

GENDER, SEX, AND ATTRACTION

We made these handouts to use easy words and examples to explain gender, sex, and attraction.

We think these handouts can help people with intellectual and developmental disabilities to understand gender, sex, and attraction.

Gender, sex, and attraction are complicated. It was hard to explain. We tried our best to make it honest and clear.

Gender, sex, and attraction are private for many people. You should never make someone talk about it if they don't want to. People should not be forced to tell others about their gender, sex, and attraction.

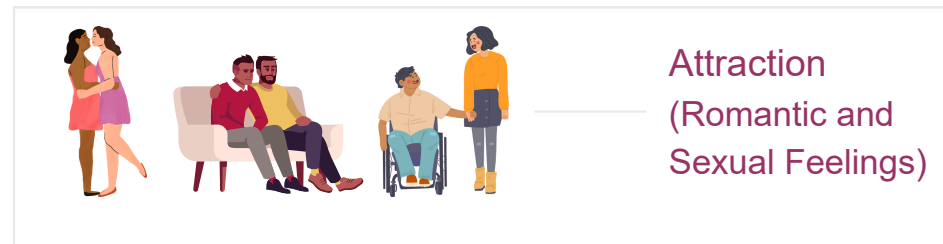
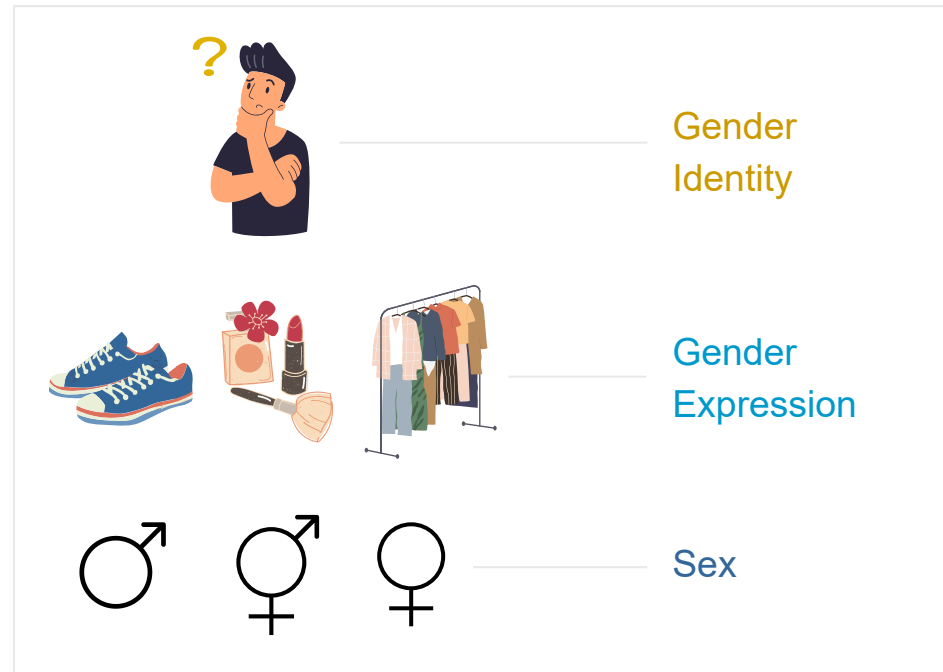
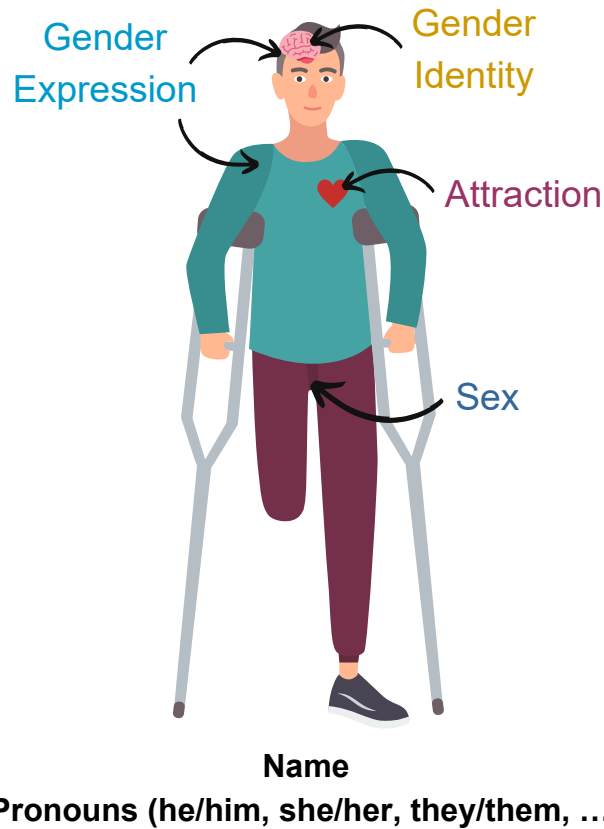
We hope you will use these handouts to teach people. Some people might want to fill in page 5 to think about how they feel. They can decide if they want to talk about their own personal feelings.

We are glad that you are supporting people with IDD to learn about gender and sexuality.



ELEVATUS TRAINING
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

WHAT IS GENDER? WHAT DOES IT MEAN?



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GENDER, SEX, AND ATTRACTION



Gender Identity

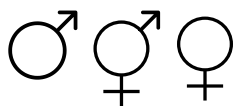
Your gender identity is the gender you feel that you are. Your gender identity is how you feel inside your mind and the words you use to describe your gender. Some gender identities are: woman, man, non-binary, gender fluid, and agender. There are many different gender identities.



Gender Expression

Your gender expression is how you show your gender on the outside. People express their gender with their style and actions. Clothes, hair, make up, body shape, and voice are some of the ways that people express their gender.

Sex



When a baby is born, the doctor labels the baby with a sex. A baby with a penis is labeled “male.” A baby with a vagina is labeled “female.” Some people are intersex. Intersex people have a mix of some male body parts and some female body parts. Doctors also label a person’s sex based on their DNA or the changes during puberty.

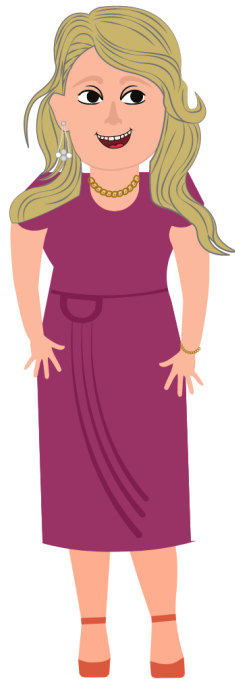


Attraction (Romantic and Sexual Feelings)

Some people feel romantic feelings for other people. Some people have sexual feelings for other people. This is called attraction. People of all different genders can feel attracted to other people for many different reasons. Some people do not feel romantic or sexual feelings.

PAULINE'S EXAMPLE

My name is Pauline.
I go by the pronouns she and her.



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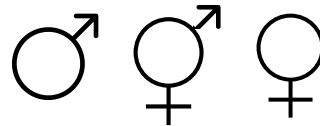
Gender Identity

I identify as a woman.



Gender Expression

I like to have long hair. Sometimes I wear dresses. I also like wearing jeans and a t-shirt. I take Estrogen hormones because I like how it shapes my body.



Sex

I was born male.



Attraction

(Romantic and Sexual Feelings)


I am interested in dating men.

WHO ARE YOU?

My name is _____.


I go by the pronouns _____.

Draw yourself here





My gender identity is:

I express my gender by:



My sex is:





I feel attracted to:



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