THE SPECTRUM

Our sexuality and gender identity aren't set in stone. In fact, people's identities can be fluid. THE SPECTRUM can help you visualize how you feel at any given time. Mark how you identify today on each line, but don't feel limited - it's ok to mark something different tomorrow!

BIOLOGICAL SEX

(What the doctor assigned you at birth)

MALE

INTERSE)

FEMALE

GENDER IDENTITY

(How you feel on the inside)

MAN (FTM) GENDERFLUID AND TRANS*
TRANSGENDER / GENDERQUEER / NON-BINARY

WOMAN (MTF)

GENDER EXPRESSION

(How you present yourself to others)

MASCULINE

ANDROGYNOUS NON-BINARY

FEMININE

GENDER PRESENTATION

(How the world sees you)

MAN

TRANSGENDER
GENDERQUEER / NON-BINARY

WOMAN

SEXUAL ORIENTATION

(Who you like)

ATTRACTED TO WOMEN

BISEXUAL / PANSEXUAL ASEXUAL

ATTRACTED TO MEN



The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth