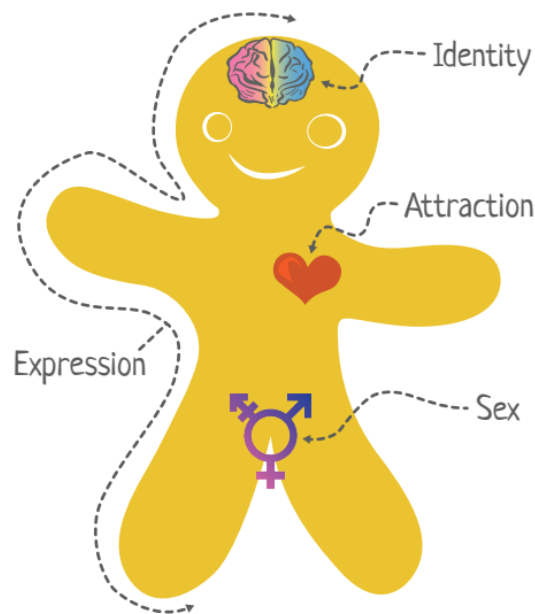




RESILIENT RAINBOW HEALING

The Genderbread Person v4 *by its pronounced METROsexual.com*



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

Gender Identity

⊖ → Woman-ness

⊖ → Man-ness

Gender Expression

⊖ → Femininity

⊖ → Masculinity

Anatomical Sex

⊖ → Female-ness

⊖ → Male-ness

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
□ Female □ Intersex □ Male

♥ Sexually Attracted to... and/or (a/o)

⊖ → Women a/o Feminine a/o Female People

⊖ → Men a/o Masculine a/o Male People

♥ Romantically Attracted to...

⊖ → Women a/o Feminine a/o Female People

⊖ → Men a/o Masculine a/o Male People



RESILIENT RAINBOW HEALING

Pride Flag Guide



Inclusive Pride Flag
Celebrates the diversity of the LGBTQ+ community



Pride Flag
Generalized to Men who love Men and Women who love Women



Lesbian Pride Flag
Women who love Women



Bisexual Pride Flag
People who love both Men and Women



Trans Pride Flag
Anatomical Sex does not match with Gender expression or identity



Gay Pride Flag
Men who love Men



Nonbinary Pride Flag
Person who neither identifies as male or female



Pansexual Pride Flag
People who love others based off of their personality rather than biological sex or gender



Asexual Pride Flag
People who have an absent or low attraction to others



RESILIENT RAINBOW HEALING



Genderfluid Pride Flag
People who don't don't identify
with a fixed gender



Genderqueer Pride Flag
People who do not identify
with conventional gender
identities; identify with
neither or a combination of
male and female genders



Intersex Pride Flag
Person born with
ambiguous genitalia

Don't assume someone's identity based on their presentation.

Ask what pronouns someone uses and how they identify nicely.

They could be unable to express themselves how they want due to familial conflict, financial constraint, inaccessible health care, etc.

Let's emphasize again that one's identity, expression, sexual orientation, sex and gender are really personal and unique.

Respect the labels and pronouns your client prefers.