



The Genderbread Person version 3

an EDUGRAPHIC about GENDER
almost 100K shares

Gender Identity
Woman-ness
Man-ness
How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Gender Expression
Feminine
Masculine
The ways you present gender, through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

Biological Sex
Female-ness
Male-ness
The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Sexually Attracted to
Nobody (Women/Females/Femininity)
Nobody (Men/Males/Masculinity)

Romantically Attracted to
Nobody (Women/Females/Femininity)
Nobody (Men/Males/Masculinity)

Gender is one of those things everyone thinks they understand, but don't. This tasty little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.

by Sam Killermann

Sam is able to create edugraphics like this thanks to **funding from 19 patrons**. And we can keep this site thriving thanks to **IPM's 32 patrons**.

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The Genderbread Person v3.3

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*, gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread! 4 (of infinite) possible plot and label combos

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In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>

The Genderbread Person version 3 [.PDF](#) [Reply](#) [Share](#)

Taking the lessons learned from [version 2](#), and applying them to **sexuality in a more meaningful way**, here's my best rendition of the genderbread person yet.

Hey! Friend! I published a [version 4](#) of my Genderbread Person! It's at least 33.333% better than this one. (Tbh, I think it's better in every way, and anything you like about 3.3 can easily be remixed into v4) Check it out.

Most Wednesdays
I publish new Social Justice, Gender, & Sexuality Resources.

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Someone pointed out that I hadn't shared this here yet, even though it's been out for awhile. I am in disbelief about how long it's taken me to get this up on the site. I really don't know what happened — time flies? I created the first iteration of my version 3 of the genderbread person when I published [my book](#) back in 2013.

I've posted it [on Facebook](#), it's been [translated](#) a few times, it's even been [Santafied](#), and don't have much of an explanation to share for why I've neglected to share it here. But... here it is! Sorry? Sorry.



If you like what I'm creating here, you'll love my book **A Guide to Gender**. It's just like this site, but made of paper.

What's new?

There are two big differences from v2 to the most recent v3: separating romantic & sexual attraction, and the labeling of the continua. I'm also sharing it here with a more simplified version that I encourage folks to use for Powerpoints or to supplement any articles they're writing, where the additional verbiage isn't necessary.

Separating romantic and sexual attraction is a more accurate way of describing some of the ways we all experience attraction (or don't), and it's also an effort to make the graphic more inclusive of asexual folks. Check out this [great article on Asexuality.org](#) about sexual and romantic attraction if you'd like to read more.

Labels have always been one of the toughest parts of the genderbread person, because in my versions I'm trying to simultaneously reinforce folks current understandings (or former, or *problematic*) of gender, while expanding and building upon their understanding, enhancing it, and making it a more honest depiction of the ways we all *actually* experience gender. Using the language that reinforces problematic and limiting understandings of gender as a means to expand understanding feels a lot like using the master's tools to deconstruct the master's house, and in this version I'm trying to get away from as much language as possible.



I co-authored **Unlocking the Magic of Facilitation** with Meg Bolger to help you teach everything you read here to others.

Here's a testament to that "less language is better" sentiment, a more Powerpoint-friendly version you're welcome to use:

The Genderbread Person v3.2

Identity
Attraction
Expression
Sex

Gender Identity
Woman-ness
Man-ness

Gender Expression
Feminine
Masculine

Biological Sex
Female-ness
Male-ness

Sexually Attracted to
Nobody (Women/Females/Femininity)
Nobody (Men/Males/Masculinity)

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Nobody (Women/Females/Femininity)
Nobody (Men/Males/Masculinity)



I wrote **Defining LGBTQ+** to give you a head start on all the vocab. It's only available as an e-book (for now).

What's the same?

It's still totally **uncopyrighted** and yours to use however you'd like. No need to ask for permission.

It's still based on the deconstruction of gender into identity, expression, and sex, building on my **second** and **first** versions of the genderbread person, which are my spin on the model that's been around for a couple decades, which was based on the work of feminists from the past century.

And it's still, I hope, as adorable as ever.

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About the Author

Hi! I'm **Sam Killermann**. I'm the author of **A Guide to Gender: The Social Justice Advocate's Handbook**, and I was featured in Katie Couric's NatGeo documentary "**Gender Revolution**". I created **It's Pronounced Metrosexual** in 2011. I write everything here and doodle the doodles myself. Bonus: everything I create is **uncopyrighted** and **freely accessible** — I even **coded** [\[& open-sourced\]](#) **this site** itself, my **gift** to you. [Read More](#) →

All of my work is directly supported by **patronage**, so if you appreciate what I'm doing you can **pay me to keep doing it**. I bet you'll also dig these other things I made:

- [The Safe Zone Project](#) (a free online resource for LGBTQ+ trainings)
- [Social Justice, Minus Dogma Course](#) (an online, at-your-own pace course for charting a path toward equity)
- [I.<3.Singular.They](#) (an animated love letter to a pronoun... yep.)
- [The Sexualitree](#) (a comprehensive sexuality model, curriculum, & downloads)

