



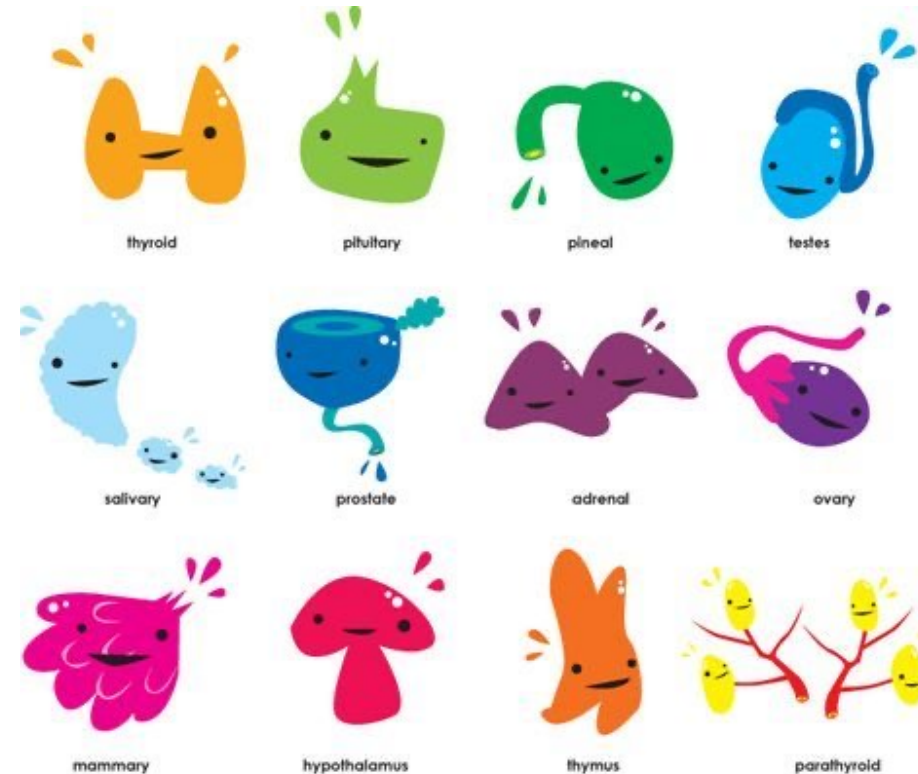
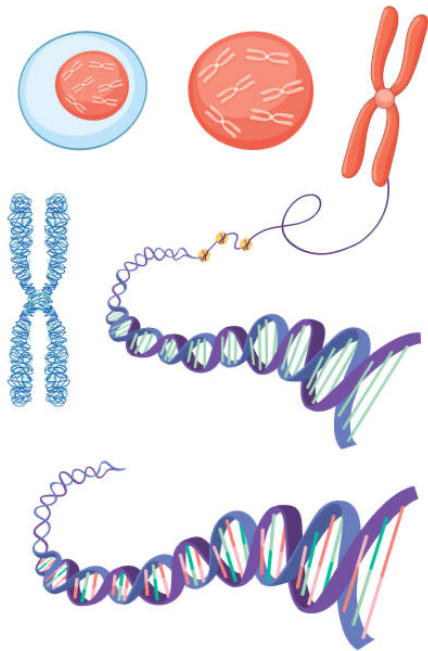
# SEX, GENDER, AND SEXUALITY SPECTRUM

Dr. Katie McBrine

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# SEX

**Biological elements of being female, male or intersex.  
Includes chromosomes, hormonal profiles, reproductive anatomy  
and other characteristics.**



# BEYOND XX AND XY

A host of factors figure into whether someone is female, male or somewhere in between

Humans are socially conditioned to view sex and gender as binary attributes. From the moment we are born—or even before—we are definitively labeled “boy” or “girl.” Yet science points to a much more ambiguous reality. Determination of biological sex is staggeringly complex, involving not only anatomy but an intricate choreography of genetic and chemical factors that unfolds over time. Intersex individuals—those for whom sexual development follows an atypical trajectory—are characterized by a diverse range of conditions, such as 5-alpha reductase deficiency (circled). A small cross section of these conditions and the pathways they follow is shown here. In an additional layer of complexity, the gender with which a person identifies does not always align with the sex they\* are assigned at birth, and they may not be wholly male or female. The more we learn about sex and gender, the more these attributes appear to exist on a spectrum.

