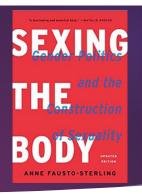


Gender Identity

SLIDES BY LIZ KUFS

What is gender?





- Gender is a social construct based on the norms, behaviors, and societal roles expected of individuals based primarily on their biological sex.
 - A social construct is something that doesn't exist independently as part of nature, but instead is an invention of humans in a society. Its existence, characteristics and function depend on our shared agreement.
 - ▶ We know something is a social construct when it changes across time and cultures.
 - A physical reality can be the basis for building a social construct. One way to think of gender is: other people's (and by extension, society's) reactions to, and expectations of, people with male, female (or intersex) bodies.
 - Most cultures have a binary system of gender (man or woman).
 - But some cultures have recognized a third gender, a gender spectrum, or categorized homosexuals as a third gender. Examples:
 - Native Hawaiians and Tahitians have Māhū- an intermediate state between masculine and feminine, or a person of indeterminate gender.
 - Native Americans of the American Southwest use the term "Two Spirit" to describe gender-variant individuals in their communities.





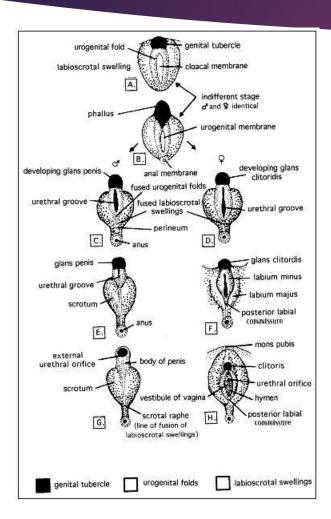


How do you get a legal sex/gender assigned at birth?

- Legal sex/gender (gender and sex have been used interchangeably on many legal forms) is a very simple process (probably just what you think it is.)
 - A baby is born.
 - Someone (usually a medical professional, like a doctor or a midwife) looks between the baby's legs and observes the baby's external genitalia.
 - ▶ If the medical professional observes a penis and scrotum, the baby is assigned "male" on the birth certificate.
 - ▶ If the medical professional observes a vulva (the collective word for the female external genitalia – clitoris, labia majora and minora) the baby is assigned "female" on the birth certificate.
 - Most of the time, this is all that happens—chromosomes are not tested and internal gonads are not imaged unless the infant has an intersex appearance (we'll talk more about this later on.)



Biological sex



- Your biological sex is a combination of:
 - Sex chromosomes: XX (female) and XY (male) are the most common, though other variations (XYY, XO, etc.) can occur.
 - ▶ Genes in fetal development: the SRY gene on the Y chromosome is thought to play a critical role in producing male children.
 - Gonads: internal organs, such as ovaries and testis (or ovotestis in some intersex individuals.)
 - Hormones: estrogen and testosterone are the most well-known, but many hormones interact to create feminine and masculine appearance at birth and secondary sex characteristics later in life.
 - Cells: Whether or not cells are sensitive to the presence of sex hormones can greatly influence the expression of biological sex traits.
 - Brain structure/"wiring": this is still being researched, but may play a key role in shaping gender identity and sexual orientation.

"Ambiguous" (non-binary) genitalia

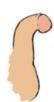
- To many physicians practicing today, intersex genitals are not actually considered "ambiguous." They are the result of known intersex conditions, with a predictable range of morphology.
- Laypeople, however, may not be aware of non-binary genitalia. Here are some medical line drawings of intersex genitalia.



Aphallia: where the first two sections of the genitals don't develop. equally common in both genders



Clitoromegaly: found in Females, the clit is usually 'reduced' to an 'acceptable female standard'



Chordee where the head of the penis formed as if it were female while the other parts continued on as male

ovotestis, formerly called 'true hermaphrodism' occurs very rarely in humans, and is considered an intersex condition. What it technically means is that the individual has both ovarian and testicular tissue present. However there are no documented cases of both of these organs functioning properly. People with ovotestis have genitalia that takes on many shapes and forms, here are some I've seen on real people.



