

# Learning Pathway

## Exploring Gender *Recommended for Adults*

### **What is Gender?**

As defined on The Trevor Project's "Trans + Gender Identity" web page: "...gender is actually a social construct" (<https://tinyurl.com/y5c45nqu>). What this means is that gender is something that has been created by humans to help them understand and categorize people, experiences, things in the world around them, and themselves. The social constructs that people use to understand gender vary across cultures, countries, races, and ethnicities. Through the lens of these constructs, people are able to explore their own gender identity.

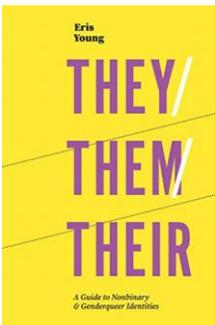
The spectrum of genders is expansive, and includes identities such as agender (without gender), gender fluid (having a non-fixed gender), man, woman, nonbinary (neither man nor woman), and a plethora of other descriptive terms to use for gender. While a complete list is impossible to create, a list of some widely used terms to describe gender can be found at teentalk.ca: <https://tinyurl.com/yx8y3a5q>

Gender identity is not the same as gender expression. Gender expression is how someone presents themselves to the outside world. This includes the way they dress, act, speak, or move. Gender identity and gender expression do not have to reside on the same place of the gender spectrum. This YouTube video, provided by amaze.org, presents a good explanation on the difference between gender identity and gender expression: <https://tinyurl.com/ycbh4wd7>

Gender is also not a reflection of the personal pronouns someone chooses to use. For example, a person who is nonbinary can choose to use the pronouns he/him/his. As is the case with terms to describe gender, there is a plethora of pronouns that people can choose to use to refer to themselves. A complete list is impossible, and memorization is unnecessary, as people can correctly identify themselves with new or unfamiliar terms and words. Some more information and a short list of some widely used pronouns can be found at the Williams College website: <https://tinyurl.com/yaetf6d9>. Always keep in mind that someone's pronouns can't be assumed, and if there's any uncertainty, ask.

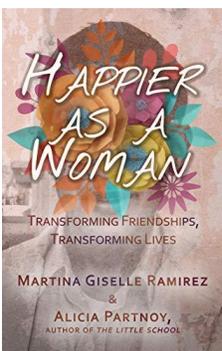
It is important to remember that the language used around gender is ever-changing and evolving. Learning and adapting to new information can be challenging, but also rewarding. Self-education on the topic is important and can be fulfilling as one discovers new things about their own gender and gender expression. There are seemingly endless resources available on the topic of gender, with more and more being published online and off all the time.

## Books



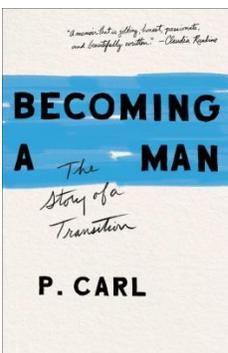
***They/them/their : a guide to nonbinary and genderqueer identities* by Eris Young**

This book discusses varying gender identities using interviews and the author's own research and experiences. Young speaks on how their identity impacts every aspect of their life, from love and relationships to work to their own sense of self. This book also provides a history of nonbinary and genderqueer identities. Catalog Link: <https://tinyurl.com/theythemtheir>



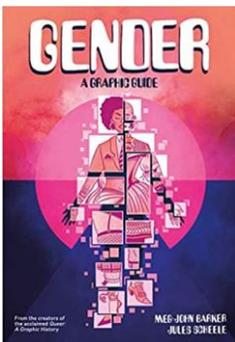
***Happier as a woman : transforming friendships, transforming lives* by Martina Giselle Ramirez**

Martina Giselle Ramirez, a Mexican-American adopted by a less-than-accepting family, shares her story of coming out, exploring gender, and living as her true self. Catalog Link: <https://tinyurl.com/happierasawoman>



***Becoming a man* by P. Carl**

P. Carl writes his story of coming out as a transgender man in this memoir. Carl comes out later in life, and has to navigate what his coming out means for his established marriage, as well as other friendships and family relationships. Catalog Link: <https://tinyurl.com/carlbecoming>



