

# Meet BOW

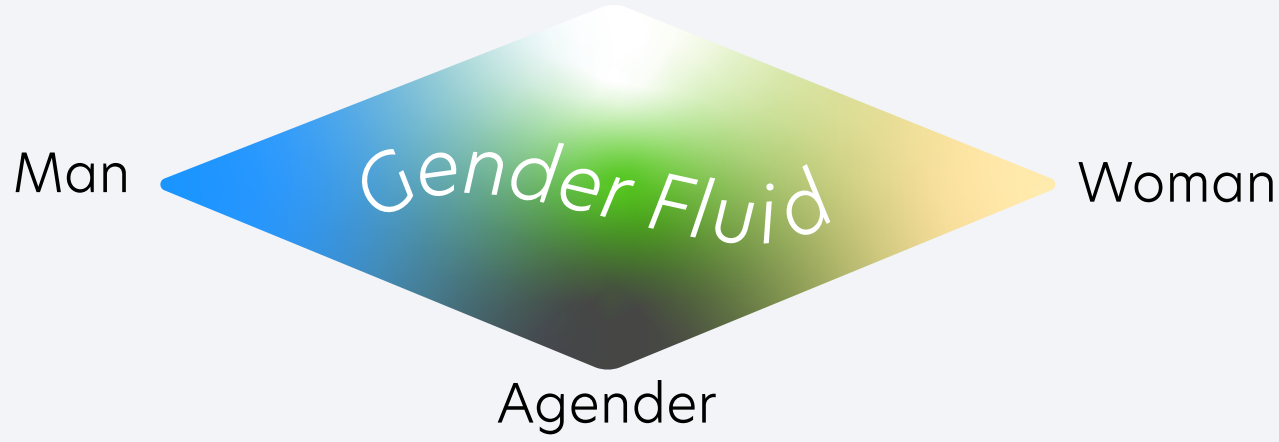


@PMChosenFamily  
Sexual and Gender Diversity in Cancer Care

Adapted from The Gender Unicorn (transstudent.org/gender/)

## Gender Identity

Multigender/Non-binary

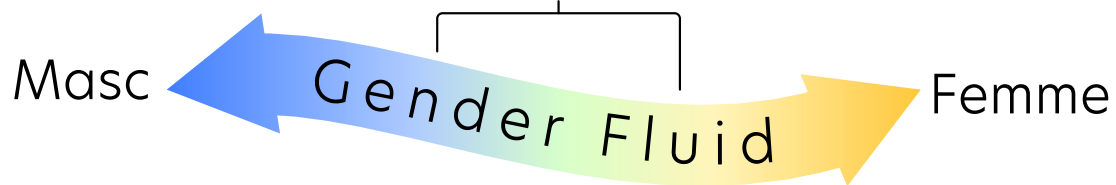


**Gender identity is a person's internal sense of self and their gender**, whether someone feels like a man, woman, neither, both or another gender. It may or may not be the same as their sex assigned at birth. If someone's sex assigned at birth is the same as their current gender, they are cisgender. If a person's gender identity does not match their sex assigned at birth, they fall under the transgender umbrella.

**Gender is socially constructed.** There are societal expectations, roles and assumptions about how someone "should" behave based on sex. Gender norms vary across cultures and change over time. Gender identity can be fluid meaning people can identify with different or multiple genders at different times.

## Gender Expression

Androgynous



**Gender expression refers to how a person expresses their gender identity, through appearance, clothing and behaviour.** Society often classifies these expressions as masculine or feminine. This expression can be fluid and change over time. Gender expression is not always reflective of a person's internal gender identity.