This is the most female looking example. Basically the clitoris has enlarged considerably and formed a pseudophallus.



Here the labia comes together to form the base of the penis, sometimes the split goes up the penis itself



This example has the penis and labia more seperated. It also appears more like the penis is coming from the pelvis like a traditional penis would. Sometimes asmall clit may be seen.



In more male developed genitalia, there are balls, and snugly underneath there is a vagina.

Usually in this case the person has a shortened vaginal canal.



In this case the genitals look almost completly male. However there is a vaginal canal despite a missing labia. Again the vaginal canal is probably shortened.

Intersex people are individuals born with any of several sex characteristics including chromosome patterns, gonads, or genitals that do not fit typical binary notions of male or female bodies.

These are medical conditions involving variations in the components of biological sex.

- ▶ 5-alpha reductase deficiency
- Androgen Insensitivity Syndrome (AIS)
- Aphallia
- Clitoromegaly (large clitoris)
- Congenital Adrenal Hyperplasia (CAH)
- gonadal dysgenesis (partial & complete)
- Hypospadias
- Klinefelter syndrome

- Micropenis
- Mosaicism involving sex chromosomes
- MRKH (Mullerian agenesis; vaginal agenesis; congenital absence of vagina)
- ovo-testes (formerly called "true hermaphroditism")
- Partial Androgen Insensitivity Syndrome (PAIS)
- Progestin Induced Virilization
- Swyer Syndrome
- Turner Syndrome

Gender in society

Aspects of gender are "socially constructed" because they change across time and across cultures. Here are some specific ways in which we socially construct gender.

- ► Gender norms: A "gender norm" is a behavior or attribute that society attributes to a particular sex. (Example: pink as a "girl's color" and blue as a "boy's color.")
- Gender roles: social roles encompassing a range of behaviors and attitudes that are generally considered acceptable, appropriate, or desirable for a person based on that person's sex. (Example: cooking being seen as "women's work," or bricklaying being seen as "man's work.")
- Gender expression or gender performance: these are how a person shows their gender identity to the world, including learned and performed behaviors based on cultural norms of femininity and masculinity. (Examples: clothing choice, hair style, make-up, name and choice of pronouns.)
- Sexual scripts: ideas of how males and females are supposed to interact with each other, including how each gender should behave in sexual or romantic situations. (Examples: "The man should pay for a date," "A woman should play hard to get," etc.)

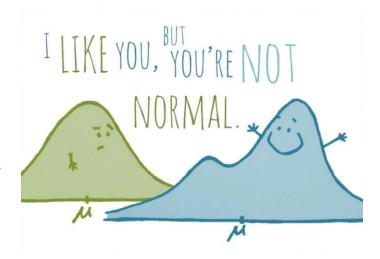




"Normal" or Cisheteronormativity

"Cisheteronormativity" has three components:

- ▶ 1. Binary gender: a society where people are assumed to have binary gender: male or female, boy or girl, man or woman.
- ▶ 2. Cisgender: a person's internal sense of gender identity is assumed to match the sex they were assigned at birth.
- ▶ 3. Heterosexual: Sexual orientation is now no longer considered part of one's gender identity, but its own variable. But in the past, these things were not considered to be separate things. A lack of gynephilia (attraction to women) in a man was viewed as "effeminate" and a lack of androphilia (attraction to men) in a woman was viewed as "unfeminine."



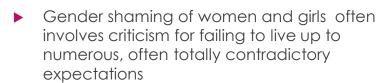
"Cisheteronormativity" means these three things (binary gender, cisgender and heterosexual) occurring together in society is what is considered "normal" in that society. Since a numerical majority of people are male or female, cisgender and heterosexual, in many cultures, this is considered "normal" while variation from these norms is pathologized or sometimes even criminalized.