—Amanda Montañez

\*The English language has long struggled with the lack of a widely recognized nongendered third-person singular pronoun. A singular form of “they” has grown in widespread acceptance, and many people who do not identify with a binary gender use it.

## The Gender Spectrum

A transgender woman is a person who was assigned male at birth based on her anatomy but who identifies as a woman.

A cisgender woman is a person who was assigned female at birth based on her anatomy and who also identifies as a woman.

A nonbinary person is someone who identifies as neither completely female nor completely male. Such an individual may identify with both genders or neither gender, or they may be gender fluid, meaning their gender fluctuates between female and male.

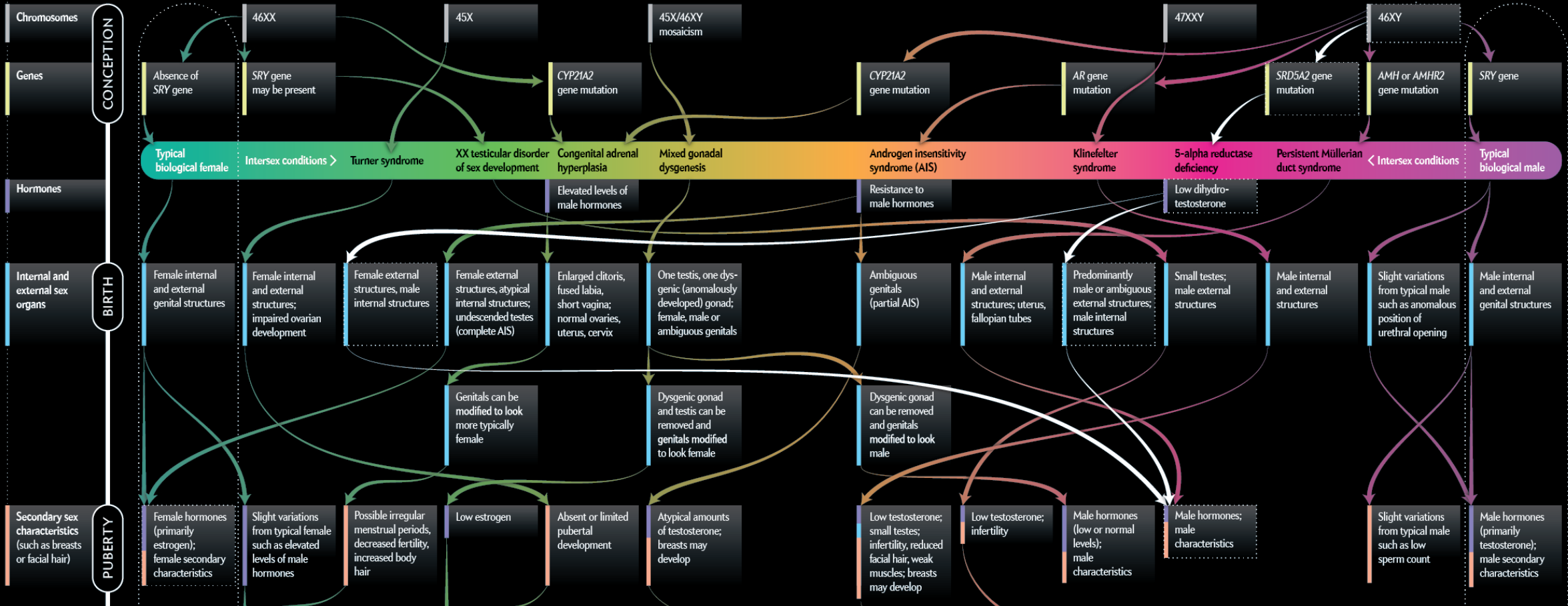
A transgender man is a person who was assigned female at birth based on his anatomy but who identifies as a man.

A cisgender man is a person who was assigned male at birth based on his anatomy and who also identifies as a man.

