



Definitions

These definitions are provided to promote clarity and consistency across Woodhull's materials. They reflect commonly accepted understandings from major medical, psychological, and human rights organizations and are written in accessible, inclusive language for broad public use.

Sex

A set of physical traits, such as chromosomes, hormones, and reproductive anatomy, that are typically categorized as male or female at birth. These traits exist along a spectrum and do not always align neatly with binary definitions.

Gender

A social and cultural system of roles, behaviors, and expectations related to masculinity, femininity, and other identities. Gender exists on a spectrum and can differ across time, place, and culture.

Cisgender

A term for people whose gender identity aligns with the sex they were assigned at birth. For example, someone assigned female at birth who identifies as a woman is cisgender.

Intersex

A general term for people born with physical sex traits, such as chromosomes, hormones, or anatomy, that do not fit typical definitions of male or female bodies. Intersex variations are natural and diverse.

Gender Expression

The external presentation of one's gender through clothing, hairstyle, voice, behavior, or other means. Gender expression may or may not align with societal expectations or with someone's gender identity.

Gender Identity

A person's deeply held sense of their own gender, such as being a man, a woman, both, neither, or another gender entirely. Gender identity may or may not align with the sex assigned at birth.

Endosex

A term describing people whose physical sex traits fit within typical medical definitions of male or female. "Endosex" is sometimes used as the opposite of "intersex."

Gender Dysphoria

The psychological distress that can occur when a person's gender identity does not align with their sex assigned at birth. (Defined by the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, 5th Edition.)

Gender Euphoria

The joy, comfort, or affirmation someone feels when their gender identity is recognized, respected, and expressed in ways that feel authentic to them.