

Transgender Awareness Week

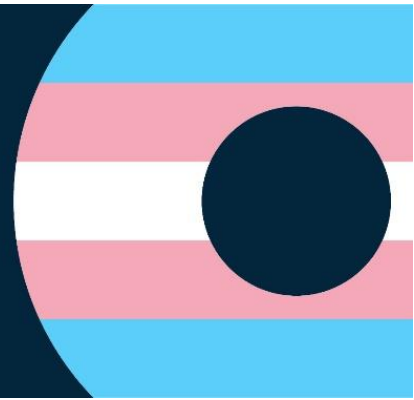
13th to 19th November



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The Gender Debate

Many people aren't sure of the difference between gender identity, gender expression, sex assigned at birth, and sexual orientation. It isn't something many of us are taught. Instead, lots of us end up figuring out what these categories mean on our own, so let's break it down...

What is sex?

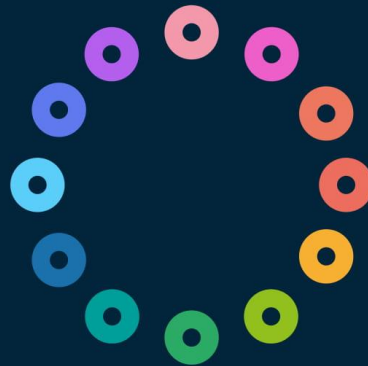
When we are born, doctors decide whether "female" or "male" will be listed on our birth certificate. This is often one of the first instances when gender is ascribed to us. This sex assignment at birth is typically based solely on one's genitals. The label of one's sex assignment at birth is often attributed to a child before they can speak, walk, or know for themselves what their gender identity is. As such, sex assignment does not take into account one's true gender identity.

What is gender?

Some people say gender looks like this:



In actuality, gender often looks like this:



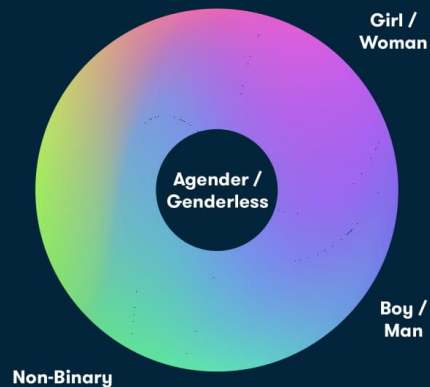
Others say that gender is this:



Gender Identity

Gender Identity describes our internal understanding and experience of our own gender. Each person's experience with their gender identity is unique and personal. Some people think that there are only two gender identities possible: boy or girl. But, in fact, thousands and thousands of people experience their gender outside of this gender binary (binary meaning made up of two things). Some people identify as being both a boy and a girl, or being neither a boy nor a girl.

While many people identify with the sex they were assigned at birth, some people may find that their gender identity differs from the sex they were assigned at birth. The below diagram can help you visualise how you perceive your own gender identity.



Transitioning

Some people might go through a process called transitioning. Transitioning can refer to any social, legal, and/or medical steps individuals take to affirm their gender identity or gender expression. Not everyone wants to take some or any of these steps, and that is okay — this doesn't make them any less of who they are. Transitioning for some looks like using a new set of pronouns or wearing different clothing and/or going through the process of changing one's name on legal documents or changing one's gender marker on a driver's license and/or going on hormones or getting surgery to affirm one's gender. Not all people who identify with gender[s] other than the one they were assigned at birth choose to transition. And for those who do, the process can look millions of different ways.

Please contact LGBTQ_OMDUK@omd.com if you have any questions



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