

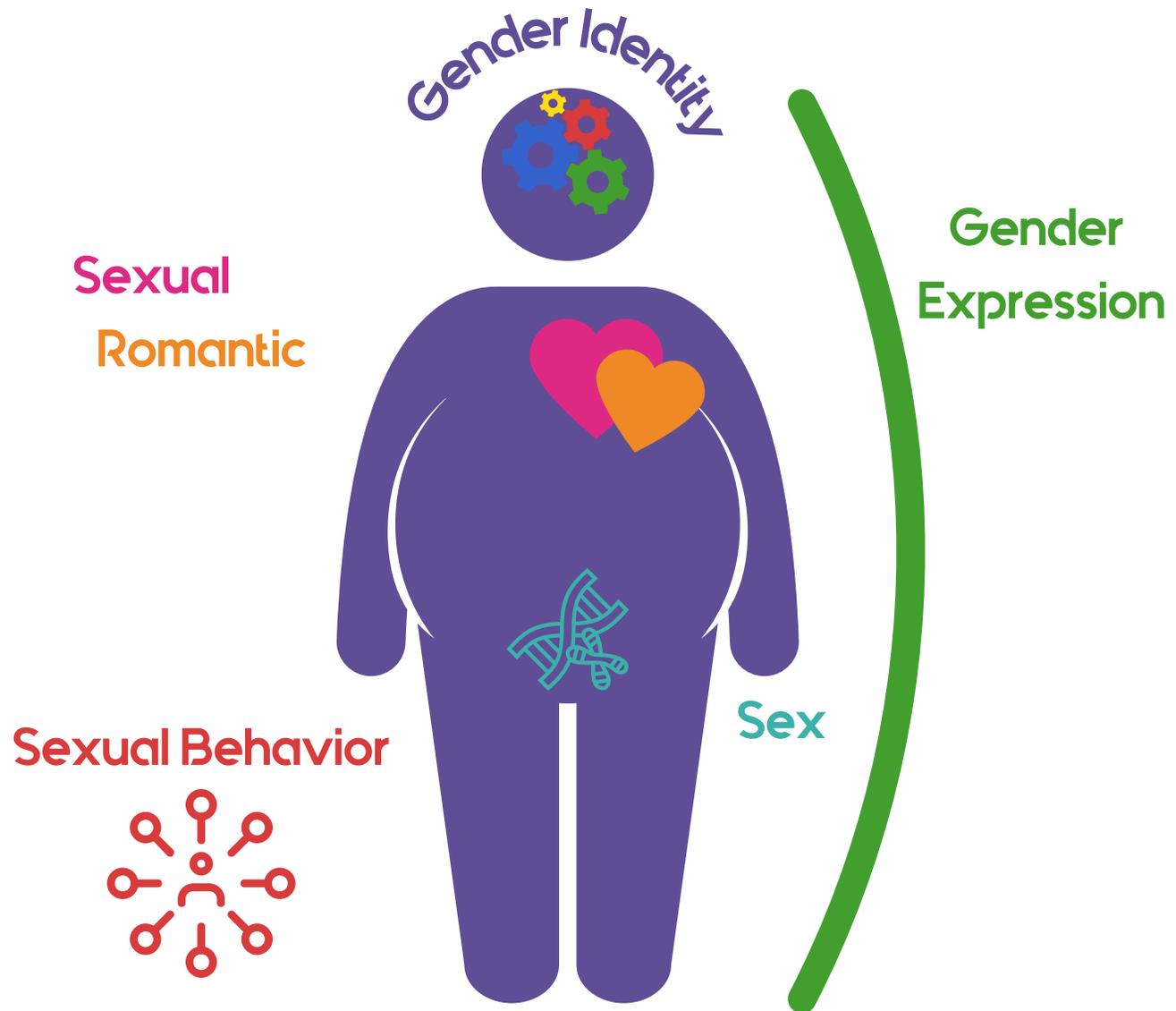
#Out4MentalHealth

SOGIE 101

SOGIE: Sexual Orientation, Gender Identity, and Gender Expression are characteristics common to all human beings. Everyone has them, not just LGBTQ+ people.

Like race, ethnicity, class, disability status, and age, SOGIE are important parts of a person's identity. It impacts how people experience themselves, the way others interact with them, and what systemic barriers they may face.

Each person is unique and has multiple layered aspects to their identities. Understanding SOGIE is an important first step in learning how to be culturally affirming.



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Sex: Based on biology like chromosomes, hormones, and anatomy (Intersex, Female, Male).

Gender: Socio-cultural systems and beliefs labeling a person based on a binary spectrum of characteristics perceived as masculine or feminine.



Gender Identity: A personal sense of one's own gender, or a lack thereof. An internal perception/knowledge based on how much a person aligns or doesn't align with their understood gender options. (Ex. Non-binary, Gender-queer, Man, Woman, Transgender, Cisgender).



Gender Expression: Gender performance or presentation is how one chooses to express their gender and/or be perceived as masculine, feminine, androgynous, or none of the above. Gender performance may or may not be connected to one's gender identity, and may be shown through clothing, makeup, hairstyle, body art, jewelry, accessories, speech, inflection, and attitude.



Orientation: **Romantic** and/or **sexual** attractions a person feels for others, generally labeled based on the gender relationship between the person and the people they are attracted to (Lesbian, Gay, Bi+/Pan, Ace/Aspec, Queer, Straight).



Sexual Behavior: People engage in a variety of sexual behavior, ranging from activities done alone to acts with other people, in varying patterns of frequency. There are many influences that impact the type of sexual behavior a person engages in, including: orientation, arousal, opportunity, social expectations, financial factors, cultural norms, and spiritual beliefs.