

Gender IDENTITY

- Psychological understanding of oneself
- Inner view of oneself regarding gender
- Personal perception of oneself as a man or woman
- One's self-concept
- Inner spirit or internal feelings regarding gender



NON-BINARY

A person might identify as a man or a woman or something in between...

Transgender
Gender Variant
Gender Fluid
Gender Non-Conforming
Two Spirit
Third Gender
Gender Queer

Cisgender

Person whose core gender identity matches his/her physical and biological sex

Person whose psychological aspect is aligned with his/her medical assignment or birth gender

Transgender

Person whose core gender identity does not match his/her physical and biological sex

Person whose psychological aspect is not aligned with his/her medical assignment or birth gender

Person who identifies his/her gender as opposite from his/her biological sex

Dysphoria

Feeling of incongruence regarding one's gender

Congruence

Degree to which a person feels genuine, authentic, and comfortable with his/her external appearance and accept their genuine identity