

Developed by Hope Jubenvill
LGBTQ+ Project Lead
Edmonton Federation of Community Leagues

This document will address the T in LGBTQ+ acronym and will also explore the non-binary identity as well as commenting on genderqueer and gender non-conforming

First, important facts about gender

- Gender vs Sex:
 - In most situations sex and gender are used interchangeably but there is a difference between someone's sex and someone's gender.
 - Sex is biological and based off of sex characteristics such as genitals and secondary sex characteristics while gender is social or mental and relates to it's what we wear, how we act and most importantly what we identify for ourselves.
 - Gender is also assigned to us, most likely at birth based off of our sex. This is known as biological determinism, where our biology is used to attribute us gender.
- Gender Expression and Gender Identity:
 - When a person identifies as a man or a woman that is their gender identity. How they look or how they act and whether that is inline with how a gender is supposed to act, that is their gender expression.
- Gender Binary:
 - The gender binary is the idea that there are only two definitive genders, man and woman, with no grey area at all. In reality gender exists on spectrum with plenty of grey area and diversity present.

Identity Explanations:

- Transgender: A person whose gender identity does not align with the one they were assigned at birth
- Non-Binary: Someone whose gender identity calls outside of the gender binary or does not conform to the gender binary.

This document serves as supplementary material for the EFCL video series "Identity Education". To access that series please visit:



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- Genderqueer: someone who feels as though their gender does not fit within the gender binary and its norms. Can be very similar to non-binary.
- Gender Non-Conforming: A person whose behavior or appearance does not conform to the cultural and social norms about what their gender should do. Does not necessarily refer to a queer identity but can often be seen with trans and non-binary folk.

Things to Know:

- What cisgender means:
 - The term cisgender is the opposite of transgender, in how cisgender refers to a person whose gender identity does align with the one they were assigned at birth. Cisgender as well is not a slur or an offensive term for those who are not trans. It is merely a way of saying the above statement.
- Transgender, a noun, not a verb:
 - When using the term transgender, it is a noun, not a verb. Someone can be transgender but someone is not transgendered.
 - As well people do not become transgender, they are transgender and they transition
- Transsexual and Transvestite:
 - These two terms used to be more common and acceptable to refer to trans people but in recent years they have definitely fallen out of favor and are moving towards making people uncomfortable or offended.

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- Importance of Pronouns and Names:
 - When it comes to trans and non-binary folk they often have preferred pronouns and names. Please use these preferred pronouns and names no matter what, even if there is a legal ground for it. For more information on the importance of pronouns and names check out the EFCL Pop Up video on this topic.
- Fluidity:
 - For some gender is a quite confusing topic and they may struggle with their identity for a long time. The important thing to note about this is to be supportive of their identities as each of them is valid
- Respect for Privacy and Process:
 - An important thing to know about someone's transition is that it is not just "The Surgery". The surgery is bottom surgery or gender reassignment surgery and it's often seen as the transition in itself. This is not true as transitioning can include many other things and it is up to the trans person to makes them feel most comfortable
 - Final thing of note is to be polite. Someone's genitals or features of their body are personal and they do not s not need to be discussed to satisfy someone's curiosity. When it comes down to it, it's no one's business except for the trans person. It's best to not ask about state of transition or their genitals

For More information, please consider viewing the following links:

- <https://www.medicalnewstoday.com/articles/232363.php>
- <https://smartsexresource.com/topics/gender-identity-expression>
- <https://www.glaad.org/transgender/transfaq>
- <https://transequality.org/issues/resources/understanding-non-binary-people-how-to-be-respectful-and-supportive>

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