non-Binary").

Non-Binary

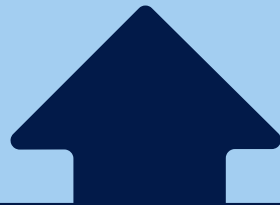
An adjective used to describe a person whose gender identity falls outside the gender binary (see "Gender Binary").

Transgender

A adjective used to describe a person whose gender does not align with their sex assigned at birth.

Pronouns

A word that can be used to substitute for a noun (example: "Jorge is so nice. They bought me a candy bar yesterday.").



Questions? Scan here for more resources or visit linktr.ee/genderresources

RESOURCES

Odyssey Youth Movement

Programs for LGBTQ+ youth ages 13-18 and young adults ages 18-24. odysseyyouth.org | 509.325.3637 | oym@odysseyyouth.org

Guardians Of LGBTQIA2S+ Youth

Provides support for guardians of LGBTQ+ youth & young adults. facebook.com/SpokaneGOLY | spokanegoly@yahoo.com

Spectrum Center Spokane

Programs & resources for LGBTQ+ individuals of all ages. spectrumcenterspokane.org | facebook.com/spectrumcenterspokane

Gender Spectrum

Provides education & support for families of gender diverse individuals genderspectrum.org | genderspectrum.org/about/contact

Trans Student Educational Resources

Youth-led org working to improve educational spaces for trans youth transstudent.org | tser@transstudent.org

GLSEN Washington

Provides support & resources for K12 students, educators, & staff glsenwashington.org | 206.330.2099 | mail@glsenwa.org

Scan the QR Code or visit linktr.ee/genderresources to view a full resource list.



Promoting equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs & community education.

How do I talk to my child about **GENDER?**

1. Read about gender together.

Depending on the age of your child, they may already have learned bits and pieces about gender from their peers and other supportive adults in their life. Consider choosing a book about gender to read together. There are a number of excellent gender-based books, many of which can be found at your local library.

2. Ask questions-and answer them, too.

Asking your child what they already know about gender and sharing your understanding of your own gender is an excellent way to start a conversation around gender identity and expression. Scan the QR code below for some examples of questions to guide your conversation.

3. Be open to learning new things.

Children often begin to understand their gender as early as two years old, and will continue to think about gender for the rest of their lives. Your child may already know quite a bit about gender identity and expression. When talking about gender with your child, be open to hearing their perspective and learning more about who they are.



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more resources or visit
linktr.ee/genderresources

FURTHER READING

The Transgender Child

A Handbook for Families and Professionals

By Stephanie Brill & Rachel Pepper

The Gender Identity Guide for Parents

Compassionate Advice to Help Your Child Be Their Most Authentic Self

By Tavi Hawn

Transgender Children & Youth

Cultivating Pride & Joy with Families in Transition

By Elijah C. Neely

The Gender Creative Child

Pathways for Nurturing & Supporting Children Who Live Outside Gender Boxes

By Dr. Diane Ehrensaft

Trans Bodies, Trans Selves

A Resource About The Transgender Community

By Laura Erickson-Schroth

Parenting Your Transgender Teen

Positive Parenting Strategies For Raising Transgender Teens

By Andrew Maxwell Triska

The Reflective Workbook For Parents & Families Of Transgender & Non-Binary Children

Your Transition AS Your Child Transitions

By D. M. Maynard



odysseyyouth.org | 509.325.3637

1121 S Perry St
Spokane WA 99202

