



# Key Terms in Understanding

## Adolescent and Young Adult (AYA) Gender Diversity

Provided by AYA Interest Group  
APA Div 38

**Biological Sex:** Is assigned at birth and typically falls within the binary category of male or female.

This assignment is done on the basis of external genital anatomy, but can also be assigned based on chromosomes, and sex hormone levels<sup>1</sup>.

**Intersex, Intersexuality, and Disorder of Sex Development (DSD):** Refers to congenital conditions that contribute to atypical development of chromosomal, gonadal, or anatomic sex<sup>2</sup>.

**Gender Identity** is the deep internal sense of who one is and is not limited to binary categorization. This can include the internal sense of being a woman/female, a man/male, a combination of both, somewhere in between, or neither<sup>1</sup>. Gender identity is the result of multifaceted intersections between environmental conditions, biological traits, and cultural expectations. Gender identity also develops over time and ranges on a spectrum, and for some is fluid.

**Transgender:** Umbrella term referring to those whose assigned sex at birth doesn't align with their gender identity.

**Cisgender:** Those whose gender identity aligns with their sex assigned at birth.

**Gender Expression:** The way an individual displays their gender outwardly towards others<sup>1</sup>. This outward display of gender can be through clothing and hair style, social roles, and/or mannerisms expressed by an individual.

For a more robust list of Key Terms, please see APA's informational guide<sup>2</sup>: <https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt/key-terms.pdf>  
& The World Professional Association for Transgender Health (WPATH) Standards of Care<sup>3</sup>: <https://www.wpath.org/publications/soc>  
The Genderbread Person can also be used as a teaching and therapeutic tool to educate folk on gender diversity<sup>4</sup>: <https://www.genderbread.org>

### Gender Transition

**Gender transition<sup>5</sup>** is an umbrella term for the steps a transgender AYA and their family take to affirm their gender identity. Depending on the age, needs, and desires of the AYA, transitioning may include any combination of the following:

#### **Social Transition**

- ❖ Modifying social appearance, ways of referring to oneself, and interactions to align with gender identity (i.e. clothing, hair styles, make up, name/pronouns, playing on gendered sports teams, bathroom use, etc.)

#### **Legal Transition**

- ❖ Having one's gender marker and/or name changed on legal documents such as ID, passport, birth certificate, etc.

#### **Puberty Blockers**

- ❖ Preventing secondary sex characteristics from developing or continuing development (i.e. voice deepening, hair growth, menstrual cycle). Gonadotropin-releasing hormone analogs such as leuprolide and histrelin allow for this to happen.

#### **Gender-affirming Hormone Therapy**

- ❖ Being prescribed and taking hormones that align with identified gender
  - Testosterone for those assigned female at birth
  - Estrogen + androgen inhibitor for those assigned male at birth

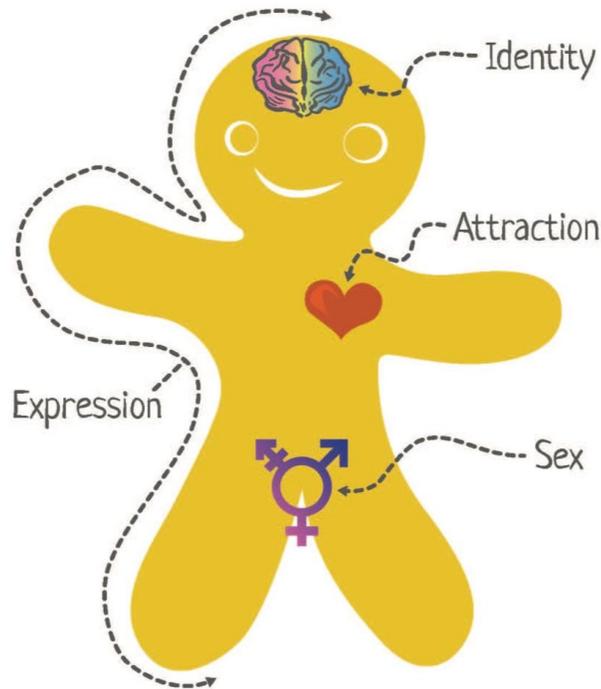
#### **Surgery**

- ❖ Having surgical procedures to alter the body to align with one's gender identity

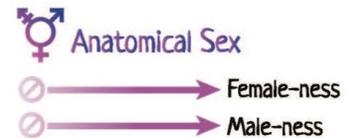
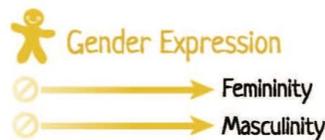
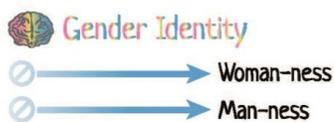
#### **Voice Training**

- ❖ Training one's voice to be deeper or higher pitched to be more aligned with gender identity

# The Genderbread Person v4 by its pronounced METROsexual.com

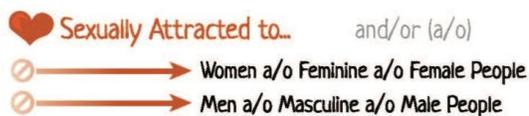


⊖ means a lack of what's on the right side



Identity ≠ Expression ≠ Sex  
 Gender ≠ Sexual Orientation

Sex Assigned At Birth  
 ⊖ Female ⊖ Intersex ⊖ Male



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For a bigger bite, read more at [www.genderbread.org](http://www.genderbread.org)

## References

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