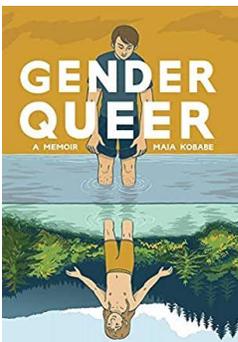
***Gender: a graphic guide* by Meg-John Barker**

This illustrated guide explores gender throughout time. From topics like toxic masculinity to feminism to challenging binary thinking, this book casts a wide net and provides overview of a lot of gender topics being talked about. Catalog Link: <https://tinyurl.com/barkergender>



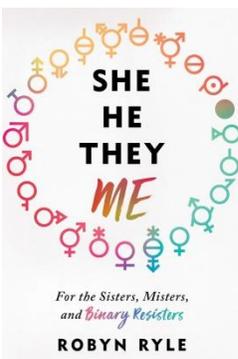
***Seeing gender: an illustrated guide to identity and expression* by Iris Gottlieb**

Gottlieb discusses the sociology, science, and history of gender in this illustrated guide. Catalog Link: <https://tinyurl.com/gottliebgender>



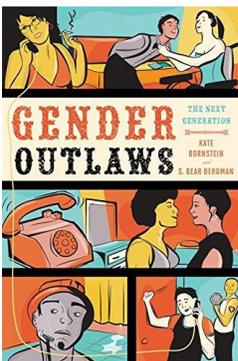
***Gender queer* by Maia Kobabe** on Overdrive

This graphic novel is one person's journey into discovering eir identity. Kobabe, who uses the pronouns e/em/eir, shares eir deeply personal story into how e came into eir gender and what it means to em. Catalog Link: <https://tinyurl.com/kobabegender>



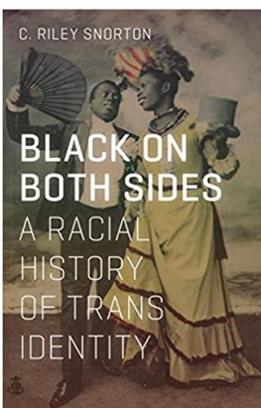
***He/she/they/me* by Robyn Ryle** on OverDrive

This choose your own adventure style book lets the reader discover and learn about how their gender is shaped by their culture and community. Readers can choose different paths each time, opting for one that conforms to their own choices, or one that they might want to read more about. Catalog Link: <https://tinyurl.com/heshetheyme>



***Gender outlaws: the next generation* edited by Kate Bornstein and S. Bear Bergman** on Overdrive

This book is a follow-up to the canonical Kate Bornstein book, *Gender outlaws*. In *Gender outlaws: the next generation*, the editors present the stories and lived experiences of people of varying genders, races, classes, and ethnicities. Catalog Link: <https://tinyurl.com/genderoutlaws>



***Black on both sides: a racial history of trans identity* by C. Riley Snorton**

Snorton tackles a lot in this book, discussing how trans identities and black identities have intersected throughout history. A new approach to history is offered, and new solutions and language are suggested. Catalog Link:

<https://tinyurl.com/blackonbothsides>

**Websites**

***Gender Unicorn* from Trans Student Educational Resources**

The Gender Unicorn allows people to fill out a chart to examine their own gender and sexuality. This model is a more modern version of the Gingerbread Person. Created by the people at [Trans Student Educational Resources](https://transstudent.org/), the Gender Unicorn can help people focus in on their own identity.

<https://tinyurl.com/2zwn4axh>

***Range of Gender Identities* by AMAZE Org on YouTube**

This YouTube video discusses the different genders people may embody. While it's not an all-encompassing, finite list of genders, it does touch on appropriate ways to talk about gender.

<https://tinyurl.com/yapp9h28>

***Sex assigned at birth and gender identity* by AMAZE Org on YouTube**

Another video by amaze.org, but this time, discussing how sex assigned at birth differs from gender. Sex assigned at birth does not determine gender, and this video tells viewers how and why those things might differ or be the same. <https://tinyurl.com/y99ox5gy>