

An Inclusive Gender Menu

This information can also be found in *Asking About Gender: A Toolkit for Youth Workers*.

Check it out on YouthREX's Knowledge Hub to learn more!



Gender menus often fail to make space for identities that fall outside of the gender binary.

This not only perpetuates harm against gender non-conforming and non-binary youth, but it also limits the possibilities of everyone to question, interrogate, and expand their relationship to sex and gender.

So, what does a more inclusive (and accurate!) gender menu look like?

PART 01. WHAT IS YOUR GENDER? (SELECT ALL THAT APPLY)

- ☐ Boy/man
- ☐ Girl/woman
- ☐ Cisgender
- ☐ Intersex
- ☐ Non-binary
- ☐ Non-conforming
- ☐ Transgender
- ☐ Two-spirit (for Indigenous people)
- ☐ Questioning/exploring
- ☐ Prefer not to answer
- ☐ I don't know
- ☐ I identify with another gender:

PART 02. DEFINITIONS

Boy/man: A gender identity born out of the gender binary. Boys/men have diverse gender expressions.

Girl/woman: A gender identity born out of the gender binary. Girls/women have diverse gender expressions.

Cisgender: The state of identifying with the sex and/or gender assigned to one at birth.

Intersex: A blanket term adopted by those whose biology or physiology diverges from the male/female binary.

Non-binary: The state of not identifying with either of the binary sex and/or gender options, i.e., male/female or man/woman.

Non-conforming: Another term describing the state of not identifying with either of the binary sex and/or gender options, i.e., male/female or man/woman.

Transgender: The state of not connecting to or identifying with the sex and/or gender assigned to one at birth.

Two-spirit: An identity used by many Indigenous folks that describes their gender and/or sexuality, and role within community. People who are not indigenous to Turtle Island are not invited to use this term.

Questioning/exploring: A term adopted by those who haven't (yet) arrived at a label to adequately describe their gendered self. A person can be questioning/exploring for the short or long-term, temporarily, or permanently.