Sexuality refers to an individual’s sexual orientation or to the kind of person to whom they are attracted. Sexuality is also a spectrum but is separate from both sex and gender.

**5-alpha reductase deficiency** is an intersex condition that can follow multiple pathways throughout development. Affected individuals have a chromosomal makeup of 46XY, like a typical biological male, but a genetic mutation causes a deficiency of the hormone dihydrotestosterone. Patients’ external anatomy can vary, so an individual might be assigned to either sex at birth, but at puberty a surge of testosterone promotes male characteristics. As a result, patients who are raised as girls often end up identifying as male.

### FACTORS THAT DETERMINE SEX



# INTERSEX

**“General term used for a variety of factors in which a person is born with reproductive or sexual anatomy the does not seem to “fit“ the medical community's textbook definitions of male or female.”**



Information from The Language Guide by the Massachusetts Transgender Political Coalition

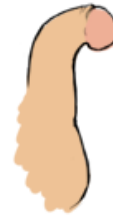
# WARNING: ANATOMY PICTURES



Aphallia  
where the first two sections of the genitals don't develop. Equally common in both genders



Clitoromegaly  
found in females, the clit is usually 'reduced' to an 'acceptable female standard'



Chordee  
where the head of the penis formed as if it were female while the other parts continued on as male

ovotestis, formerly called 'true hermaphroditism' occurs very rarely in humans, and is considered an intersex condition. What it technically means is that the individual has both ovarian and testicular tissue present. However there are no documented cases of both of these organs functioning properly. People with ovotestis have genitalia that takes on many shapes and forms, here are some I've seen on real people,



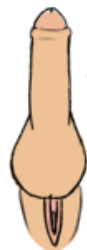
This is the most female looking example. Basically the clitoris has enlarged considerably and formed a pseudophallus.



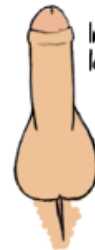
Here the labia comes together to form the base of the penis, sometimes the split goes up the penis itself



This example has the penis and labia more separated. It also appears more like the penis is coming from the pelvis like a traditional penis would. Sometimes a small clit may be seen.



In more male developed genitalia, there are balls, and snugly underneath there is a vagina. Usually in this case the person has a shortened vaginal canal.

