WHAT'S THE DIFFERENCE
BETWEEN SEX, GENDER, AND SEXUAL ORIENTATION

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

Note: Gender is not just male or female, but is a spectrum including male, female, and non-binary genders.

Sex refers to our physical "packaging"; it is determined by our combination of X and Y chromosomes, our hormones, and our internal and external sex organs.

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

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

Want to learn more?
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