Gender identities

- ▶ **Cisgender:** a person whose biological sex and gender assignment at birth matches their internal sense of themselves (example: a person with biological male traits assigned male at birth who also identifies as a man.)
- ▶ **Transgender:** a person whose biological sex and gender assignment at birth does *not* match their internal sense of themselves (example: a person with biological male traits assigned male at birth who identifies as a woman.)
- Agender: a person of any biological sex who does not identify with a gender (may prefer neutral pronouns like "they.")
- ▶ **Genderfluid:** a person who does not identify themselves as having a fixed gender.
- **Bigender:** a person who has two gender identities (possibly that they use at different times/in different circumstances or social settings.)
- ▶ **Genderqueer:** a person for whom some aspect of their gender identity (experience of gender, gender presentation, etc.) does not fit in with the normative ideas of gender in the person's culture.

Gender shaming

- Gender shaming is the primary method by which gender norms are enforced. Men and women participate in gender shaming.
- Messages of shame are frequently organized around gender



- Women are shamed for not being attractive/sexy ("butterface," "dog" etc.)... and also shamed for being too attractive/sexy ("she went out dressed like that?" etc.)
- Women are shamed for engaging in too much sexual behavior ("slut") or not enough ("prude.")
- Women are shamed for not being more assertive and competitive in the workplacebut also shamed for being too assertive/competitive ("b*tchy").



- Gender shaming of men and boys is often done by comparing them disparagingly to women and girls. Men learn that they are not supposed to be feminine or like feminine things.
 - Weakness and vulnerability in all forms (athletic, emotional, etc.) is shamed and considered feminine. ("Boys don't cry!" "You throw like a girl!")
 - Enjoyment of anything deemed culturally feminine may be shamed (colors, textures, clothes, jobs or activities traditionally done by women, etc.)
 - ▶ Gender shaming for men can overlap with sexual orientation shaming, particularly in cultures that do not make a distinction between gender and sexual orientation. The fear of being identified/shamed as gay is a form of homophobia (prejudice/stigma about homosexuality.)



Gender ideology

- Gender ideology is a system of beliefs and values which forms the basis for a type of thought, be it political, economic, social, or otherwise, about gender.
- In the United States, both the political left and the political right criticize "gender ideology." Because of this, it is important to specify whose gender ideology or belief system is being discussed. Thought leaders on the political left criticize elements of traditional gender ideology, while thought leaders on the right criticize liberal gender ideology.
 - "Traditional" gender ideology draws many ideas from older Judeo-Christian religious belief systems and often includes:
 - Belief that distinct roles for men and women (men as leaders and breadwinners, women as stay-at-home mothers) have value in society and should be encouraged or enforced. This can include the idea that women's roles should be subservient, and/or that women's rights should be limited by the state.
 - Heterosexual marriage and nuclear family are seen as a social good. This value may exclude other types of relationships (homosexual marriage) or families (single-parent, divorced, etc.)
 - Belief that differences between men and women have natural and biological foundations (or even spiritual origins) and are not the result (or at least not solely the result) of cultural construction.
 - Belief that people cannot or should not choose their own gender identity or attempt to transition genders (gender is the result of biological sex or divinely ordained.)
 - Belief that non-heterosexuals and trans people are "sexual perverts" and/or "mentally ill" and should be legally excluded from gendered activities or facilities, like sports and bathrooms, and also from educational, parenting or mentoring roles involving children.