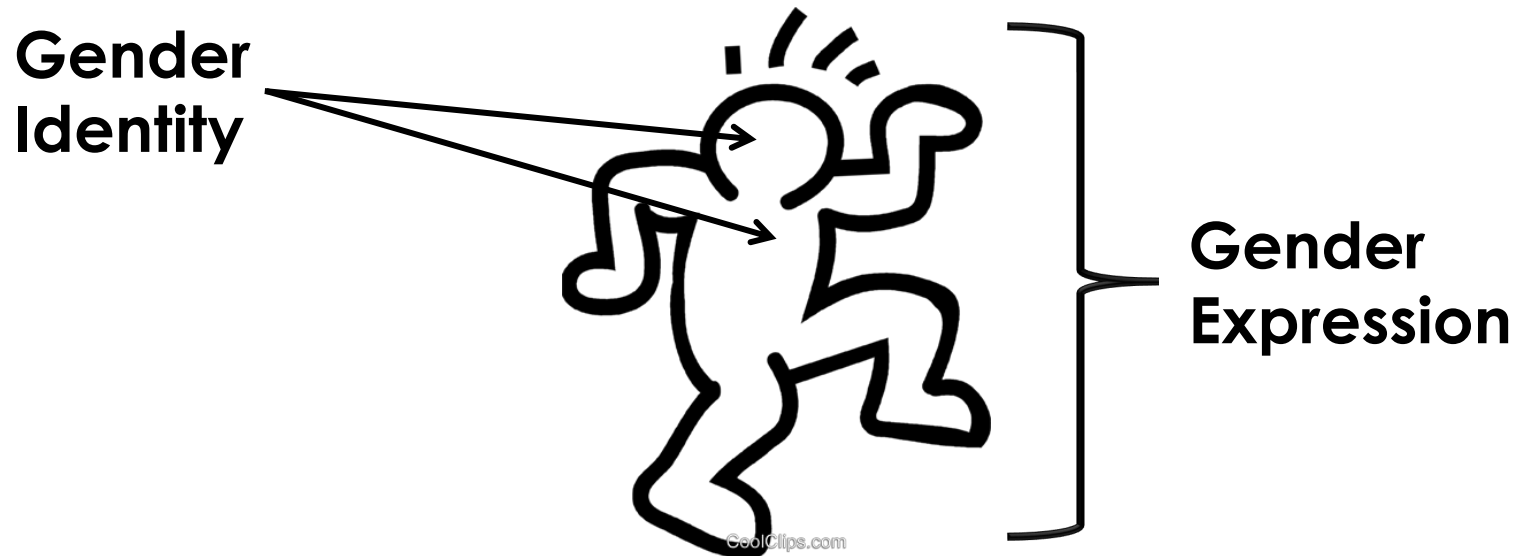


In this case the genitalia look almost completely male. However there is a vaginal canal despite a missing labia. Again the vaginal canal is probably shortened.

# GENDER

**Gender Identity:** A person's internal sense of what their own gender is, who they are as a woman, man, both, neither, etc. Not a choice.

**Gender Expression:** How a person outwardly exhibits their gender, typically through clothing, hairstyle, makeup, grooming, behavior, mannerisms, actions, etc. Choices can be made around expressing.

