**Understanding Basic Sexual and Gender Concepts**

Training Activity – Thaddeus Pham (he/him)

Time: 5-10 minutes

Adapted from Gender Unicorn (<https://transstudent.org/gender/>)

SCRIPT

1. Raise either hand and stretch it
2. Place your hand on the top of your head
   1. This is your **gender identity,** or what you know yourself to be
3. Now take your hand and put it on your lap
   1. Your hand is near your physical sex parts, which is your **sex assigned at birth**
   2. Note how far your hand is from your head, and you can understand how different gender is from sex
4. Now move your hand to your heart
   1. This is your **sexual orientation**, or who you love or may be attracted to, whether romantically or physically.
   2. Again see how this is very different from your gender [move hand back to head] and your sex [move hand to lap]
5. Finally, take both hands and shake the collar of your shirt/top
   1. This symbolizes your **gender expression**, or how other people perceive you to be.
   2. This not only includes what you wear but also how you look, talk, and move.
   3. Note again that this is different from your gender [move hand to head], your sex [move hand to lap], or your sexual orientation [hand to heart]