- "Feminist," "Liberal" or "Post-Modern" gender ideology draws many ideas from academic fields of research (psychology, sociology, anthropology) and often includes:
 - Belief that one's gender should not exclude a person from access to roles, occupations, rights, activities or resources, and that systems of government or social control that concentrate resources and political power in the hands of men while excluding or under-representing women and non-binary people are unbalanced, unfair, and/or oppressive.
 - Belief that gender is socially constructed, and non-binary, non-heterosexual and trans identities are valid and acceptable.
 - Belief that some elements of traditional gender ideology (such as "rape culture" and "toxic masculinity") are dysfunctional in society and should be discontinued.
 - "Rape culture" is the belief that victims of sexual assault, rather than perpetrators, have contributed in some way to provoking the assault and are therefore responsible for what has happened to them.
 - "Toxic masculinity" refers to beliefs and stereotypes associated with men that encourage or normalize aggressive, violent, misogynistic, homophobic or transphobic behaviors. "Boys will be boys." "Man up!" "Boys don't cry!" "Punching someone makes them respect you."

Dr. John Money and David Reimer



- Dr. John Money was psychologist at Johns Hopkins University in 1986 when Mr. and Mrs. Reimer brought in their son, who had been injured in a circumcision accident and lost his penis. They feared for his future and mental health.
 - The child (named "Bruce" Reimer at birth) had a twin brother who was uninjured. Because of this natural "control group" Dr. Money believed this case was a perfect opportunity to test his theories on gender.
 - As a behavioralist, Dr. Money believed humans were born as a "blank slate" and that gender was solely the result of socialization. He convinced Mr. and Mrs. Reimer that the solution to raising a psychologically healthy child who had lost his penis was to "re-assign" his gender to female, do surgery to remove his testes, raise him as a girl, and provide estrogen treatment when he reached puberty. The Reimers changed his name to "Brenda" and did as Dr. Money suggested.
 - Dr. Money continued to treat "Brenda" and report on the "success" of this treatment for 14 years. He saw the twins annually and allegedly made them "practice" sex positions and inspect each other's genitals as part of therapy. During that time, the papers he published influenced thousands of similar "gender-reassignment surgeries" on intersex children, particularly chromosomally-male babies born with a condition called "micropenis."
 - By age 14, Brenda, who was bullied at school and already experiencing significant gender dysphoria, threatened suicide rather than to go see Dr. Money again. Brenda's parents took her to see a different psychologist, who told them it was time to tell the child the truth about what had happened.
 - After being told this information at age 15, Brenda immediately transitioned to a male identity, assuming a new, masculine name ("David") and beginning the process of reversing the surgeries and hormone treatments that had been done to him.
 - David later married a woman who already had three children. He was convinced to tell his story publicly and books and documentaries about his experience were created. Unfortunately, his twin brother became mentally ill, and died from a drug overdose. David's parents felt this mental illness was also the result of Dr. Money's therapy. Two years later, David's wife asked for a divorce, and David committed suicide by firearm at age 38.
- Lessons learned:
- ▶ 1. People have an internal sense of gender identity that is separate from their biological sex and socially assigned gender or "gender of rearing."
- 2. The treatment of injured/intersex children (non-life-saving genital/gonadal surgery on children too young to consent for themselves, lying to them about their medical conditions, and treating their bodies as pathological) is unethical. Treatment should instead include counseling for parents.

Gender and pronouns

- Pronouns: These are words like "he," "she," "him," or "her." A pronoun is a part of speech used to replace a proper noun.
 - In the past, people usually assumed someone else's gender by looking at their physical appearance (hair length, height, secondary sex characteristics) and/or behaviors (clothing choices, gender performance) for clues and making a guess.
 - For non-binary and transgender people, the pronouns others would guess for them may not fit, can create discomfort, stress and anxiety. Think about the pronouns other people use to describe you. Now imagine someone calling you the one you don't think of yourself as. Imagine them doing it over and over and over, even after you've corrected them.
 - Asking people politely, "What are your pronouns?" is a new way to allow others to just tell you what their gender identity is, rather than you having to guess. Some young people prefer to display their pronouns on nametags and social media.
 - Since English did not have pre-existing gender-neutral or gender-nonconforming personal pronouns, various options are in use:
 - Nonbinary pronouns: singular they/them. Sometimes previously used in English to purposely obscure the gender of a person, so as not to give away their identity, they/them are (so far) the most popular non-binary pronouns.
 - Neopronouns: new words, like ze/zur or xe/xir. In some online communities, it is acceptable to replace pronouns with other pre-existing nouns or even emojis.
 - Not a pronoun for a person: Even though "it" is the third-person singular gender-neutral replacement for a proper noun in English, this still should not be used on a person. We refer to inanimate objects, animals, and monsters as "it." Referring to a person this way is considered dehumanizing.

