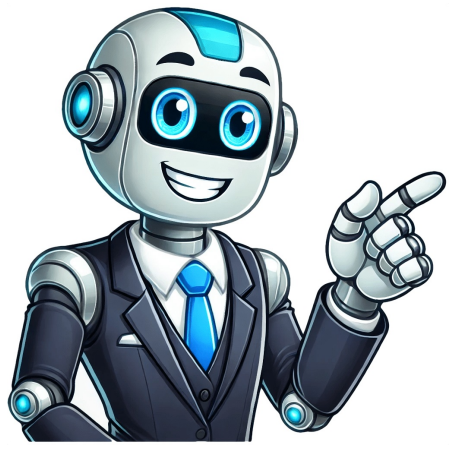


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to maintain content we tend to use the words sex and gender interchangeably, but they are in fact two different concepts. For many, their sex and gender are aligned, but for others, they are not. Sex refers to biological differences (chromosomal, hormonal, reproductive), whereas gender refers to socially constructed roles, behaviors, activities, and expectations associated with femininity and masculinity. Sex refers to the physical and biological aspects of an individual, which make someone biologically male or female, such as chromosomes, hormones, and reproductive anatomy. Sex is typically assigned at birth. We can be assigned as either male, female, or intersex. Intersex refers to those individuals who cannot be categorized as male or female across all traits. This could include people with ambiguous genitalia, people whose chromosomes are not XX or XY, or people whose external genitalia and internal reproductive organs do not align. Males and females have distinct sex chromosomes, hormones, external genitalia, internal reproductive organs, and secondary sex characteristics. Sex assignment typically happens at birth based on these markers. FemaleA person whose sex is female typically has two X chromosomes, the hormones estrogen and progesterone, a vulva, a uterus, a vagina, and ovaries. They also tend to display secondary sex characteristics such as breast development, menstruation, and childbearing capability. MaleA person whose sex is male typically has one X and one Y chromosome, the hormones testosterone and dihydroepiandrosterone, a penis, a prostate gland, and testes. They also tend to display secondary sex characteristics such as facial hair, a deeper voice, and more muscle mass. IntersexIntersex refers to those individuals who cannot be categorized as male or female across all traits. This could include variations in sex chromosomes, external genitalia, or reproductive organs. While intersex babies are usually assigned as male or female at birth, they might identify themselves as another gender identity or non-binary later in life. GenderGender refers to the socially constructed roles, expectations, and behaviors that are often ascribed to the different sexes. Gender identity is a personal, internal perception of oneself and is based on socially constructed roles, behaviors, and customs. Gender is not made up of binary forms, but rather gender is a broad spectrum and can change over time. The gender category someone identifies may not match the sex they were assigned at birth. Gender identities can include cisgender, nonbinary, gender, genderfluid, or transgender. There are many ways outside of these identities which a person may define as their own gender. Cisgender refers to someone whose sex assigned at birth matches their gender identity. Nonbinary refers to someone who identifies beyond man or woman or as neither a male nor female. Agender refers to someone who does not have a gender. Genderfluid refers to someone whose gender fluctuates over time. Transgender refers to someone whose gender identity is different from the sex assigned at birth. Some nonbinary people consider themselves transgender but some do not. Gender and non-conforming is when an individuals appearance, behaviour, interests, and self-concept vary, either from the norms attributed to their biological sex, or from masculine or feminine general norms in general. Gender Expression, Identity and, RolesPeople identify and express their gender in a variety of ways. Your gender identity is how you feel inside and your own personal understanding of your gender. Gender expression refers to how a person chooses to present themselves to the outside world. This could include ones name, pronouns, clothing, haircut, voice, or mannerisms. Gender expression is not necessarily the same as gender identity. Some people may identify as a particular gender but express themselves differently. For example, a person may identify as a woman but dress in a more masculine way. Gender expression is also influenced by cultural norms and expectations. For example, in Western cultures, stereotypically feminine traits include nurturance, sensitivity, and emotional vulnerability, and stereotypically masculine traits include self-confidence, aggressiveness, and competitiveness. What is gender conformity? Gender influences the way people perceive themselves and each other, how they act and interact. Gender being socially constructed means that gender roles often appear when humans live in groups together and thus, they can vary from culture to culture. In a lot of Western cultures for instance, there are two widely recognised genders: men and women. In these cultures, are gender norms, which are ideas about how men and women are expected to be and act. For instance, women in certain cultures are thought to be caring and maternal, whereas men are thought to be stronger and more assertive. The concept of gender conformity is based on these gender norms. If someone is gender conforming, it means they prescribe to the gender norms that are expected of their biological sex. The term gender conformity is rarely used as it is not common that someone is 100% gender conforming. The majority of people may conform to gender norms in some ways but subvert it in other ways. For instance, a gender norm in many cultures is that women do not work and should stay at home to raise their children. In todays society, it is more common that women will work, so these women would be considered as not conforming to their gender roles. Historically, gender roles have been attributed to the biological differences in men and women. They are the product of interactions between individuals and their environment and what sort of behavior is expected to be appropriate based on a persons sex. Appropriate gender roles are defined according to the beliefs that society has about the differences between the sexes. Below are some ways in which men, women, girls, and boys are often described as in many cultures: Men are the leadersWomen are nurturingMen are more aggressiveWomen are emotionalGirls like pinkBoys like blueIn the 1970s and 1980s, gender roles were challenged. The distinction between male and female was questioned. The social sciences began to explore gender as a spectrum rather than a binary. This led to the development of gender theory, which suggests that gender is a social construct rather than a biological fact. This means that gender roles and expectations are created by society and can change over time. This is why some people feel that gender roles are restrictive and want to break free from them. Gender roles can be harmful to individuals. Gender roles often force people to play with toys which are stereotypically made for girls such as dolls. As a society, people may put children into these gender role boxes as a way to make sense of gender and because it is what is considered normal according to their culture. There are many ways in which gender roles can be harmful to individuals. Gender roles often force people to play with toys which are stereotypically made for girls such as dolls. As a society, people may put children into these gender role boxes as a way to make sense of gender and because it is what is considered normal according to their culture. There are many ways in which gender roles can be harmful to individuals. Gender roles often force people to play with toys which are stereotypically made for girls such as dolls. 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sex (which is most common basis for grammatical gender), animacy, or other features;and may be based on a combination of these classes.[173] One of the four genders of the Dyirbal language consists mainly of fruit and vegetables.[174] Languages of the Niger-Congo language family can have as many as twenty genders, including plants, places, and shapes.[175] Many languages include terms that are used asymmetrically in reference to men and women. Concern that current language may be biased in favor of men has led some authors in recent times to argue for the use of a more gender-neutral vocabulary in English and other languages.[176]Several languages attest the use of different vocabulary by men and women, to differing degrees. See, for instance, Gender differences in Japanese. The oldest documented language, Sumerian, records a distinctive sub-language, Emesal, only used by female speakers.[177] Conversely, many Indigenous Australian languages have distinctive registers with a limited lexicon used by men in the presence of their mothers-in-law (see avoidance speech).[178] Atwell, quite a few sign languages have a gendered distinction due to boarding schools segregated by gender such as Irish Sign Language.[179]Several languages such as Persian[169] or Hungarian are gender neutral. In Persian, the same word is used in reference to male and female subjects, but the subject's gender is indicated by the gender of the verb. Some languages have separate words for male and female, but they do not refer to people. For example, Latin has two words for "king": rex (male) and regina (female). Latin also has two words for "queen": rex (male) and regina (female). Latin also has two words for "king": rex (male) and regina (female). Latin also has two words for "queen": rex (male) and regina (female).

