

First Impressions of Gender Diverse Identities

This activity helps participants begin to reflect on their experiences and socialization around transgender identity and people. Answer the questions as honestly as possible, trying to think about specific ways in which you learned about LGBTQ+ and gender diverse identities and communities.

Before beginning, here are some concepts and terminology it might be helpful to understand:

- **Transgender (Trans):** An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.
- **Cisgender (Cis):** A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.
- **Gender Diverse:** Conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.
- **Genderqueer:** Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.
- **Non-binary:** Describing those who do not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do.

Answer the following questions to the best of your ability:

1. When's the first time you can remember learning that not all people identified as cisgender and that some people identified as transgender, gender diverse, genderqueer, and/or non-binary?
2. Where did most of the influence of your initial impressions/understanding of transgender, gender diverse, genderqueer, and non-binary people come from? (e.g., family, friends, television, books, news, church)
3. How have your impressions/understanding of transgender, gender diverse, genderqueer, and/or non-binary people changed or evolved throughout your life?
4. What is something that you are still in the process of unlearning about in regards to transgender, gender diverse, genderqueer, and/or non-binary identity?

