*Each of these areas can be fluid and change at any time for some people.*
The purpose of filling out a Genderbread Person is for you to reflect on your personal identity. The Genderbread Person focuses on five identity categories:

**Biological Sex:**
the sex you were assigned at birth by a doctor based on your genitalia/chromosomes/hormones/etc. (Male, Female, Intersex).

**Gender Identity:**
the gender you FEEL that you are. It isn’t determined by your physical body, but by your internal sense of being a gendered person. NOT just binary (man, woman) but includes identities under the transgender umbrella (transgender, genderless, genderqueer, etc.) for those who don’t identify with one of the binary genders.

**Gender Expression:**
the way you express your gender externally. What you wear, your hairstyle, your mannerisms, the way you speak and move, etc. The binary identities are masculine and feminine. Androgynous is a combination of the two. Some choose not to express it at all, which can be referred to as gender neutral.

**Sexual Orientation:**
describes your identity based on the people you find attractive sexually, the people with whom you want to form sexual relationships. Straight, gay, lesbian, bisexual, pansexual, asexual, to name a few.

**Romantic Orientation:**
describes your identity based on the people you find attractive romantically, the people with whom you want to form romantic relationships. For individuals who experience sexual attraction, their sexual identity and romantic identity are often in alignment, but many others have a romantic identity that is different from their sexual identity.

**Some Things to remember:**
It’s often that our society lumps all of these together. It’s important and empowering to think about where you fall in each of these areas. These identities can be fluid and can change over time! It’s OK to land somewhere in between, outside, or in multiple places on the same identity.

Have fun exploring your identities!