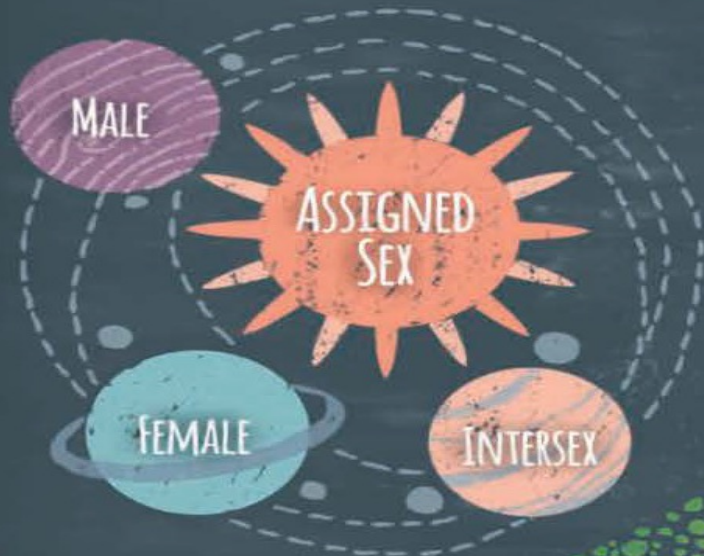


# Gender Galaxy

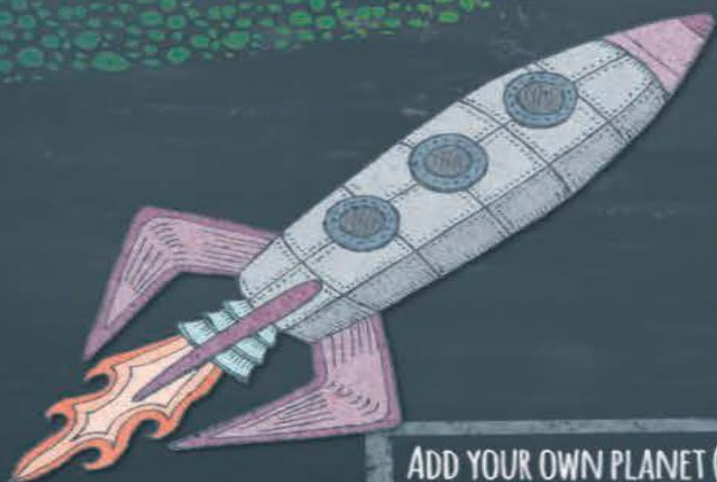
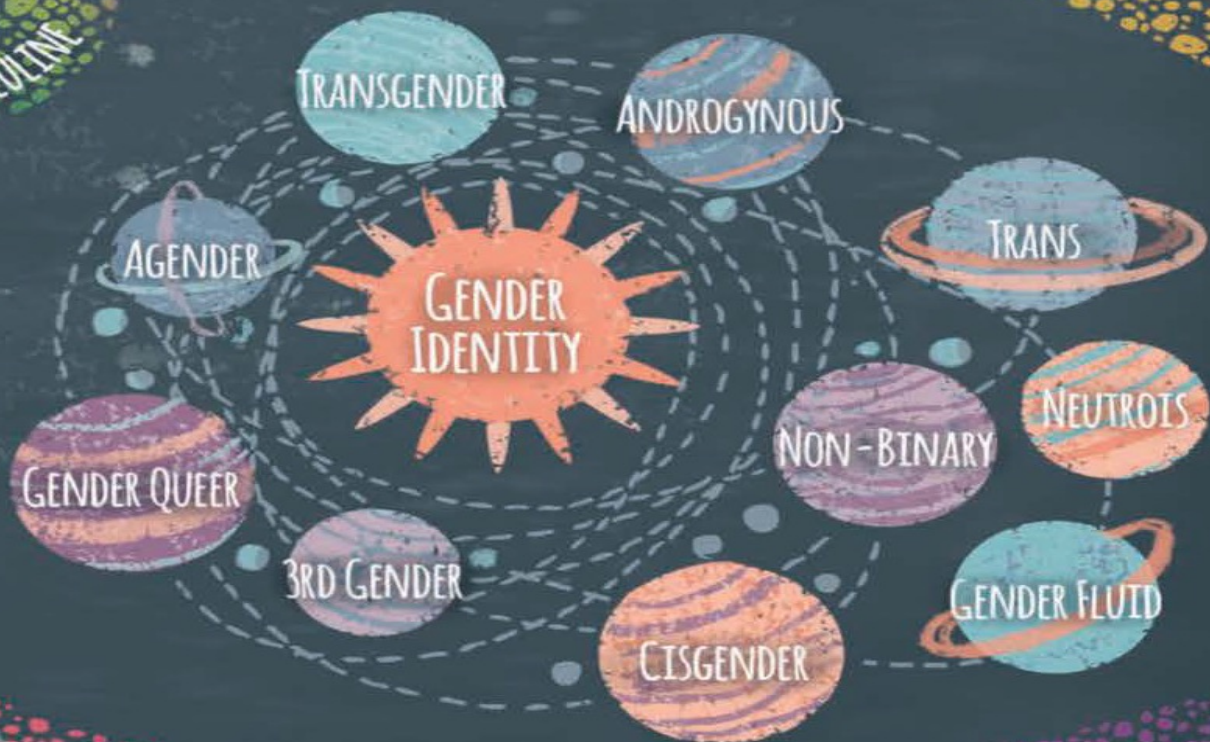
TWO SPIRIT  
GALAXY



SEXUALITY  
GALAXY



FEMININE  
GENDER EXPRESSION = INFINITE POSSIBILITIES  
MASCULINE



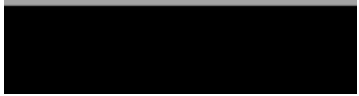
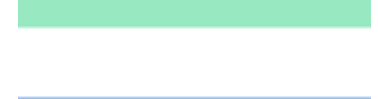
ADD YOUR OWN PLANET (COMET OR MOON)!  
MAKE YOUR OWN SOLAR SYSTEM OR GALAXY!



# SEXUALITY

**SEXUAL ORIENTATION:** A person's emotional, romantic, and/or physical, and/or sexual attraction to others.

**SEXUAL EXPRESSION:** The variety of ways a person expresses their sexuality, including the kinds of sexual activities they like to participate in.





# SEXUALITY

**ROMANTIC ORIENTATION:** The ways that people can experience romantic and emotional attractions.

**Can be separate from or connected to sexual and/or physical attraction.**

**Sexual orientation and romantic orientation are not necessarily distinct identities; they are interrelated.**

**AROMANTIC ≠ ASEXUAL**

AROMANTIC (ARO)  
=  
NO ROMANTIC  
ATTRACTION  
(but may experience  
sexual attraction)



ASEXUAL (ACE)  
=  
NO SEXUAL  
ATTRACTION  
(but may experience  
romantic attraction)



