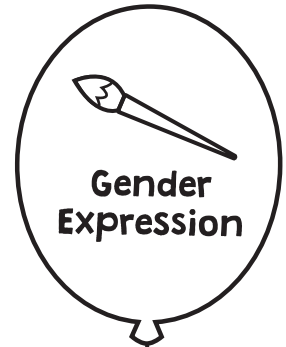
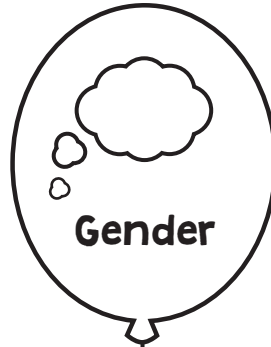


You may have already learnt about the difference between assigned sex and gender. (If not make sure you watch our *Gender* video on YouTube or read page 10 and 11 of our book *What Does LGBT+ Mean?*)

One way of visualising assigned sex, gender and gender expression is by imagining that each of us carry a set of balloons...



**Assigned Sex**

This is the label given to a person at birth e.g. female, male.

**Gender**

This is who someone feels they are e.g. female, male, both, neither or something else.

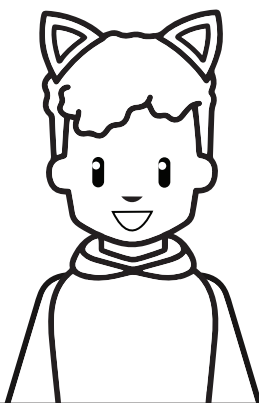
This might be the same as a person's assigned sex or it might be different.

**Gender Expression**

This is how someone expresses their gender outwardly e.g. through clothes, hair, voice, mannerisms.

This also includes things like a person's pronouns and which toilet they use.

A person's gender expression might be the same as their gender identity and/or assigned sex or it might be different.



**It's Important to Remember...**

- A person's gender expression can change over time.
- Gender expression may look and be different at different times in history and in different places around the world.
- Someone's gender expression doesn't necessarily tell you who they feel they are inside or who they are attracted to.
- Everyone should be respected whatever their gender expression.

For lots of people their set of balloons might all be the same colour but for other's this may not be the case. Some people will be holding balloons which are different colours.

First, let's make a key. Colour the spectrum below in at least three colours (use more if you like).



Female

Both/Neither

Male

Now use your coloured spectrum key to decorate the character's balloons below, based on their own descriptions.

**Think About**

- Some character's balloons may have more than one colour on them.
- You can be creative with your designs and use stripes, swirls, dots, etc. (Gender and gender expression can feel different for different people)

Hello, my name is Olly.

My pronouns are He/Him.

When I was born the doctor labelled me male. I like this label, I feel like it matches my gender.

I like to wear clothes and outfits that have been designed for males, although sometimes I like to wear clothes and outfits that are neutral.

