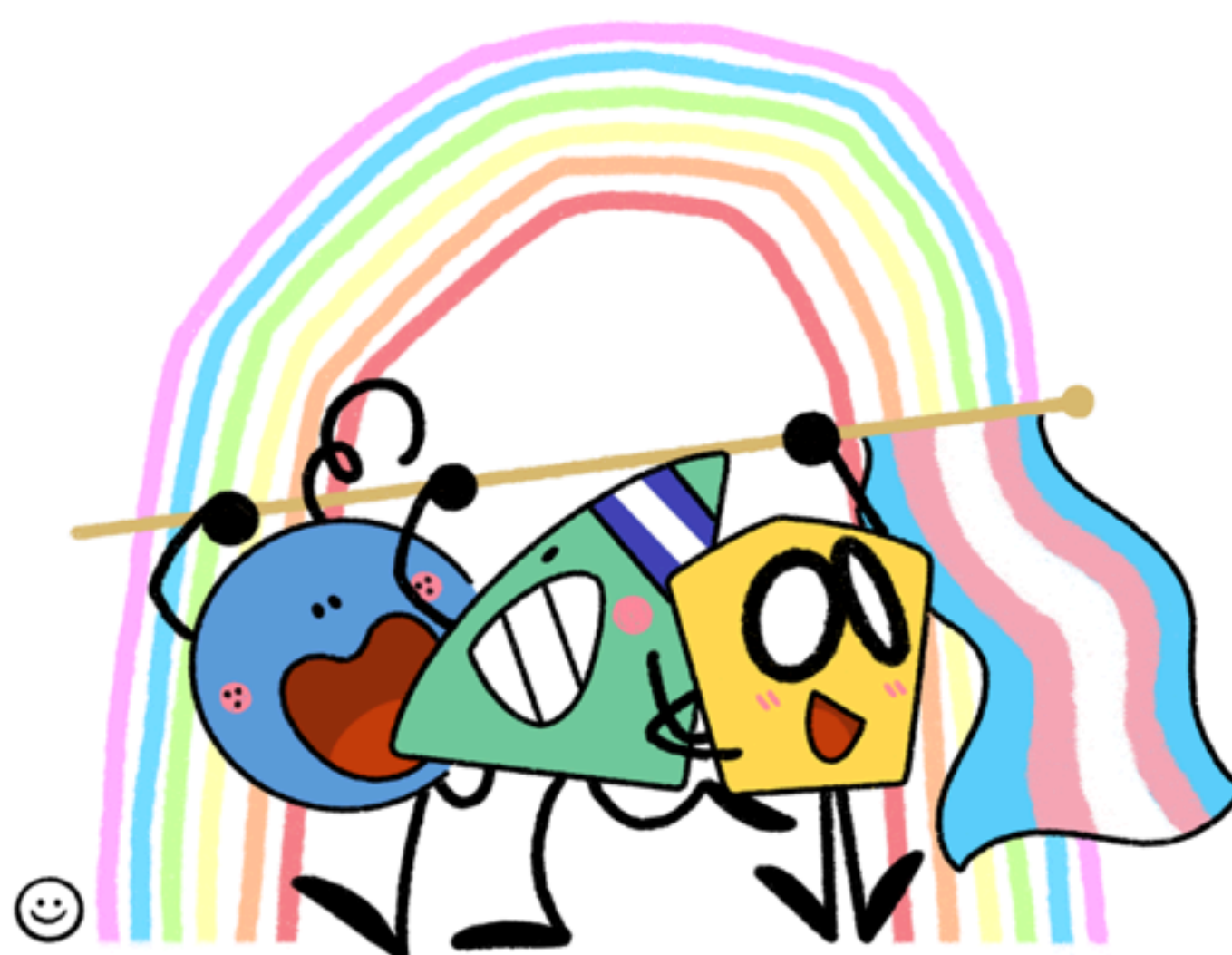




Embracing Identity

Beyond Binaries

Goal: Developing a sense of one's own gender identity at **any age** can look different in many ways. A person may feel as though their gender identity and assigned gender do not match (transgender). A person may feel aligned with their assigned gender at birth (cisgender). A person may identify with both masculine and feminine at the same time (bigender). A person may feel like they do not identify with either gender (non-binary). A person's gender identity may shift over time (gender fluid).

[Tip]: It can be helpful to reach out to organizations like The Rainbow Resource Centre in Winnipeg for support, education, and resources related to gender identity and expression. Visit <https://rainbowresourcecentre.org> or call 1-855-437-8523 toll free for more information.

Why is this important? Many cultures around the world have acknowledged and celebrated the existence of more than two genders for centuries. Responding to a child with respect and understanding when they express a gender identity that is different from their assigned gender at birth is key to their healthy development.

References:

National Centre on Parent, Family and Community Engagement. (n.d.) Healthy Gender Development and Young Children. <https://depts.washington.edu/dbpeds/healthy-gender-development.pdf>