Considerations of Sexual and Gender Diversity
What Makes This Topic Challenging to Discuss?

- Finding an Acceptable Language
- Fear of Offending
- Uncertainty of Our Own Knowledge
- Fear of Showing Our Bias
What Makes This Topic Challenging to Discuss?

- “The Identities” Reality and “The Social Construct” Reality
- Everyone Has Their Own Experience
- Knowledge Base Is Ever Evolving
- Even the Experts Do Not Agree
How have we traditionally defined one’s sex and gender?

SEX
- MALE
- FEMALE

GENDER
- MASCULINE-MAN
- FEMININE- WOMAN
Those Binaries Do Not Work Anymore (And Never Really Have)

- To Be More Inclusive We Must Expand the Categories, Question Them, Challenge Norms
- How Do We Encourage People to Define Themselves?
How have we expanded our thoughts about SEXUAL IDENTITY?

- MALE
- FEMALE
- INTERSEX
- TRANSSEXUAL
- QUEER
How have we expanded our thoughts about GENDER?

- MASCULINE-MAN
- FEMININE-WOMAN
- ANDROGYNOUS/BIGENDER
- TRANSGENDER
- GENDER NON-CONFORMING
- GENDERQUEER
Early Development of Sexual Identity

- Ages 2-3 years
  - I’m a girl.
    You’re a boy.
    Mom’s a girl.
  - Unquestionable curiosity about body parts both theirs and yours
    - Playing doctor

Early Development of Gender Identity

- Ages 3-4
  - Dads don’t wear dresses
  - Girls play with dolls.
  - Usually initially adopted from family but also influenced by peers, media, teachers, etc.
Helpful Terminology

- **Assigned Sex**
  Sex is determined at birth usually based on the appearance of the external genitals.

- **Sexual Identity**
  A person’s internal sense of their femaleness, maleness, or some combo of both. Not always congruent
Terminology

- Gender Identity
  - The extent to which one identifies with or resists the gender role associated with one’s assigned sex.

- Gender expression
  How one chooses to express one’s gender identity through behavior, clothing, hairstyle, voice, etc.
How Is One’s Sexual Identity Determined?

**Biological Determinants**

- **Chromosomal**
  - Female (XX) and Male (XY)

- **Gonadal**
  - Female (Ovaries) and Male (Testes)

- **Hormone Levels**
  - Female (Estrogen and Progesterone) and Males (Testosterone)
Sexual Identity (cont.)

- Biological (cont.)
  - Internal organs
    - Female (Uterus and Vagina) and Male (Prostate and Seminal Vesicles)
  - External Appearance
    - Female (Clitoris and Labia) and Male (Penis and Scrotum)
Intersex

• Individuals with medically established physical, chromosomal, and/or hormonal attributes of both the male and female sex.

• Experts at medical centers report that in 1 in every 1500 to 2000 births a child is born with noticeably atypical genitalia resulting in a specialist in sex differentiation being called in for consultation. Surgery or not?
A person may be born with variations in the XX and XY chromosomes, e.g. Klinefelter Syndrome XXY or Turner Syndrome X.

Person might be born appearing to be female on the outside, but having mostly male-typical anatomy on the inside or vice versa.
Androgen insensitivity syndrome (AIS) is when a person who is genetically male (has one X and one Y chromosome) is resistant to male hormones called androgens. As a result, the person has some or all of the physical characteristics of a woman, despite having the genetic makeup of a man.

Congenital Adrenal Hyperplasia is most prevalent in females—more hair, baldness, irregular menstruation.
Transsexual

Individuals who seek to change or who have changed their primary and/or secondary sex characteristics through feminizing or masculinizing medical interventions (hormones and/or surgery), typically accompanied by a permanent change in gender expression. (Living out their gender)

They believe that they are not the sex they were assigned at birth.
An assessment for gender dysphoria is conducted by a qualified health professional before hormones are prescribed.

- Gender Dysphoria: People whose gender at birth is contrary to the one they identify with and who experience clinically significant distress.
Transsexual- WPATH Suggested Protocol

- In young patients hormone suppression to slow down puberty (12-16)
- Surgical treatments for gender dysphoria are initiated by a referral from a qualified mental health professional.
- Transition isn’t all or nothing.
What Is Clinically Significant Distress?

- Must be a marked difference between the individual’s expressed/experienced sex or gender and the sex or gender others would assign them and must continue for at least 6 months.

- In children, the desire to be the other sex must be present and verbalized. “I’m not a girl I am a boy!” “I’m a boy no matter how you make me dress!”
What Is Clinically Significant Distress?

- Clinically significant distress or impairment in social, occupational, or other important areas of functioning.

- Gender dysphoria is manifested in a variety of ways, including strong desires to be treated as the other gender or to be rid of one’s sex characteristics, or a strong conviction that one has feelings and reactions typical of the other gender.
Transsexual cont.

Trans Woman or MTF:

- Hair removal
- Breast enhancement
- Chondrolaryngoplasty – Reduce thyroid cartilage
- Face Feminization Surgery
- Sexual Reassignment Surgery/
  Sex Affirmation Surgery/Vaginoplasty
Transsexual cont.

Trans Man or FTM:

- Binding or Breast removal
- Hysterectomy,
  - Oophorectomy, Vaginectomy,
  - Phalloplasty, or
  - Metoidioplasty and Scrotoplasty
Gender Identity
Gender Identity

Transgender-

A diverse group of individuals who transcend culturally-defined categories of gender. The gender identity of transgender people differs to varying degrees from the sex they were assigned at birth

- Many who identify do not desire to change their sex
- While others may take hormones or have some or all surgeries related to gender performance
- They may take a new name
Gender Identity

Gender Non-conforming- a person’s gender identity, role, or expression differs from the cultural norms prescribed for people of a particular sex but they do not necessarily desire to change their sex.

Genderqueer- individuals whose gender identity and/or role does not conform to a binary understanding of gender as limited to the categories of masculine (man), feminine (woman).

Neutrois, Agender, Pangender- Other non-binary gender terms.

Cisgender- Someone who embraces and expresses a gender identity that is consistent with traditional gender expressions of their assigned sex.
Pronouns

- Common gender neutral pronouns
  - They
  - Xe
  - Ze
  - Hir

- Can go for a long time using a name
- “And what pronoun do you prefer?”
Where Does Drag Fit In?
Cross Dressing?
Sexual Orientation

Klein- multivariant and dynamic process

Sexual attraction

Sexual behavior

Fantasy

Emotional bonding

Self-identification
Sexual Orientation

- Lesbian
- Gay Male
- Same Gender Loving
- Bisexual
- Heterosexual
- Queer
- Pansexual/Omnisexual
- Asexual
- Demisexual
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