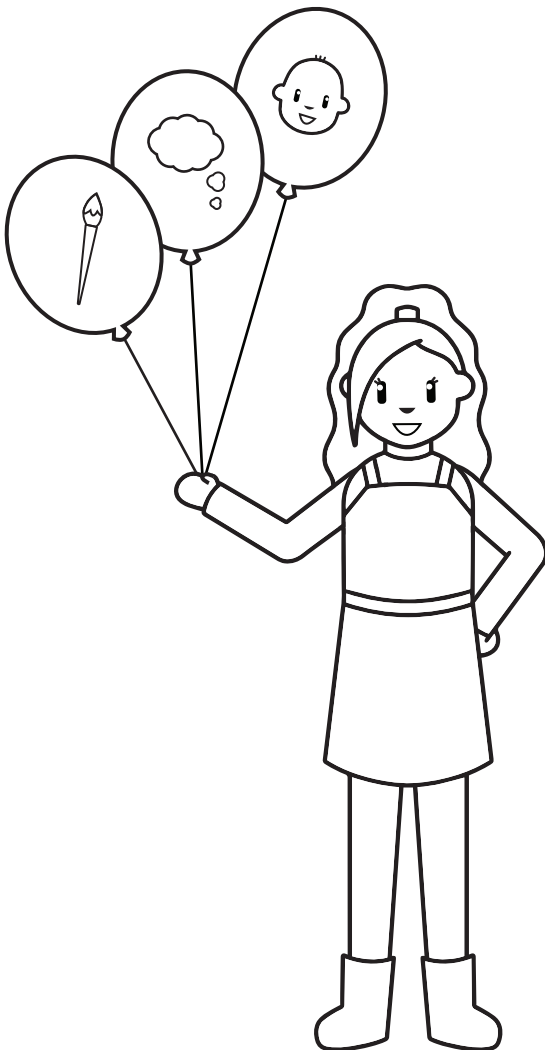
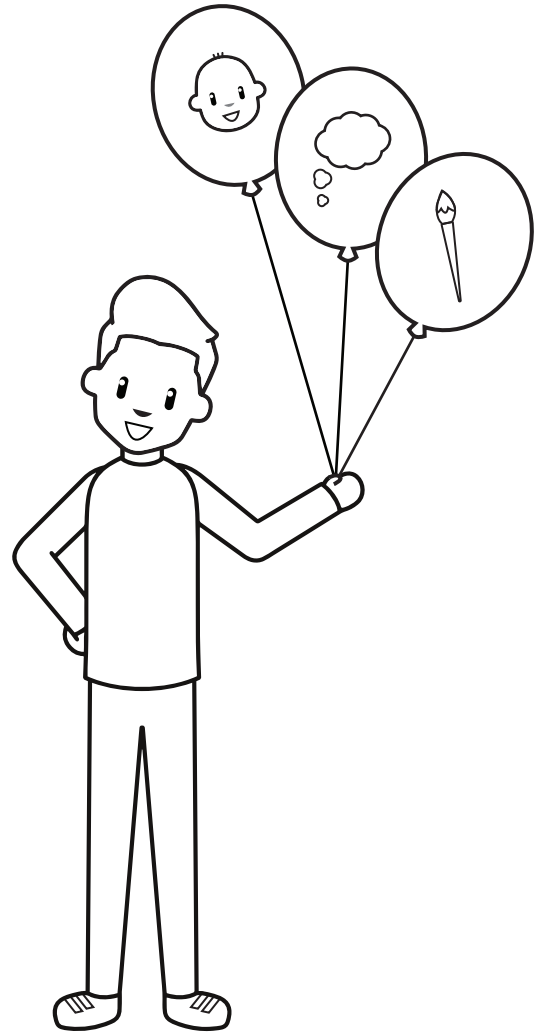


Hello, my name is J.

My pronouns are They/Them.

When I was born I was labelled female but I don't feel female. I don't feel male either. I'm just me.

I usually like to wear clothes that are neither male or female, but sometimes I like to express myself in a more masculine way.



Hello, my name is Nikkie.

My pronouns are She/Her.

When I was born I was labelled male.

As I grew older I understood who I really was and I transitioned to female.

I love expressing my femininity and I like to do this with my clothes, hair and make-up.

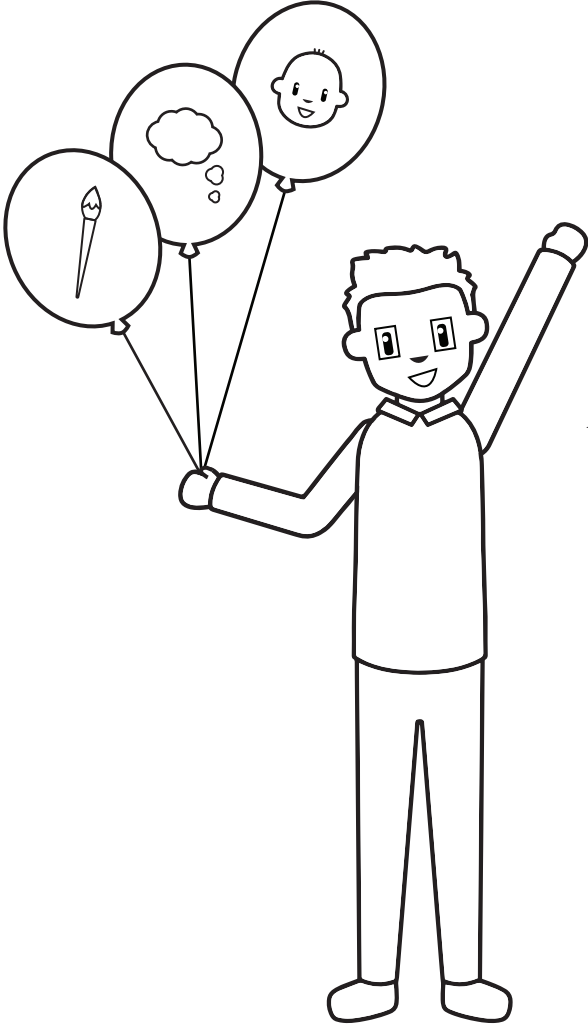
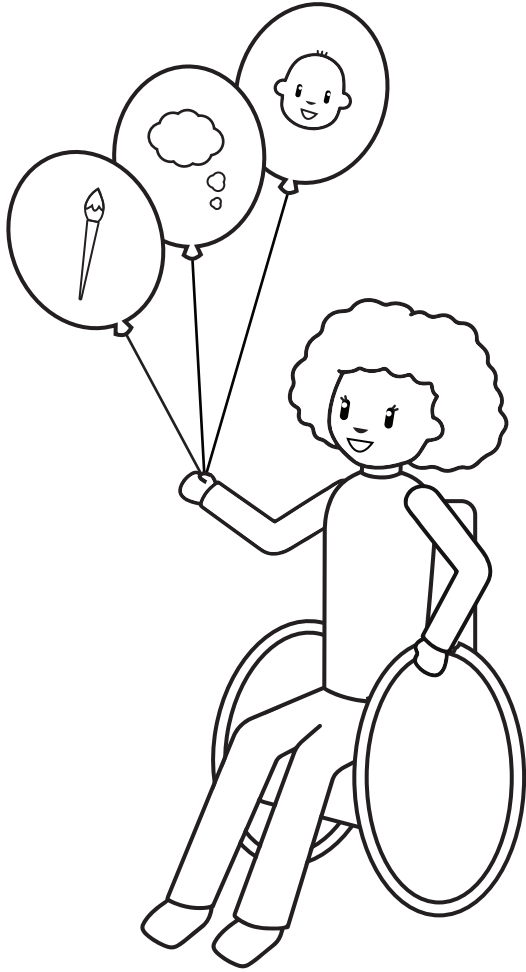
Hi, my name is Laila.

