



**PRONOUNS:** The pronouns a person uses correlate with their gender identity and how people should address or refer to them.

(Examples of Pronouns: they/them, she/her, he/him, ze/hir, she/they, he/they, none).

It's important to remember that we do not call people "it", as this has been used as a trans and genderqueer slur historically.

**CISGENDER:** Your sex assigned at birth matches your gender identity, and you identify within the gender binary of man or woman.

(Example: you were assigned female at birth, and you identify as a woman) (Pronouns: he/him, she/her).

**TRANSGENDER:** Your sex assigned at birth does not match your gender identity and may or may not identify within the binary.

(Example: you were assigned male at birth, but you identify as a woman) (Pronouns: he/him, she/her, they/them, she/they, he/they).

**NON-BINARY:** Your sex assigned at birth does not match your gender identity, and you do not identify within the binary.

(Example: you were assigned female at birth, but you don't identify as a man or a woman) (Pronouns: they/them, he/they, she/they)

## GENDER IDENTITY RESOURCES

### Centre of Gender and Sexual Diversity MacEwan (CGSD)

Roundhouse 11-888, Allard Hall  
11110 – 104 Avenue  
Mon to Fri, 9 a.m - 5 p.m

[macewan.ca/campus-life/  
centre-for-sexual-and-gender-diversity](http://macewan.ca/campus-life/centre-for-sexual-and-gender-diversity)  
780.497.4363 • [csgd@macewan.ca](mailto:csgd@macewan.ca)

### Pride Centre of Edmonton

2nd Floor, 10618 105 Avenue NW  
[hello@pridecentreofedmonton.ca](mailto:hello@pridecentreofedmonton.ca)  
780.488.3234 • [pridecentreofedmonton.ca](http://pridecentreofedmonton.ca)

### Canadian Mental Health Association (CMHA)

CMHA Alberta Division  
320 Ledgeview Business Centre  
9707 – 110 Street NW  
[alberta.cmha.ca/lgbtq2s-resources](http://alberta.cmha.ca/lgbtq2s-resources)  
780.482-6576 • [alberta@cmha.ab.ca](mailto:alberta@cmha.ab.ca)

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More information about Resources available in Edmonton and Alberta is accessible by calling 2-1-1

To access additional support resources or to book an appointment with a trained Peer Support volunteer visit:

[samu.ca/peersupport](http://samu.ca/peersupport)



[samu.ca/peersupport](http://samu.ca/peersupport)

 @SA\_macewan  /SAmacewan  
 @SAMacewan  /SAmacewan

The Students' Association of MacEwan University (SAMU) is a non-profit organization working independently from MacEwan University to support students.

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STUDENTS' ASSOCIATION

# EXPLORING GENDER IDENTITY

How people understand gender and the language around it is vast. Here is some information to support us in understanding our own and other folk's gender.

**PEER SUPPORT**



Did you know MacEwan has the biggest 2SLGBTQIA+ campus in Alberta? This guide will help you understand some of the language and identities that gender encompasses. Many gender identities exist. Below is a breakdown of some of them for us to learn about gender identity.

## UNDERSTANDING SEX AND GENDER

**SEX:** Based on certain biological factors (such as reproductive organs, genes, and hormones).

**GENDER:** How someone identifies internally and expresses externally (people may use clothing, appearance, and behaviour to express the gender they identify with. This often involves people's ideas of masculinity and femininity).

### GENDER BINARY (THE BINARY):

The idea/social construct that there are only two genders (Men and Women); this also extends to sexes (Male and Female). There are more than two genders and sexes. The binary does not include all identities and bodies.

**INTERSEX:** A person may have the genes that people may associate with being male or female, but their reproductive organs, genitals, or both may look different.

**GENDER IDENTITY:** Refers to a person's understanding and relationship with their gender.

**GENDER EXPRESSION:** Refers to how a person expresses themselves to others and how they want the world to see them.

### GENDER FLUID/GENDER QUEER:

Your gender identity and presentation shift between or outside society's expectations for the assigned sex or assumed gender.

*(Example: you were assigned male at birth, and some days people perceive you as a man and other days perceive you as a woman or neither).*

*(Pronouns: Gender Fluid/Gender Queer folks may have any combination of pronouns, use different ones at specific times, or respond to any pronouns at all times. It's up to the individual).*

**TWO SPIRIT:** Two Spirit is an umbrella term encompassing different sexualities and genders in Indigenous communities. There are many definitions of Two Spirit, which may or may not describe Indigenous peoples' experiences and feelings of masculinity and femininity.

This cultural term is for people who identify as Indigenous.

Two Spirit people may or may not identify as part of the LGBTQIA+ community, because they transcend colonial definitions of gender and sexuality.

### THERE ARE ALSO MANY OTHER GENDERS, SUCH AS;

**AGENDER:** Does not have a gender or identify with a gender.

*(Pronouns: May not use pronouns and must be referred to by name only).*

**BIGENDER:** Identifies having two genders.

*(Pronouns: May have two sets of pronouns used at different times).*

**POLY/PANGENDER:** Identifies with and experiences/displays parts of multiple genders.

*(Pronouns: There may be multiple sets of pronouns or just one depending on the individual).*

**OMNIGENDER:** Identifies with and experiences all genders.

*(Pronouns: Often uses all pronouns).*

To learn more about other 2SLGBTQIA+ identities, please check out our other resource: Exploring Attraction: Experiencing Sexual and Romantic Attraction.