https://www.nytimes.com/2021/04/08/style/neopronouns-nonbinary-explainer.html

And now for something completely different: Love

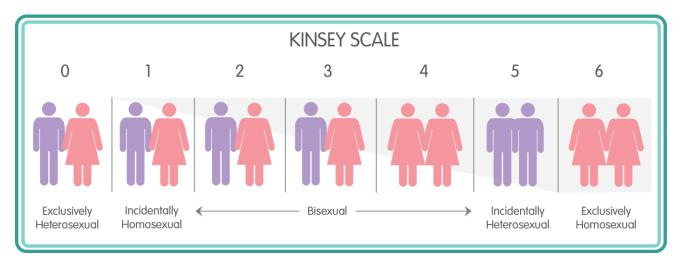
- Researching brain activity using functional MRI, Dr. Helen Fisher has identified three systems of love in the human brain:
 - **Lust** (sexual desire):
 - ▶ A drive for sexual gratification (orgasm) that is not partner-specific.
 - ▶ Can cause a dopamine spike, which may lead to romantic interest
 - ▶ **Romantic love** (focused attention to achieve a pair bond):
 - ▶ A persistent drive to focus on pursuit of one partner
 - May have addiction or obsession-like features, such as extreme emotional highs and lows
 - for the purpose of pair-bonding/mating
 - ▶ Attachment (for long-term bonds):
 - ▶ feelings of safety, calm, peace, belonging, and/or tolerance
 - for the purpose of raising children and maintaining family ties
- https://www.ted.com/talks/helen_fisher_why_we_love_why_we_cheat#t-1066293





The Kinsey Scale

Alfred Kinsey was an American biologist, professor of entomology and zoology, and sexologist who, in 1947, founded the Institute for Sex Research at Indiana University, now known as the Kinsey Institute for Research in Sex, Gender, and Reproduction. He is best known for writing Sexual Behavior in the Human Male (1948) and Sexual Behavior in the Human Female (1953), also known as the Kinsey Reports, as well as the Kinsey scale. Kinsey's research on human sexuality, foundational to the field of sexology, provoked controversy in the 1940s and 1950s.



Sexual Orientation

- ► The concept of sexual orientation, particularly non-heterosexual orientations, has changed considerably over time. At various times, it has been seen as a behavior (sometimes a sin), a separate gender, a preference, an identity, and now an orientation.
- Orientation is defined by the ability to feel sexual attraction. This is not a function of behavior (who you actually have sex with) or whether you choose to openly reveal your orientation to the world (identity).
- Sexual orientation may be different than romantic orientation or long-term bonding in some individuals.

Categorical Sexual Orientations

LGBTQIA+

- Lesbian- a woman who feels sexual attraction exclusively to other women
- Bisexual- a person who feels sexual attraction to men and women
- ▶ Gay- a man who feels sexual attraction exclusively to other men
- Transgender- a person whose gender assigned at birth does not match their gender identity
- Queer/questioning-Someone who is as yet unsure about their sexual orientation or gender identity.
- ▶ Intersex- someone for whom some aspect of their biological sex is non-binary
- Asexual- a person who rarely or never experiences sexual attraction
- +- The plus sign is to allow for the inclusion of other groups as they emerge, like "Pansexual"- people who are attracted to others regardless of their own or others' gender identity.

Heterosexual- a man who feels attracted exclusively to women, or a woman who feels attracted exclusively to men.



