



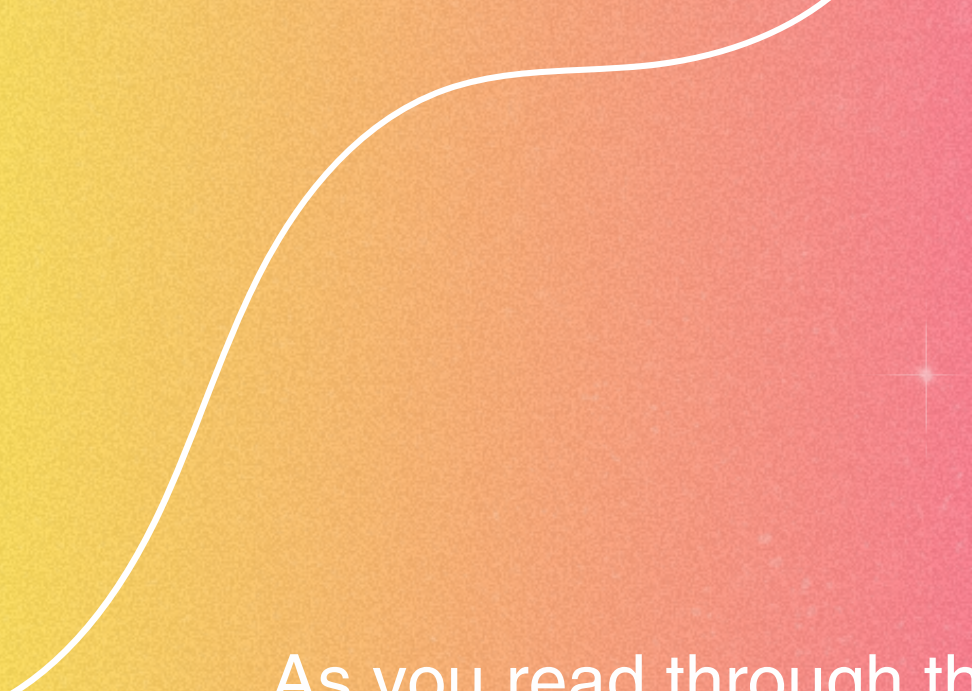
Exploring my Gender Identity & Expression

There are many different words, labels, and terms that pertain to varied gender identities and expressions.

You, what words best describe your gender identity?

The goal of this practice is to explore your own gender and identify the words that fit for your experience and how you express your gender.





As you read through the list of words, you may have seen one word or phrase that clearly fits you. Or you may have selected several. Or maybe none of the words fit.


There is space to add more words that are more fitting for you!



Notice which words make you **feel at ease**.

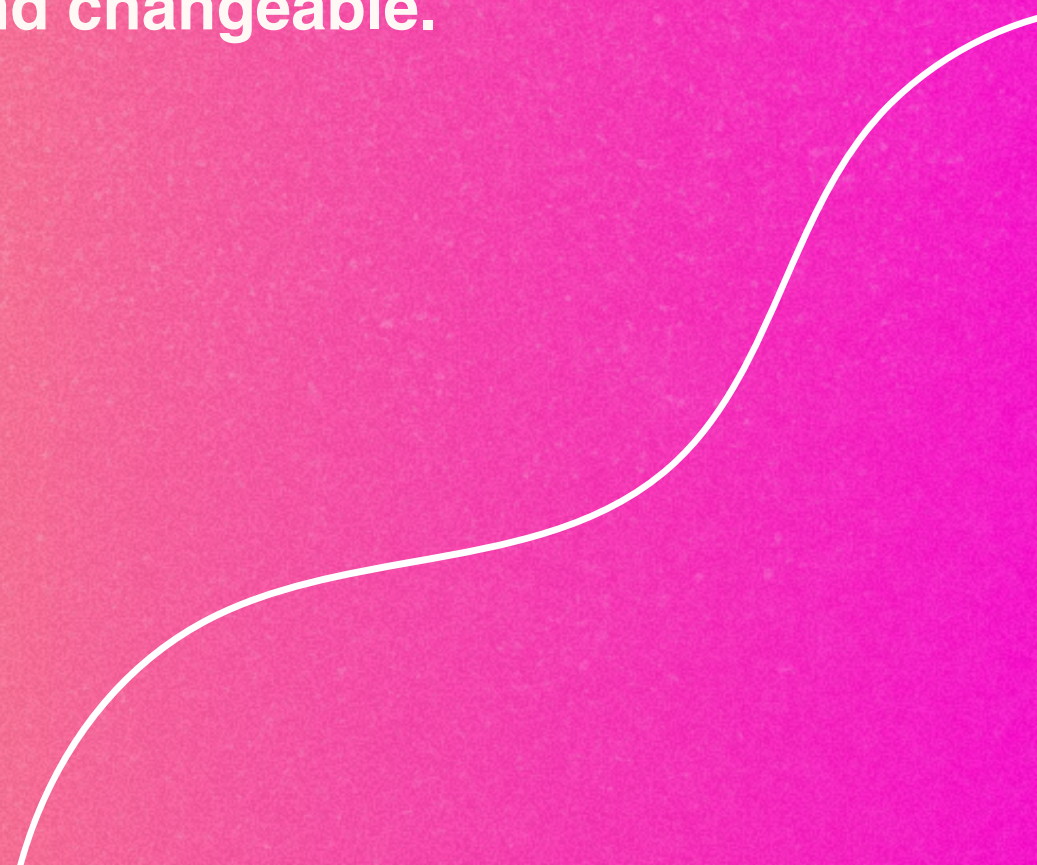
Gender Identity and Expression


- Bigender
- Boi
- Cisgender
- Gender Neutral
- Gender Nonconforming
- Gender Variant
- Genderfluid
- Genderqueer o Queer
- Non-binary
- Femme
- Masc
- Transfeminine
- Transgender woman
- Transgender
- Transmasculine
- Transgender woman
- Babae
- Lalaki
- _____
- _____
- _____
- _____



Being able to name your own gender identity
and expression with words that fit you
contributes to self acceptance.

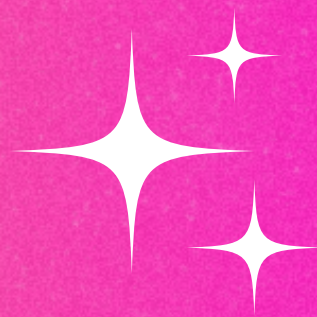
No one gets to tell you how you identify your gender
—that is up to you. And the way you may identify
your gender can be **fluid and changeable**.





**“The world makes you
something that you’re not – but
you know inside what you are.”**

Geena Rocero, 2014



RAINBOW FUND

THE PROJECT