My pronouns are She/Her but you can also use They/Them too.

I was assigned female at birth and most of the time I feel female.

I don't really think about expressing my gender much. I just wear and do whatever feels comfortable for me.

Occasionally I like to express my femininity through my outfits and style.



Hello, my name is Callum.

I gave myself that name after I transitioned.

I was labelled female at birth but now I definitely feel very male.

My pronouns are He/Him.

I like expressing my masculinity through my clothes and by what I do.

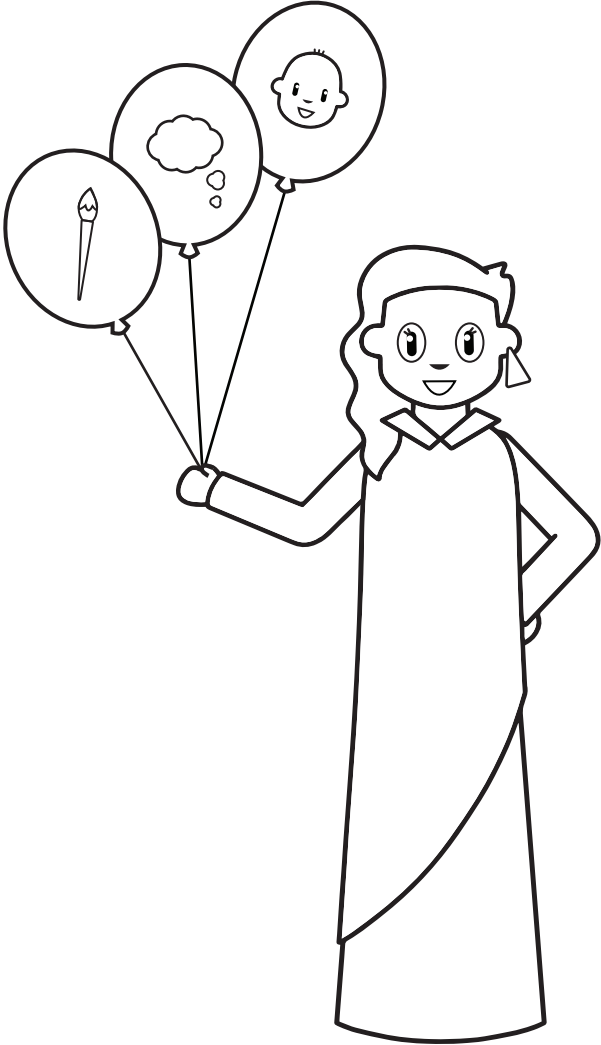
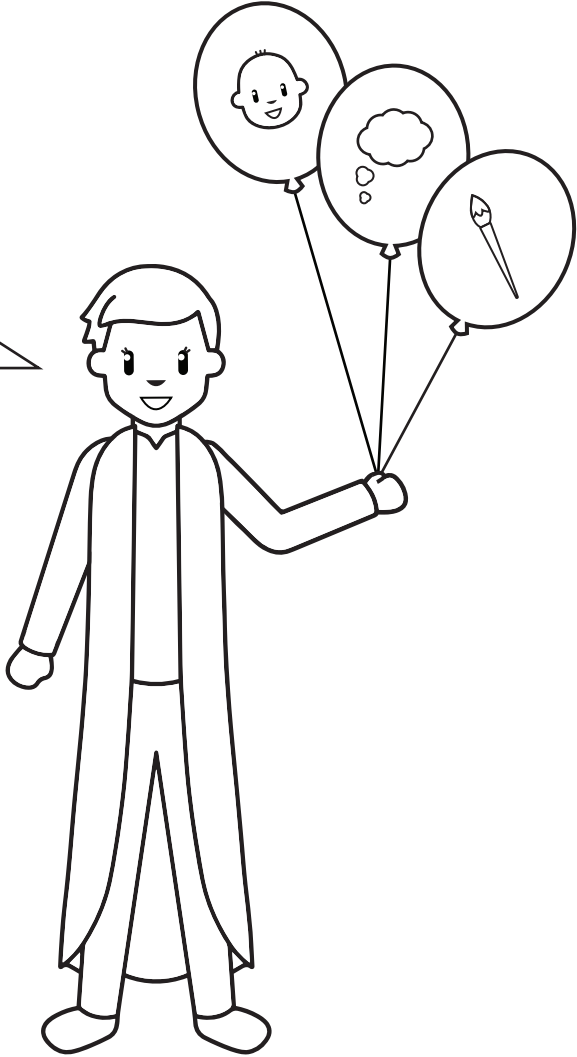
Hello my name is Anjum.