Romantic identities

- Aromantic: No romantic attraction towards anyone (aromanticism, see section below).
- ▶ Heteroromantic (or heteromantic): Romantic attraction towards person(s) of the opposite gender (heteroromanticism).
- ► Homoromantic: Romantic attraction towards person(s) of the same gender (homoromanticism).
- ▶ Biromantic: Romantic attraction towards two or more genders, or person(s) of the same and other genders (biromanticism). Sometimes used the same way as panromantic.
- Panromantic: Romantic attraction towards person(s) of any, every, and all genders (panromanticism).
- Demiromantic: Romantic attraction towards any of the above but only after forming a deep emotional bond with the person(s) (demiromanticism).
- Greyromantic: Experiencing romantic attraction rarely or only under certain circumstances (greyromanticism).



Pathologization of non-binary gender identity and sexual orientation

- The term "gender dysphoria" has been used by psychologists to denote a condition where a person experiences discomfort or distress because there's a mismatch between their biological sex and gender identity. It's sometimes known as gender identity disorder (GID), gender incongruence or transgenderism.
- What causes someone to form a non-binary gender identity is still unclear. If brain structure or brain wiring impacts gender identity formation, then it is possible non-binary gender identities have a biological basis.
- Some thought leaders still espouse explanations for non-binary gender identity and/or sexual orientation that pathologize transgender, non-binary and/or LGBTQ people, which means to regard them as psychologically abnormal or unhealthy rather than part of natural human variation.

 Note: these explanations are controversial and offensive to the people they have been applied to.
 - Abuse: This is the hypothesis that the reason people become homosexual or bisexual is because of trauma resulting from sexual abuse in childhood.
 - Autogynephilia: This is the hypothesis that biological males who are aroused by the idea of themselves as a female are motivated by this paraphilia (abnormal sexual desire) to build trans woman identities. Proponents of this perspective include Dr. Ray Blanchard, Dr. Alice Dreger, Dr. Anne A. Lawrence and psychologist Michael J. Bailey.
 - Conversion or reparative therapy: Built on the hypothesis that it is possible to change someone's sexual orientation or gender identity from an LGBTQ or trans identity to a heterosexual or cis identity, this is the pseudoscientific practice of attempting to do so using psychological, physical, or spiritual interventions. There is no reliable evidence that sexual orientation or gender identity can be permanently changed this way. Practices have included: lobotomies, chemical castration, electroshock to the genitals, and "masturbatory reconditioning." 20 states and 100 municipalities in the United States have made it illegal to do this type of therapy on minors.
 - Rapid-Onset Gender Dysphoria/Social contagion: This is the hypothesis that the rising numbers of teen trans identities are due to peer pressure/attention seeking.

Other <u>non-LGBTQIA+</u> identities you might have heard about...

- Pedophile, child molester, sex offender:
 - In the United States, sexual abuse of children is considered a heinous crime, illegal in all states and at the Federal level.
 - But recently, some scholars have pondered whether pedophilia (attraction to pre-pubescent children) and related -philias such as attraction to pubescent girls (hebephilia) or pubescent boys (ephebephilia) are persistent conditions that some people are born with (similar to a sexual orientation).
 - Some have suggested that if we recognize them as such, we could possibly do more to prevent those people from acting on their instincts and harming children.
 - This has become a very controversial topic.
- Incel, Manosphere, MGTOW (Men Going Their Own Way), MRA (Men's Rights Association) PUA (Pick-Up Artists) PUAHate (Pick-Up Artist Hate):
 - These are not sexual orientations or gender identities at all, but large online "self-help" communities for heterosexual men who are frustrated with some aspect of their relationships (or lack thereof) with women, particularly their lack of ability to have sex with them.
 - Many of these men see the ability to have sex with women as status-conferring and their inability to "achieve" this outcome as harmful to their well-being.
 - They often feel their lack of access to sex is caused by unfair or misandrist social expectations (they claim women are "hypergamous" or seek to marry/have sex with only men of superior socioeconomic status and/or educational background to themselves) and/or have physical gender-based prejudices, such as stigma against shorter men, overweight stigma, baldness stigma, etc.
 - These groups were thrown off popular social media sites after it was discovered that misogynist threats and manifestos had been posted by members (such as Eliot Rodger) just prior to carrying out mass murders of women, who they blamed for their frustrations. They have since migrated to other sites.

Gender controversies: intersex and trans women in sports?

There is controversy over the concern that the inclusion of trans women in various kinds of competitions (particularly sports) will unfairly deprive cis women of opportunities, resources, safe spaces and awards.

- This idea began in the United States as anti-Soviet propaganda, raising the suspicion that male athletes from the USSR had been altered to appear female to out-compete female athletes in the Olympics.
 - "Gender verification testing" at the Olympics was first instituted in 1966. Unfortunately, though, these tests did not uncover many cheaters, but rather naturally intersex individuals, many of whom were subsequently excluded from participating.
 - Gender verification testing was conducted exclusively on female athletes.
 - ▶ Gender verification testing was stopped at the Olympics in 1999, but globally there are still reports of athletes being excluded from sports contests because of having intersex traits.
- This issue of whether trans women who have undergone social, hormonal, and/or surgical transitions, should be allowed to compete in women's sports functions to divide feminists:
 - "Trans-Exclusionary Radical Feminist" or "TERF" is a term you might see on social media. It was coined to refer to a minority of feminists who espouse beliefs that the majority consider transphobic (prejudiced against trans people)—they do not accept trans women into women's organizations, spaces, sports, etc.

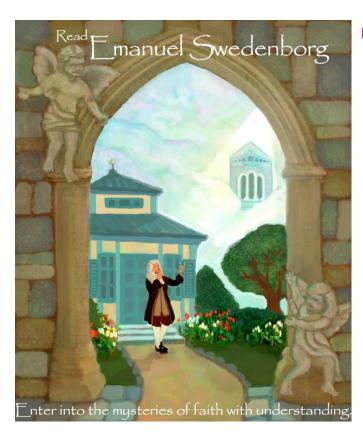


Gender controversies: trans people and bathroom safety?

- Several states, including Arizona, Florida, Texas and Kentucky, have considered or are considering enacting so-called "bathroom bills," which restrict transgender people from using the bathroom in line with their gender identity, and are framed as "protective" measures against "sexual predators."
 - There are no reported cases of anyone using a trans identity to gain access to a woman's bathroom for the purpose of committing rape.
- Designing better bathrooms:
 - Single-gender bathrooms are potentially more dangerous to women. Heterosexual male rapists know a women's bathroom is a place where the next person who walks in is very likely to be his intended target.
 - All-gender bathrooms are less attractive to heterosexual male rapists, because they know the next person who walks in may not be a woman, it may be another man.
 - Single-occupant, all-gender bathrooms with safety features, like a sliding door (so an attacker cannot hide behind the door) and alarms (to summon the police if an attack is in progress) would be a better way to protect against bathroom rape than banning trans and/or intersex people from bathrooms.



Swedenborg and gender in historical context



- When Swedenborg wrote about gender, he wrote about binary (m/f) gender roles as they were understood during his lifetime. He was born in 1688 and died in 1772. In context, his passing was:
 - ▶ 133 years before Nettie Stevens and Edmund Beecher independently discovered sex chromosomes in 1905
 - 200 years before Larry Weed introduced the concept of electronic medical records in 1972, which now allow physicians and researchers to compile and research many medical conditions and variations.
 - ▶ 214 years before Dr. John Money began experimenting on David Reimer in 1986 to test whether gender identity was the result of socialization and not inborn.
 - ▶ 234 years before social media sites Facebook and Twitter went worldwide, allowing trans and non-binary identifying people to express themselves publicly and share their experiences with the world.

We have come a long way on this topic in a very short amount of time.