

# THE GENDERBREAD PERSON:

## **PURPOSE OF THE EXERCISE:**

This exercise aims to make clear the differences between gender, sex, and sexual orientation.

## **TIMING:**

30 minutes

## **NEEDED MATERIAL:**

Copies of the genderbread person (below).

## **HOW TO CONDUCT THE EXERCISE:**

Plot a point on both continua in each category to represent your identity, combine all ingredients to form your Genderbread. Then do the same for one of your best friends.

## **(THEORETICAL) BACKGROUND:**

Gender is one of those things everyone thinks they understand, but most people don't. Like inception. Gender isn't binary. It's not either/or. In many cases it's both. A bit of this, a dash of that.

## **REFERENCES:**

This exercise is a product on <http://itspronouncedmetrosexual.com/>

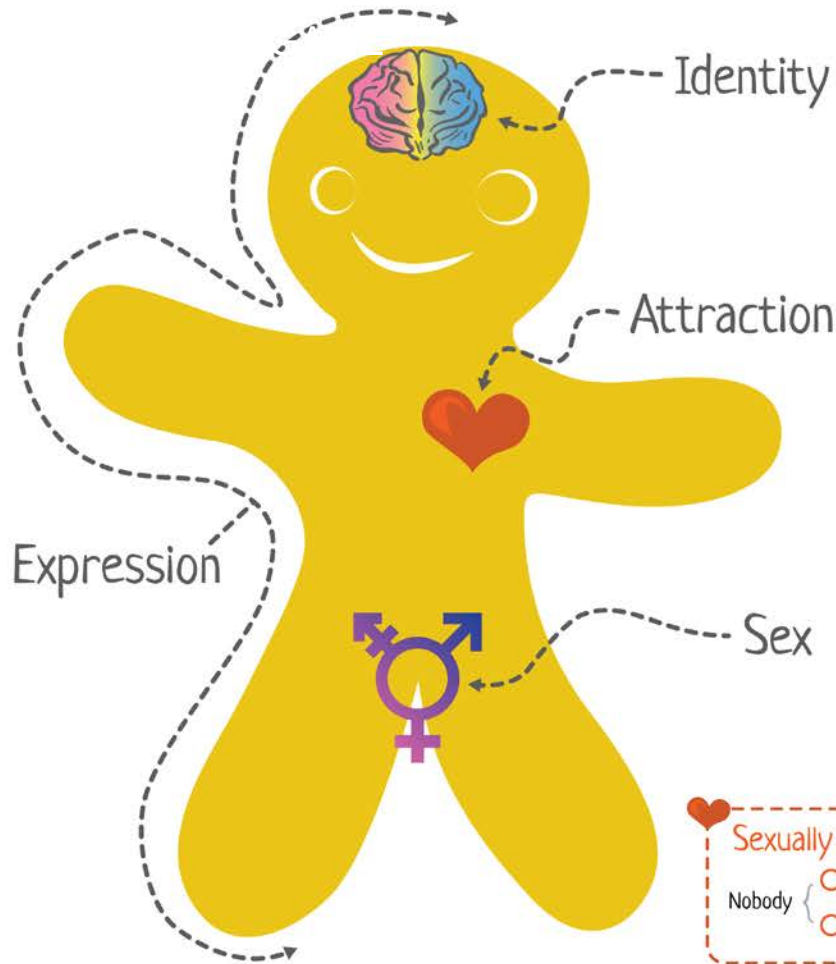
THE GENDERBREAD  
PERSON



# The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread. 4 (of infinite) possible plot and label combos

**Gender Identity**

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Woman-ness  
Man-ness

two-spirit  
genderqueer

Indicates a lack of what's on the right.

**Gender Expression**

The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

Feminine  
Masculine

butch  
femme  
androgynous  
gender neutral

**Biological Sex**

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness  
Male-ness

male  
female  
intersex  
MtF Female

**Sexually Attracted to**

Nobody { (Women/Females/Femininity)  
(Men/Males/Masculinity)

**Romantically Attracted to**

Nobody { (Women/Females/Femininity)  
(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>