

SOGIE Basics 101



Welcome!

Thank you for your interest in gaining greater knowledge and awareness regarding sexuality, orientation, gender identity and expression. Language and identities are dynamic and ever-evolving. Each of us can contribute to an inclusive campus including sharing this with others to increase awareness and foster understanding. If you are attending the Husky Ally Safe Zone and/or Husky D.O.G Training, please review prior to the workshop.

Sexuality, **O**rientation, **G**ender **I**dentify & **E**xpression.



Sexuality

A broad term that encompasses a range of concepts, ideologies, identities, behaviors, and expressions related to one's values, actions and attitudes regarding life, love, and relationships.

Sexuality is not only about sex, but is multifaceted and unique to the individual.

Gender

A societal construct of categories that divide bodies into a binary system of women and men, based on the gender binary assigned at birth. More recently, categories such as transgender, androgynous, and genderqueer have been embraced and advanced.

Identity

(internal sense of self)

A person's internal sense of gender; their self-perception of gender.

Ex. Gender Non-Conforming, Agender, Man, Woman, Cisgender, Two-spirit, Bigender, Gender Fluid, Transgender...

Expression

(outward reflection)

The presentation of one's gender, often reflected in behavior, body features, clothing, hairstyle, voice and other external characteristics.

Ex. Feminine, Androgynous, Masculine, Gender Non-Conforming...

Orientation: Sexual/Romantic

Determination of attraction for people/persons of the same gender/sex, another gender/sex, or multiple genders/sexes based on emotional, romantic, sexual, physical, spiritual, and/or other characteristics.

Defining orientation as only sexual reinforces harmful stereotypes relating to the historic over-sexualization of the LGBTQIA+/SOGIE communities. With that said, the phrase "sexual orientation" is still commonly utilized.

Attraction

The desire for or lack of desire for intimate, emotional, romantic, and/or sexual relationships with a person(s).

Ex. Pansexual, Asexual, Lesbian, Gay, Aromantic, Bisexual, Panromantic, Queer, Heterosexual, Polyamorous, Non-Labeling, Polysexual, Two-spirit ...

Expectations/Roles

The set of ever-changing culturally and historically specific meanings that shape the social expectations for bodies, behaviors, emotions, and roles, based upon gender classifications.

Sex assigned at birth (medical)

The medical term assigned at birth which involves a certain combination of chromosomes, external sex organs, gonads, secondary sex characteristics and hormonal balances. Assignments may include the following broad terms: Intersex, Female, Male.

Note: Identities exist on a variety of spectrums. A person's identity as related to one spectrum holds no bearing on how they identify on other spectrums.

Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.

~ Kofi Annan, Secretary-General, United Nations 1997-2006

UConn

UConn SOGIE Resources

UConn/Storrs - The Rainbow Center

www.rainbowcenter.uconn.edu

UConn/Stamford - WGSS Center/Spectrum

<http://stamford.uconn.edu/wgss>

UConn School of Social Work - PRIDE Student Org

pridesswstudentorg@gmail.com

UConn/Avery Point - Alliance

www.facebook.com/ALLIANCE.AveryPoint

UConn School of Law - Lambda Law Society

lambda@uconn.edu

Selected SOGIE Resources

National Center for Transgender Equality

www.transequality.org

Transgender Law Center

transgenderlawcenter.org

What is Asexuality?

whatisasexuality.com

The Asexual Visibility & Education Network

www.asexuality.org

Consortium of Higher Education

www.lgbtcampus.org

LGBT Resource Professionals

Triangle Community Center

www.ctpridecenter.org

True Colors

www.ourtruecolors.org

New Haven Pride Center

newhavenpridecenter.org

Hartford Gay & Lesbian Health Collective

www.hglhc.org

Pronoun Usage Tips

Subjective	Objective	Possessive adjective	Possessive pronoun	Reflexive	Pronunciation
She	Her	Her	Hers	Herself	pronounced as it looks
He	Him	His	His	Himself	pronounced as it looks
Ze	Zim	Zir	Zirs	Zirself	Pronounced as it looks
Sie/Zie	Hir	Hir	Hirs	Hirself	pronounced: zee, here, here, heres, hereself
Zie	Zir	Zir	Zirs	Zirself	pronounced: zee, zere, zere, zeres, zereself
Ey	Em	Eir	Eirs	Eirself	pronounced: A, M, ear, ears, earself
Per	Per	Pers	Pers	Persself	pronounced as it looks
They	Them	Their	Theirs	Themself	Pronounced as it looks

Sharing your pronouns and asking for pronouns contributes to an inclusive and respectful environment.

Try not to assume the gender identities of others based on their name or physical appearance. You can always use gender neutral pronouns like "they" when referring to people.

Using an inappropriate gender pronoun and/or misgendering another person can make that person feel unwelcome, invisible, or unsafe within the community.

For more information pick up the *Gender Etiquette Guide* from the Rainbow Center.

Select List of Definitions

androgyny: A self-ascribed state of embodiment among individuals rejecting the binary structure of woman and man.

aromantic: Someone who does not have romantic attraction to anyone, but can feel sexual attraction.

bisexual: A person who is physically, and/or sexually attracted to two or more genders. This attraction does not have to be equally split between genders and there may be a preference for one gender over others.

cisgender: Refers to people who embody the gender associated with their birth-assigned sex.

feminine: Having qualities or characteristics traditionally ascribed to women, as sensitivity, delicacy, or prettiness.

gay: 1) Term used by some men who desire emotional, physical, and/or sexual relations with men. 2) Term used to refer to the LGBTQIA community as a whole, or as an individual identity label for anyone who does not identify as heterosexual.

gender binary: The idea that there are only two genders-male/female or man/woman and that a person must be strictly gendered as either/or.

gender non-conforming: Gender identities that exist outside of the gender binary.

genderqueer: A gender variant person whose gender identity is neither male nor female, is between or beyond genders, or is some combination of genders. Often includes a political agenda to challenge gender stereotypes and the gender binary system.

intersex: A broad term that describes individuals medically labeled outside of "typical" or "standard" sex categories. There are many causes and varieties of intersex expression including any combination of chromosomes, gonads, hormones, internal sex organs, and/or genitals that differ from one of the binary expectations.

masculine: Having qualities traditionally ascribed to men, as strength and boldness.

panromantic: Someone who is romantically attracted to people regardless of gender.

polyamorous: Refers to relationships with multiple partners and can include: open relationships, polyfidelity (which involves multiple romantic relationships with sexual contact restricted to those), and sub relationships (which denote distinguishing between a "primary" relationship or relationships and various "secondary" relationships).

transgender: (1) A person who lives as a member of a gender other than that expected based on their sex assigned at birth. Sexual orientation varies and is not dependent on gender identity. (2) An umbrella term that includes individuals who change, cross, and/or go beyond or through the culturally defined binary gender categories.



Don't forget to check out our SOGIE Dictionary for a more extensive list of definitions: <http://rainbowcenter.uconn.edu/sogie/>

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