Legal status of transgender peopleThe legal status of transgender people varies greatly around the world. Some countries have enacted laws protecting the rights of transgender individuals, but others have criminalized their gender identity or expression.[18] Many countries now legally recognize sex reassignments by permitting a change of legal gender on an individual's birth certificate.[3][Main article: Legal recognition of intersex people]For intersex people, who according to the UN Office of the High Commissioner for Human Rights, "do not fit typical binary notions of male or female bodies",[181] access to any form of identification document with a gender marker may be an issue.

[182] For other intersex people, there may be issues in securing the same rights as other individuals assigned male or female; other intersex people may seek non-binary gender recognition.[183][Main article: Legal recognition of non-binary gender]Some countries now legally recognize non-binary or third genders, including Canada, Germany,[184] Australia, New Zealand, India and Pakistan. In the United States, Oregon was the first state to legally recognize non-binary gender in 2017.[4] and was followed by California and the District of Columbia.[6][13]Historically, science has been portrayed as a masculine pursuit in which women have faced significant barriers to participate.[185] Even after universities began admitting women in the 19th century, women were still largely relegated to certain scientific fields, such as home science, nursing, and child psychology.[186] Women were also typically given tedious, low-paying jobs and denied opportunities for career advancement.[186] This was often justified by the stereotype that women were naturally less intelligent than men, and therefore less capable of handling complex tasks.

On the other hand, global initiatives such as the United Nations Sustainable Development Goal 5, aimed at achieving gender equality and empowering all women and girls, have gained momentum. In 2018, the United Nations Secretary-General António Guterres called for a paradigm shift in how we view gender roles, emphasizing the need for equal participation of both men and women in all aspects of society. He stated, "We must move beyond the outdated notion of fixed gender roles and embrace a vision of gender equality where everyone, regardless of their sex assigned at birth, can reach their full potential." This message resonates with the growing awareness of the importance of gender equality in achieving sustainable development goals.

The concept of gender equality is central to many international agreements and frameworks. The Beijing Declaration and Platform for Action, adopted by the World Conference on Women in 1995, established a comprehensive agenda for advancing women's rights and promoting gender equality. More recently, the Sustainable Development Goals (SDGs) included gender equality as one of its 17 targets, highlighting its significance in achieving a more just and equitable world. These efforts underscore the commitment of the international community to ensuring that all individuals, regardless of their gender, have equal opportunities and rights.