My pronouns are She/Her.

I am female and I am cisgender.

I love being female and I love being able to express my femininity.

But sometimes I may also choose to express myself in a more masculine or neutral way.



Hello, my name is Zee.

I'm happy with any pronouns.

I was assigned male at birth.

Sometimes I feel male, sometimes I feel female, sometimes I feel both and sometimes I feel neither.

The way I dress and express myself changes depending on how I am feeling.

Example Spectrum Key:



Female

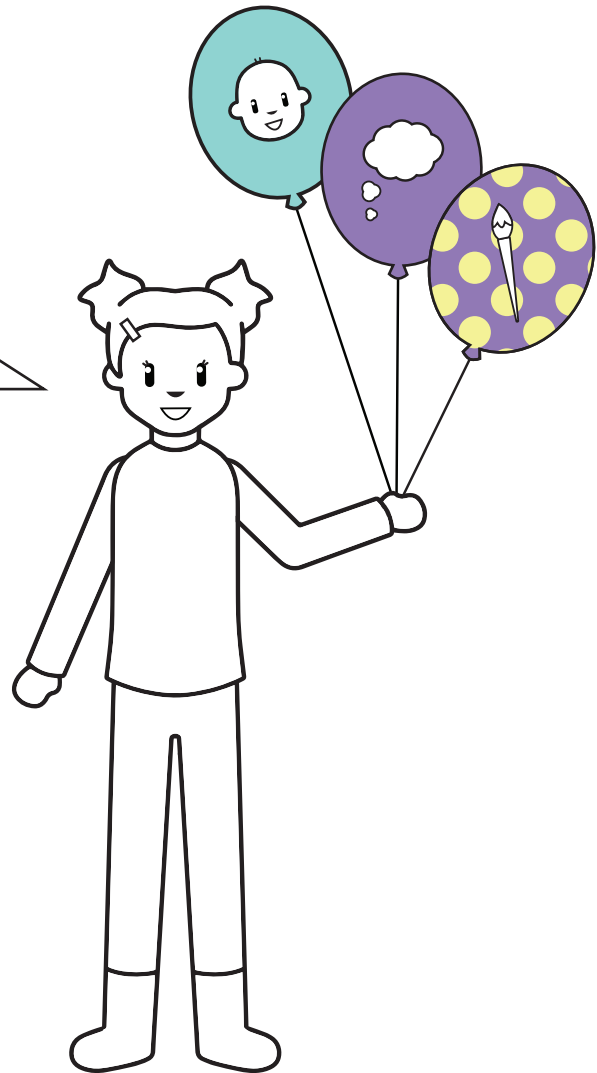
Both/Neither

Male

Hello, my name is Taylor.

I was labelled male when I was born. I do not feel male, I feel female.

