All Bodies All Genders*

Gender is much more diverse and fluid than any of us can fully understand. What if we imagined gender beyond the binary of men and women and embraced the infinite possibilities for our human experience?

is how you present gender – style, appearance, clothing, actions, mannerisms, etc. – and how those presentations are viewed based on social expectations.

Gender Expression

is how you experience and define your gender, based on how much you align (or don't align) with what you understand the options for gender to be.

Gender





is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized within gender).

is the physical traits you're born with or develop that we think of as "sex characteristics," as well as the sex you are assigned at birth.

Sex

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Idaho Coalition Against Sexual & Domestic Violence www.EngagingVoices.org

Beloved Community

We can transform our culture by redefining what gender means to each of us and by valuing all bodies and all genders in our diverse communities. We can interrupt and end all forms of hate, oppression, and violence and create beloved communities where everyone is safe, everyone is valued, and everyone can thrive.

Self-Reflection Activity: How we can authentically be ourselves, whole and complete human beings that are not restricted by assumptions, stereotypes or biases based on gender? When you feel recognized and valued, does that make it easier for you to share that same compassion with others?

Paired Conversation Activity:

Invite someone to engage in a conversation about gender! Each of you describe a day with no assumptions, stereotypes, or biases based on gender. What do you feel/see/hear/notice instead?

Practice deep listening. When your partner is sharing their story, listen without distraction — don't worry about what you're going to say next, or what's going on around the room — be fully present.

How can we live into this vision now and make this a reality for everyone?

