

GENDER TEDDY



TRANS* SUPPORT
Fachstelle für trans* Beratung und Bildung

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GENDER EXPRESSION

The way you dress, your make-up, how you present and portray yourself, your outward appearance. Your behaviour, gestures, facial expressions and movements. Your hobbies, skills and favourite colours. And how these are interpreted by others.

PHYSICALITY

Every body is different, our appearance and our physical sexual characteristics are different and individual, too. In Germany, babies are assigned one of only two officially recognized gender categories, male or female, at birth, based on how their bodies look from the outside. Internal sexual anatomy, chromosomes and hormonal status play little role in this classification. Since 2018, babies can also be classified into the “diverse” category. However, diverse is not a gender or a gender category, but can be chosen when a baby cannot be clearly interpreted as female or male. The body and physical sexual characteristics are not static, but can change over the course of life.

ASSIGNED GENDER – GENDER MARKER

The gender that was assigned at birth, based on the decision of medical professionals, and that was entered in a legally binding manner. The assigned gender corresponds with their gender identity for cis people, but not for trans people. But the assigned gender always has something to do with a person’s individual history. To describe a person’s history, the abbreviations *AMAB* (Assigned Male At Birth) and *AFAB* (Assigned Female At Birth) can be used.

IDENTITY - GENDER IDENTITY

Your gut feeling, who you are in your head and in your heart. How you know yourself. The gender you identify with. Where you feel you belong. For example: *abinary*, *non-binary*, *male*, *female*, *genderfluid*, *agender*. Gender identity does not have to match your assigned gender or gender expression. Gender identity says nothing about a person’s romantic and sexual identity.

SEXUAL ORIENTATION - SEXUAL IDENTITY

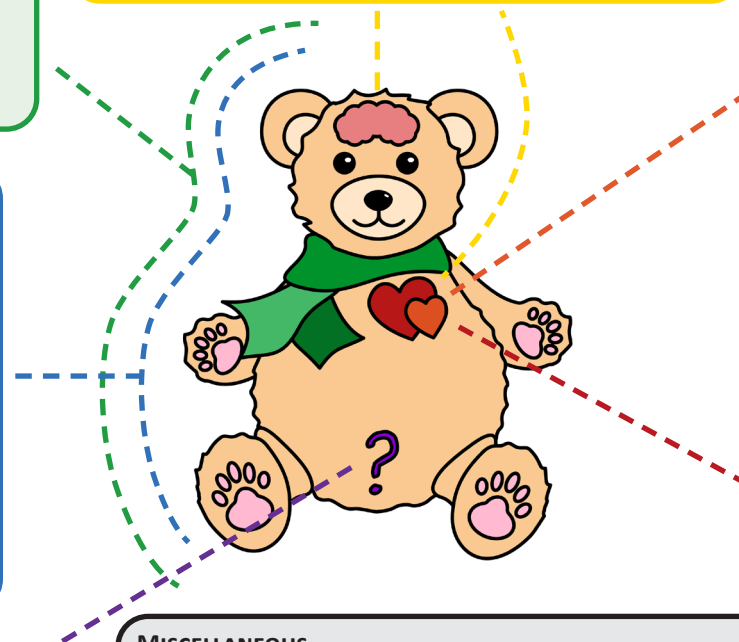
Sexual orientation is not related to gender expression and gender identity. It describes with whom a person wants to have sex with or have a sexual relationship with. For most people, romantic and sexual orientation are identical, but this may not always be the case. There are many variations of sexual identity, e.g. *pansexual*, *polysexual*, *queer*, *gyno/femmesexual*, *androsexual*, *skoliosexual*, *asexual*, *sapiosexual*, *gay*, *lesbian*, *bisexual*, *homosexual*, *heterosexual*.

ROMANTIC ORIENTATION

Romantic orientation has nothing to do with gender expression and gender identity. It describes with whom a person falls in love with or would like to have a romantic relationship with. Like sexual orientation, romantic orientation is very diverse.

MISCELLANEOUS

- You may have noticed that the term “*trans*” has hardly been used so far. This is because trans is neither a romantic or sexual orientation nor a sexual or gender identity. Trans is an adjective that indicates that a person’s gender identity does not match the gender assigned to them at birth. People who have been correctly assigned are cis. A cis person has a different history and different experiences than a trans person, but this does not necessarily affect one’s gender identity.
- In society, people are usually encouraged from an early age to behave and develop in accordance with the social expectations of the gender they were assigned at birth. This may be unconsciously, intentionally, through the attitudes of their environment, their parents, or through beliefs that have grown within them. This is often particularly difficult for trans people.
- In some cases, a sexual identity may also be close to, or defined as, a gender identity. Examples: Butch is a term for women who identify as lesbian, who present themselves as very masculine, but who are women. Some queer people also relate their queerness to their identity.
- Some people have problems with all these labels, they don’t want to be put in a box. For others, the labels can show that there are other, previously unknown ways of perceiving, feeling and living one’s gender and sexuality. And this can be very liberating!



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