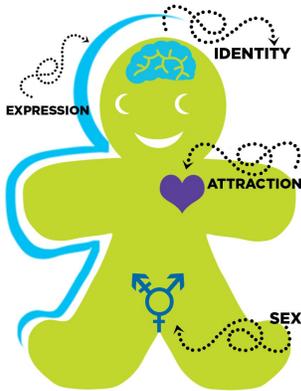


Gender Identity 101

Definitions | Statistics | Resources



Assigned Gender/Biological Sex: our assigned gender is what is assigned at birth, based on a newborn's genitals: penis = male, vulva = female. Sex itself has many more characteristics, including gonads, hormones, chromosomes, etc.

Intersex: While most bodies have one of two forms of genitalia, which are classified as "female" or "male," there are naturally occurring [Intersex](#) conditions that demonstrate that sex exists across a continuum of possibilities.

Gender Identity: our deeply held, internal sense of self as male, female, a blend of both, or neither; who we internally know ourselves to be.

Gender Expression: how we present our gender in the world and how society, culture, community, and family perceive, interact with, and try to shape our gender. [Gender expression](#) is also related to gender roles and how society uses those roles to try to enforce conformity to current gender norms.

How do you understand your gender identity?

A **Cisgender** person has a gender identity consistent with the sex they were assigned at birth. For example, a child whose sex was assigned male on their birth certificate and who identifies as a boy is cisgender.

A **Transgender** person has a gender identity that does not match the sex they were assigned at birth. So, a child who was assigned male on their birth certificate and who identifies as a girl is transgender.

A **Gender Non-Binary/Gender Fluid/Gender Expansive** person does not identify with either male or female exclusively.



Developmental Stages of Gender Identity:

- Ages 2 - 3 ½ years: Gender labeling
- Ages 3 ½-4 ½ years: Gender stability
- Age 6 years: Gender constancy¹

What does TRANSITIONING mean?

- Social transition: changing name, pronoun choice, clothing, expression
- Puberty blockers: puts a pause on natal puberty (GnRH analogs)*
- Hormones: gender-affirming hormone replacement therapy (testosterone or estrogen)*
- Sex-reassignment surgery: includes chest reconstruction surgery, genital reconstruction surgery²

RESOURCES:

LGBT Center OC: lgbtcenteroc.org

- Dannie Ceseña, Transgender Services Coordinator: 714-953-5428 ext: 338

LGBTQ Center Long Beach:
<https://www.centerlb.org/>

- Joel Gemino, Youth Services Manager: 562-434-4455 ext.227

UCI Pediatric Gender Diversity Program:
<http://www.ucirvinehealth.org/medical-services/pediatric-gender-diversity>

- For an appointment: 714-456-6025

Important Statistics:

- 1.4 million adults in the US identify as transgender
- .7% of youth ages 13-17 identify as transgender
- Transgender adults were 14 times more likely to think about suicide and 22 times more likely to attempt suicide than rates in the general population
- Family chose not to speak/spend time with them: 57%
- Harassed or bullied at school (any level): 50-54%
- Experienced discrimination or harassment at work: 50-59%
- Doctor or healthcare provider refused to treat them: 60%
- Suffered physical or sexual violence: At work: 64-65%; At school (any level): 63-78%

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¹ Kohlberg, L. (1966). A Cognitive-Developmental Analysis of Children's Sex-role Concepts and Attitudes.

² <http://transhealth.ucsf.edu/trans?page=guidelines-youth>