

# What is SOGIE?

## Sexual Orientation:

Someone's sexual, romantic, and/or emotional attraction. Attractions, behaviors, and identities are not always necessarily consistent.

## Gender Identity:

Someone's internal, personal sense of their own gender as a man, woman, both, or neither. Someone's gender identity cannot be assumed based on perceived gender expression or body characteristics.

## Gender Expression:

Someone's self-presentation, such as their external appearance (e.g., clothing, hairstyle, etc.), mannerisms, and interests — which can be deemed "feminine," "masculine," or both, according to society. Gender expression can change over time and in different contexts, and it does not always match societal expectations for someone's sex assigned at birth or gender identity.

## Intersex Variations:

Intersex is a general term for a variety of conditions in which an individual is born with variations in physical sex characteristics such as genes, hormones, or reproductive or sexual anatomy that do not conform with a binary construction of sex as either male or female.

## Sex Assigned at Birth:

Also "sex designated at birth", this refers to the classification of individuals as "female," "male," or "without designation" by a medical professional based on their external genitalia at birth. Not part of SOGIE.

## Gender diverse:

Gender diverse describes a person whose gender does not fit into binary gender definitions. This can include people whose identity falls outside of binary gender categories, people whose identity fluctuates between binaries, and people who reject conventional gender expectations.

Some gender diverse people describe themselves as "nonbinary," "gender queer," "gender fluid," or "gender diverse."

## Connect with Us!

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<https://linktr.ee/TheQCorner>

<https://linktr.ee/SCCTransCare>

- Peer Connection
- Resources/Referrals
- Support Groups
- Gender Affirming Garments
- Educational Trainings



TheQCorner



SCCTransCare



# SOGIE GLOSSARY

SOGIE stands for:  
Sexual Orientation, Gender Identity, and Gender Expression.  
All individuals have a SOGIE.  
This guide is intended to help support and educate conversations around SOGIE.



# Sexual Orientation:

## Lesbian/Gay:

Someone who is primarily attracted to individuals of their same gender.

## Bisexual:

Someone who is attracted to two or more genders (traditionally defined as attraction to both men/boys and women/girls).

## Pansexual:

Sexual and/or romantic attraction to anyone regardless of the other person's gender identity.

## Queer:

An umbrella term to describe sexual and gender identities other than heterosexual and cisgender.

## Asexual:

Someone who experiences little or no sexual attraction. Asexuality is a spectrum, and some asexual people may experience other types of attraction and desire (ie: romantic, emotional, etc.).

## Two-Spirit:

Two-Spirit refers to the commonly shared notion among many Native American/Alaskan Native tribes that some individuals naturally possess and manifest both masculine and feminine spiritual qualities. Persons who identify as Two-Spirit are Indigenous by bloodline and can embody multiple LGBTQIA+ identities.

## Demisexual:

Someone who does not form sexual attraction unless a strong emotional connection is formed first.

## Heterosexual/Straight:

Someone who is attracted to people of the opposite gender.

## Questioning:

Someone who is questioning or exploring their attraction.

# Gender Identity:

## Cisgender (Cis):

An adjective that describes someone whose gender identity aligns with the sex they were assigned at birth.

## Transgender (Trans):

An adjective that describes someone whose gender identity does not align with the sex they were assigned at birth (e.g., trans woman, trans man, non-binary, genderqueer, agender, etc.). This is an umbrella term, though not all nonbinary people identify as transgender.

## Gender Expansive:

An umbrella term often used to describe children and youth whose gender expression and identity reach beyond what is perceived as the expected gender norms for their society or context.

## Agender:

Denotes 'without gender'. This is often used as an adjective for people who do not identify with or conform to any gender.

## Nonbinary:

An umbrella term used to describe individuals who do not identify exclusively as men or women. This may include identifying with multiple genders (either simultaneously or at different times), not with any gender, and/or as genders that are between or beyond the gender binary.

Nonbinary can be used as a term for many gender diverse identities (e.g., genderfluid, polygender) or as an identity label itself.

## Genderqueer:

Most commonly used to describe a person who feels that their gender identity does not fit into the socially constructed "norms" associated with their sex assigned at birth/biological sex. Genderqueer is an identity that falls anywhere between or outside man/boy/male and woman/girl/female on the spectrum of gender identities.

## Two-Spirit:

Two-Spirit refers to the commonly shared notion among many Native American/Alaskan Native tribes that some individuals naturally possess and manifest both a masculine and feminine spiritual qualities. Persons who identify as Two-Spirit are Indigenous by bloodline and can embody multiple LGBTQIA+ identities.

## Questioning:

Someone who is questioning or exploring their gender.