

Know the difference between sex, gender and sexuality

Note, these concepts differ across cultures and languages.

Indigenous terms may involve a more holistic understanding of these aspects of identity.

There are important differences between sex, gender, and sexuality.

Sex:

refers to particular characteristics of bodies, including reproductive organs, genitalia, hormones, and chromosomes

is often seen as a binary: male or female

there is however considerable physical variation within these physical characteristics, and

the term intersex describes those who do not fit this traditional binary.

Gender:

gender identity refers to how you identify your gender internally, regardless of the sex of your body

gender expression refers to how you express your gender – masculine, feminine, both, neither, or in between.

Sexuality:

refers to who you are attracted to.

you may be attracted to people of the the same and/or differing sex or gender

you also may not be sexually attracted to anyone.

