

# Sex, Gender and the Rainbow



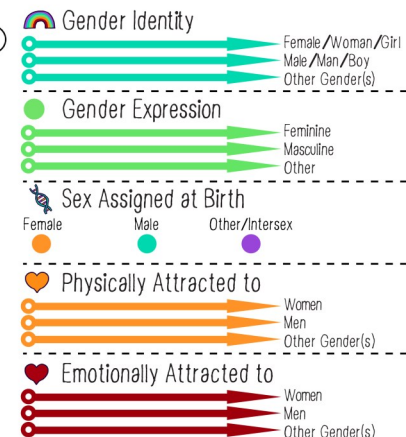
## The Gender Unicorn



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

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**TSER**  
Trans Student Educational Resources



Hormone/puberty blockers are often prescribed by a pediatric endocrinologist.

Within Alberta there are only two Gender Programs that offer pediatric endocrinologists;  
**The Gender Program: University of Alberta Hospital and the Pediatric Gender Services Clinic: Alberta Children's Hospital.**

Each program (as of 2023) have an estimated waitlist of 2-3 years for an initial assessment.

### Medical Consent of Minors

A Patient under the age of 18 is presumed to be a Minor Patient without Capacity unless they have been deemed to be a Mature Minor.

Legal Representative Includes the following in relation to a Minor:

- Guardian
- Either the mother or father as authorized by law to consent for his/her child
- Divorced Parent with Custody
- Person appointed by Guardian to act on behalf of the Guardian
- Person authorized to consent to treatment under the Mental Health Act
- Any person who is authorized by law to consent for a Minor

A Patient under the age of 18 may be assessed and determined to be a Mature Minor. Several factors must be considered while assessing whether a Minor can be deemed to be a Mature Minor, and are set out by AHS policy.

### References used:

- <https://transstudent.org/gender/>
- <https://www.albertahealthservices.ca/info/page3084.aspx>
- <https://health.ucdavis.edu/diversity-inclusion/LGBTQI/LGBTQ-Plus.html>
- <https://www.albertahealthservices.ca/dvi/Page15590.aspx>
- <http://albertatrans.org/documents.html>

**Transitioning** is the process that many transgender people go through to reflect and affirm their gender identity.

There are two different ways to transition:

- Socially
- Medically

**Social Transitioning** is when a person changes aspects of their appearance, behavior or way of interacting with others to affirm their gender identity. This may include:

- Coming out as transgender to friends and family
- Asking to be called by a different name
- Asking to be referred to by the pronouns that match their gender identity (e.g., she/her, he/him, they/them)
- Dressing or wearing their hair in ways that demonstrate their gender identity
- Modifying their tone of voice
- Using non-surgical options to modify their body (e.g., binding, packing, tucking, padding)

**Medical Transitioning** is when a person takes medications and/or has surgery to affirm their gender identity. This may include:

- Hormone blockers, to delay the progression of puberty until they are old enough to make more serious medical decisions about their body
- Gender-affirming hormones
- Laser hair removal
- Chest reconstruction (removal of breast tissue) or augmentation (breast implants)
- Tracheal shave (making the Adam's apple smaller)
- Facial feminization surgery (altering the face to create feminine facial features)
- Removal of female reproductive organs or male reproductive organs
- Genital reconstruction (creating a penis or vagina using the genitals the person was born with).

**Gender:** A social construct used to classify a person as a man, woman, or some other identity.

**Gender identity:** A person’s internal sense of being a man/male, woman/female, both, neither, or another gender.

**Gender Expression:** How a person expresses oneself, in terms of physical presentation and/or behaviors that society characterizes as "masculine," "feminine," or "androgynous." Gender expression does not need to correspond to assigned sex at birth or gender identity.

**Cisgender:** A gender identity, or performance in a gender role, that society deems to match the person’s assigned sex at birth. The prefix cis- means "on this side of" or "not across." A term used to call attention to the privilege of people who are not transgender.

**Sex:** A medically constructed categorization based on the appearance of the genitalia at birth.

**Sexuality:** The components of a person that include their biological sex, sexual orientation, gender identity, sexual practices, etc.

**Sexual Orientation:** An enduring emotional, romantic, sexual or affectional attraction or non-attraction to other people.

**Sexual attraction:** attraction that makes people desire sexual contact or shows sexual interest in another person(s).

**Emotional attraction:** the desire to get to know someone, often as a result of their personality instead of their physicality.

**What is LGBTQIA2S+**



**L = Lesbian** A woman whose primary sexual and affectional orientation is toward people of the same gender.



**G = Gay** A sexual and affectional orientation toward people of the same gender; can be used as an umbrella term for men and women.



**B = Bisexual** A person whose primary sexual and affectional orientation is toward people of the same and other genders.



**T = Transgender** Describes a wide range of identities and experiences of people whose gender identity and/or expression differs from their assigned sex at birth.



**Q = Queer** An adjective used by some people whose sexual orientation is not exclusively heterosexual or straight. This umbrella term includes people who have nonbinary, gender-fluid, or gender nonconforming identities.



**I = Intersex** People who naturally develop primary or secondary sex characteristics that do not fit society's definitions of male or female. Intersex people are relatively common, although until recently there was very little room for intersex issues to be discussed publicly.



**A = Asexual or Aromantic**  
**Asexual** is generally characterized by not feeling sexual attraction or a desire for partnered sexuality.



**Aromantic** describes a person who experiences little or no romantic attraction to others and/or a lack of interest in forming romantic relationships.



**2S = 2 Spirit** A contemporary term that connects today’s experiences of Queer Native American and American Indian people with the traditions from their cultures.

An estimated 1 million Canadians identify as part of the LGBTQIA2S+ community.

**+(plus) =** The ‘plus’ is used to signify all of the gender identities and sexual orientations that letters and words cannot yet fully describe.



**Pansexual/Omnisexual** Terms used to describe people who have romantic, sexual or affectional desire for people of all genders and sexes.



**Non-Binary:** A large umbrella term for anyone who does not align with the traditional binary gender structure.



**Ally:** An ally is a person who confronts heterosexism, sexism, homophobia, biphobia, transphobia, etc., in themselves and others out of self-interest and a concern for the wellbeing of LGBTQ+ people, and who is committed to social justice and equal rights.

**Assigned sex at birth:** Refers to the sex that is assigned to an infant, most often based on the infant’s anatomical and other biological characteristics.

**AFAB:** Assigned female at birth.

**AMAB:** Assigned male at birth.

**Intersex:** A group of congenital conditions in which reproductive organs, genitals and/or other sexual anatomy do not develop according to the medically constructed categories for females or males.

**Gender dysphoria:** Distress experienced by some individuals whose gender identity does not correspond with their assigned sex at birth. Manifests itself as clinically significant distress or impairment in social, occupational, or other important areas of functioning. The DSM-5 includes gender dysphoria as a diagnosis.