I mostly like to express my gender in a feminine or neutral way.



**Follow-Up Ideas:**

- After you've coloured in the balloons, can you compare with your classmates?
  - Are they the same/different?
  - If they are different, does it matter?

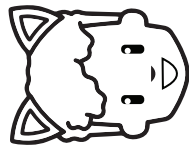
**Note:** There's not necessarily one correct way to colour/decorate each characters balloons.

Everyone will interpret gender differently.

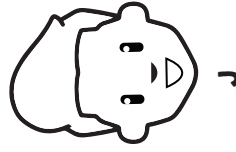
Female

Both/Neither

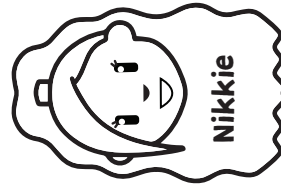
Male



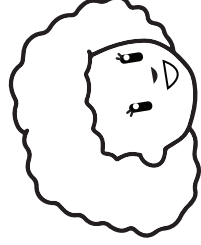
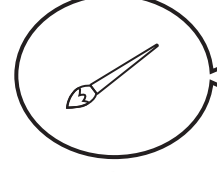
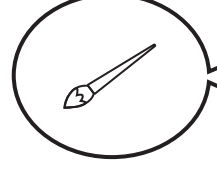
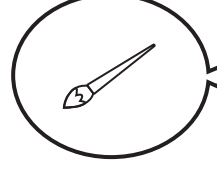
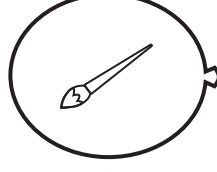
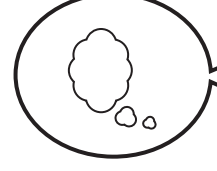
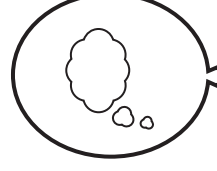
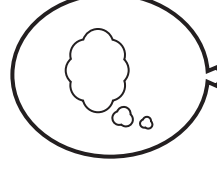
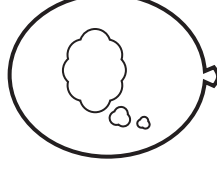
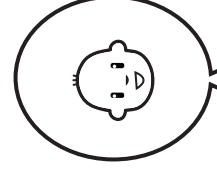
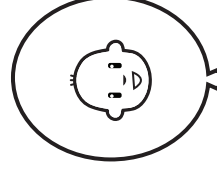
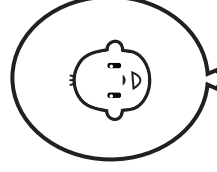
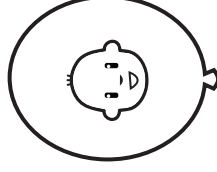
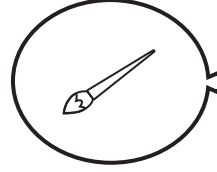
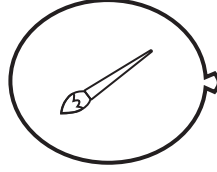
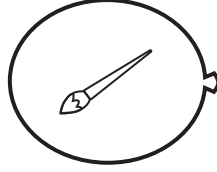
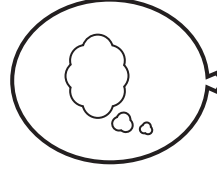
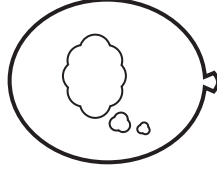
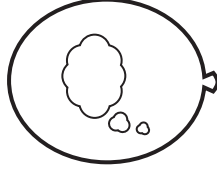
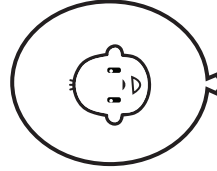
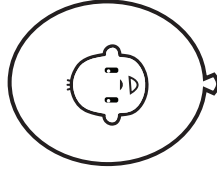
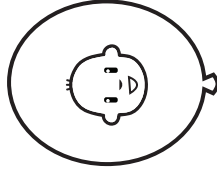
Ollie



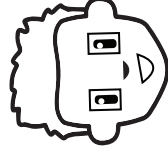
J



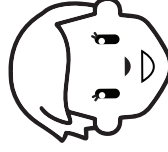
Nikkie



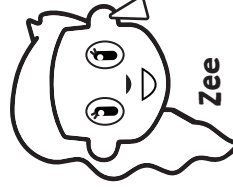
Laila



Callum



Anjum



Zee