AROMANTIC  
AND  
ASEXUAL  
(ARO/ACE)  
=  
NO ROMANTIC  
AND NO SEXUAL  
ATTRACTION

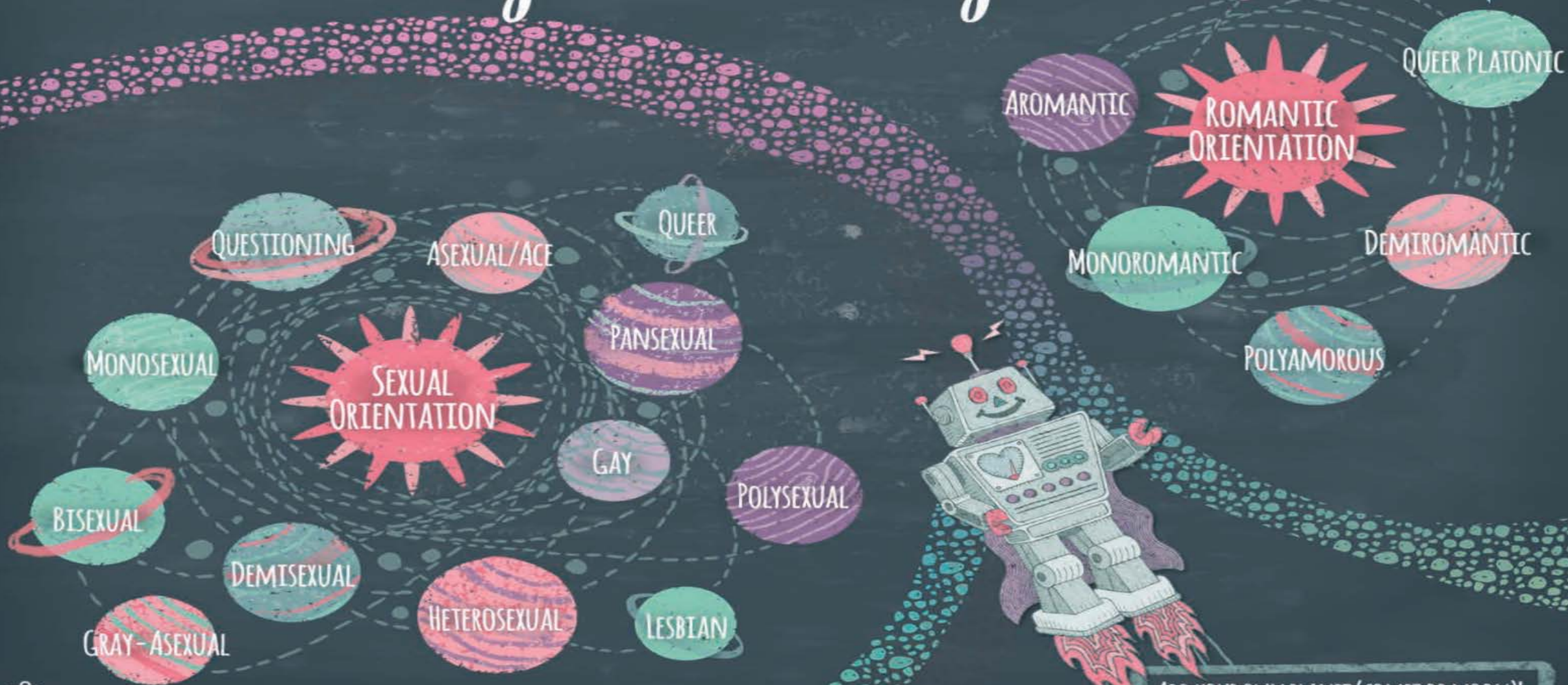


# Sexuality Galaxy

TWO SPIRIT  
GALAXY



GENDER  
GALAXY



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# RESOURCES

- <https://amaze.org/>
- <https://www.queerkidstuff.com/>
- <https://www.bagly.org/the-agly-network>
- <https://www.masstpc.org/resources/>
- <https://www.actioncanadashr.org/gender-and-sexuality-galaxies>
- <https://www.scientificamerican.com/article/beyond-xx-and-xy-the-extraordinary-complexity-of-sex-determination/>
- <https://www.hinghamprideproject.com/>
- <https://hinghamunity.org/>