



Gender Development and Diversity

Key Terms

Biological sex/sex assigned at birth: refers to the label given at birth based on genitalia and other factors, such as hormones and chromosomes

Sex: Biological characteristics

Gender: Social constructs

Gender identity: an individual's sense of their own gender

Gender expression: the way a person physically communicates their gender identity

Sexual orientation: who people are attracted to physically, emotionally, and/or romantically

Cisgender: people who identify comfortably with the gender (based on genitalia) they were assigned at birth

Transgender: people whose gender identities do not match the genders they were assigned at birth

Gender Binary: system that allows for the existence of only two genders (i.e., male or female)

Nonbinary/genderqueer: people who do not identify with the gender binary

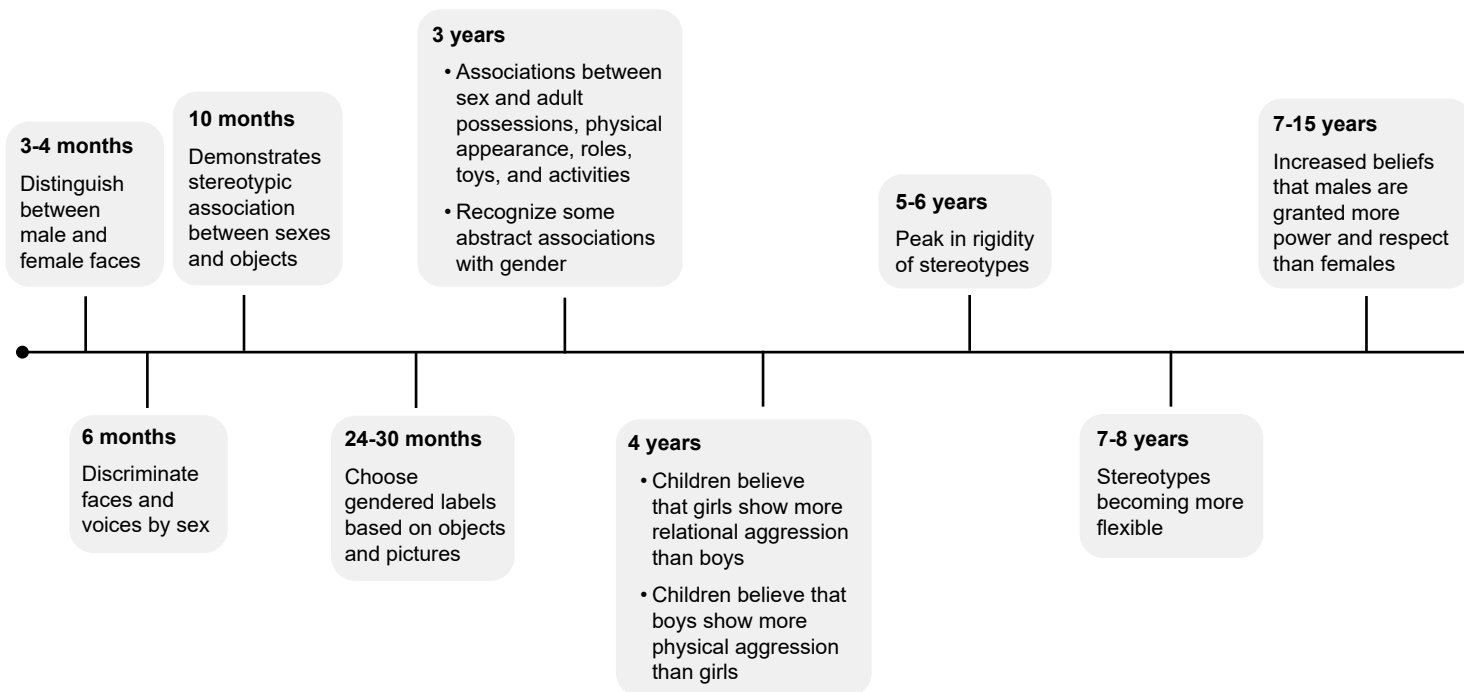
Pronouns: are the words we use to refer to ourselves and others (i.e., he/him/his, she/her/hers or they/them)

Neopronouns: are also pronouns and include pronouns besides the ones most used in a particular language. As pronouns are ultimately a reflection of personal identity, the number and types of (neo) pronouns a person may use are limitless (e.g., xe/xir/xirs, ze/zir/zirs, fae/faer/faers)

We think about **gender a lot!** Have you ever been to a **gender reveal party?** It is something that many of us like to celebrate and is one way **we discuss gender in our everyday lives.**

Youth Understand Gender From a Young Age

Children as young as 3-4 months old have formed ideas about gender, and these ideas/conceptualizations of gender strengthen as a child grows older and has more experience.



Prevalence

Children as young as 3-4 months old have formed ideas about gender, and these ideas/conceptualizations of gender strengthen as a child grows older and has more experience.

Studies indicate two trends:

- **Growth in self-identifying individuals**
- **Higher proportion of TGNB identities in younger generations**

Purportedly due to increased visibility and acceptance, as well as improved survey methods

Supporting Youth

A survey asked LGBTQIA+ adolescents and their caregivers to rank how they thought they could best support/feel supported from a list of options.

- **Caregivers** ranked “**connecting the adolescent to services and resources**” as the best way they could support their child.
- **Adolescents** ranked “**parent use of affirmed name and pronouns**” as the best way their caregivers could support them.

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