Gender is a set of traits that society defines as masculine or feminine—it is the way that someone identifies themselves. 

Sex refers to our physical “packaging”—it is determined by our combination of X and Y chromosomes, our hormones, and our internal & external sex organs. 

Sexual Orientation refers to the deep, internal sense of who we are attracted or “oriented” to in terms of our sexual attractions. 

Note: Gender is not just male or female; it’s a spectrum including male, female, and non-binary genders. 

Note: XX (female) and XY (male) don’t tell the whole story, there are other possible variations. 

Want to learn more?
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