In conclusion, the exploration of gender concepts across various disciplines reveals the complexity and diversity of human experiences. From linguistic studies to social sciences, the understanding of gender continues to evolve, reflecting the changing societal norms and values. As research progresses, it becomes increasingly clear that embracing a more inclusive and equitable perspective on gender is essential for building a better future for all.



on their own, find support, and stand up for their child in their extended family and, if necessary, their community. How do genderqueer people identify themselves? People who identify as genderqueer may place themselves on the spectrum of gender identity between male and female. Neither transgender nor seeking to transition, they may see themselves as neutrally gendered, and adopting gender less pronouns like they. While deeply uncomfortable being associated with a binary gender, they may experience gender fluidity, moving closer to male or female at different times. Other terms that genderqueer people may adopt include third-gender, demigender, bigender, neutrois, androgyny, or pengender. Some research suggests that more people who identify as genderqueer were born female. article continues after advertisement Describing gender as a social construct is neither a casual nor an ideological phrasing. Many people might be happier and less anxious if they could go through life without having to worry about whether their gender was affecting other peoples perceptions of them or their ability to pursue their goals, or without feeling doubts about whether they were living up to the expectations placed on them because of their sexual characteristics. Unfortunately, socially-constructed concepts of gender can hinder people in all of these ways.Cisgender men may struggle to live up to notions of machismo taught to them from a young age and pervasive in the media they consume even if doing so is really just an awkward act of pretending. Cisgender women may worry that sexism may limit their opportunities, or that the pursuit of their goals will lead others to see them as less feminine and somehow less worthy, especially if they do not dress or maintain their appearance in the ways others expect them to. Transgender people may feel profoundly disconnected from their true selves. And while those who have transitioned, or who are openly nonbinary or genderqueer, may feel more like themselves, it often comes at the cost of discrimination from those clinging to socially-constructed notions about who men and women are really supposed to be. Do nonbinary individuals face particular mental health challenges? They often do. According to the Mental State of the World report, transgender people report significantly lower mental well-being than cisgender males or females, and surveys by the Trevor Project suggest that nearly half of trans or nonbinary youth had experienced suicidal ideation in the previous year. Other research has found that while rates of depression are higher in nonbinary communities, the risk is mitigated by family support (but surprisingly, less so by identification with an active trans community), and, for those who are transitioning, by starting, completing, and living longer with the results of interventions that lead to higher body satisfaction. Is there a general bias in society toward male-identified individuals? Yes, according to research, and it may be even more deeply held than many people imagine. A computer-based study of peoples attitudes toward humanity in general found that most people associated human concepts, such as the term person with men more than with women, reflecting what researchers called an androcentric bias with ramifications for bias in the economy, medical care, and even safety: Until recently, more car safety features were tested on dummies representing the size of males, for example. This bias is much more pronounced in men than women, the research found, but exists across society. Is a belief in traditional masculinity a risk factor for poor mental health? It may be, although the idea has generated a great deal of controversy. In 2019, the American Psychological Association issues guidelines for psychologists working with men and boys stating that traditional masculinitymarked by stoicism, competitiveness, dominance, and aggressionis, on the whole, harmful. Men socialized in this way are less likely to engage in healthy behaviors. While it has been shown that a macho orientation can lead to less flexibility and poorer relationships, among other concerns, it does not always serve men poorly. The feeling that one must strive to meet that ideal, however, or masculinity-contingent self-worth can lead not only to personal struggles to embrace ones true self but also to a higher tendency to discriminate against those perceived to violate gender norms. Women may resort to short-term dysfunctional behaviors following a break-up more than their male counterparts. Are you an exhausted high-achiever? I worked late, said yes to everything, and held myself to an impossible standarduntil I realized I was chasing achievement, not joy. Can stepping into a different body in virtual reality change our gender bias? A surprising study suggests it just might. Do Pride celebrations really matter anymore? Here are some ways public support and visibility can help LGBTQ youth. More fathers are stepping up to take on household chores and caregiving responsibilities, but money worries are hurting their mental health. The lines between partners' various life roles have become dangerously thin. Here's what that means for their relationships and mental health. The Art of Surrendering to Your Anger Womens anger is often dismissed or seen as a flaw. It shouldn't beand surrendering to it can reveal hidden wounds, teach us to pause, and transform how we relate to ourselves and others. Get the help you need from a therapist near youa FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, KY Memphis, TN Miami, FL Milwaukee, WI Minneapolis, MN Nashville, TN New York, NY Oakland, CA Omaha, NE Philadelphia, PA Phoenix, AZ Pittsburgh, PA Portland, OR Raleigh, NC Sacramento, CA Saint Louis, MO San Antonio, TX San Diego, CA San Francisco, CA San Jose, CA Seattle, WA Tucson, AZ Washington, DC

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