

SOGIE BASICS

SOGIE is Everyone

SOGIE is an acronym for addressing

Sexual Orientation, Gender Identity, and Expression

which are distinctions everyone has; LGBTQ+ is a sub-distinction within SOGIE self-identifiers. SOGIE includes LGBTQ+ as well as heterosexual, cisgender, and non-questioning individuals.

Sexual Orientation

A person's emotional or physical attraction to a person of the same or another gender.

Sexual Orientation is multifaceted, and a person may identify differently depending on the type of attraction

Emotional Attraction: Determination of attraction for people/persons based on, romantic, spiritual, and/or other characteristics.

Physical Attraction: The desire for or lack of relationships with a person(s).

Gender

A societal construct of categories that divide bodies into a binary system of women and men, based on their sex assigned at birth. More recently, categories such as transgender, androgynous, and genderqueer have been embraced and advanced.

Gender Identity (internal sense of self):
A person's internal sense of gender; their self-perception of gender.

Gender Expression (outward reflection):

reflected in behavior, body features, clothing, hairstyle, voice and other external characteristics.

Sex Assigned at Birth (Medical) -

The medical term assigned at birth which involves a certain combination of chromosomes, external sex organs, gonads, secondary sex characteristics and hormonal balances. This may include: intersex, female, male.

Defining orientation as only sexual reinforces harmful stereotypes relating to the historic over-sexualization of the LGBTQ+/SOGIE communities.

Remember: Identities exist on a variety of spectrums. A person's identity as related to one spectrum holds no bearing on how they identify on other spectrums