

Know the difference between sex, gender and sexuality

Note, these concepts differ across cultures and languages. Indigenous terms may involve a more holistic understanding of these aspects of identity.

There are important differences between sex, gender, and sexuality.

Sex:

- refers to particular characteristics of bodies, including reproductive organs, genitalia, hormones, and chromosomes
- is often seen as a binary: male or female
- there is however considerable physical variation within these physical characteristics, and
- the term intersex describes those who do not fit this traditional binary.

Gender:

- gender identity refers to how you identify your gender internally, regardless of the sex of your body
- gender expression refers to how you express your gender – masculine, feminine, both, neither, or in between.

Sexuality:

- refers to who you are attracted to.
- you may be attracted to people of the the same and/or differing sex or gender
- you also may not be sexually attracted to anyone.

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