## Pronouns

pronouns

she/  
her

they/  
them

he/  
they

Single pronouns

Mixed pronouns

zi/  
zir

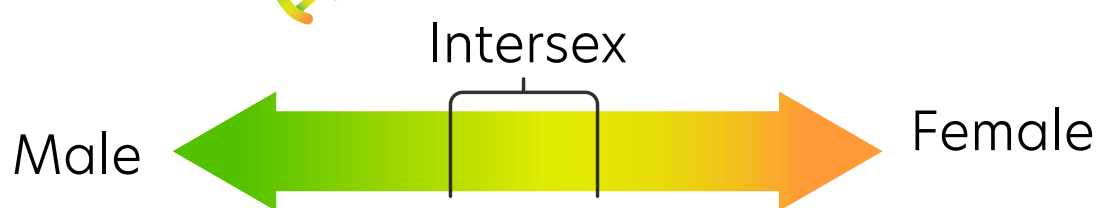
name

Neo pronouns

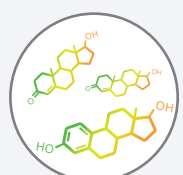
No pronouns

**A pronoun is a word that is used instead of a noun, to refer to a person.** Pronouns are often used in place of a person's name. (e.g., she/her, he/him, they/them, or ze/zir). In the English language, we have gendered pronouns which specifically refer to someone's gender: he/him or she/her. Nonbinary pronouns are not gender specific and are most often used by people who identify outside of a gender binary - not identifying as a woman or a man.

## Sex



## Components of Sex



Anatomy

Chromosomes

Hormones

Sex can be understood as a label. It is often assigned at birth, when a doctor or midwife declares a new born baby to be male, female or intersex. **Sex is primarily based on anatomy, hormones, and chromosomes.** Sex is also a legal status, usually listed on a birth certificate. Sex can be changed in legal documents such as a health card, birth certificate, passport or drivers license. **Sex and gender are different and not always related.**

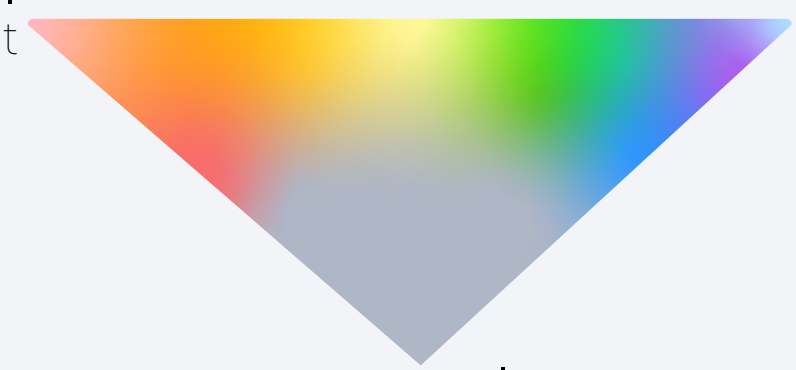


## Sexual Orientation

Heterosexual  
Straight

Bi or Pansexual

Gay  
or Lesbian



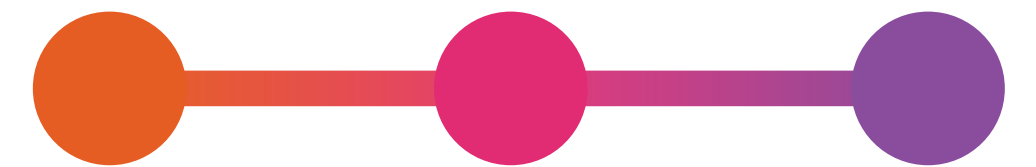
Asexual

**Sexual orientation is the gender(s) a person is attracted to.** Generally, lesbian or gay people are attracted to the same gender; heterosexual (straight) people are attracted to the opposite gender; bisexual or pansexual people are attracted to more than one or all genders; and asexual people experience limited or no sexual attraction. **Sexual orientations can be fluid, change over time and use a variety of terms.**

## Attraction

**People may experience other forms of attraction, such as romantic, emotional, intellectual, as a different experience than their sexual orientation.** What genders someone is emotionally or romantically attracted or not attracted to may be different than their sexual orientation. These different attractions can also inform someone's sexual orientation. The above figure can be applied to all types of attraction.

## Relationships



Unpartnered

One  
Partner  
*Monogamy*

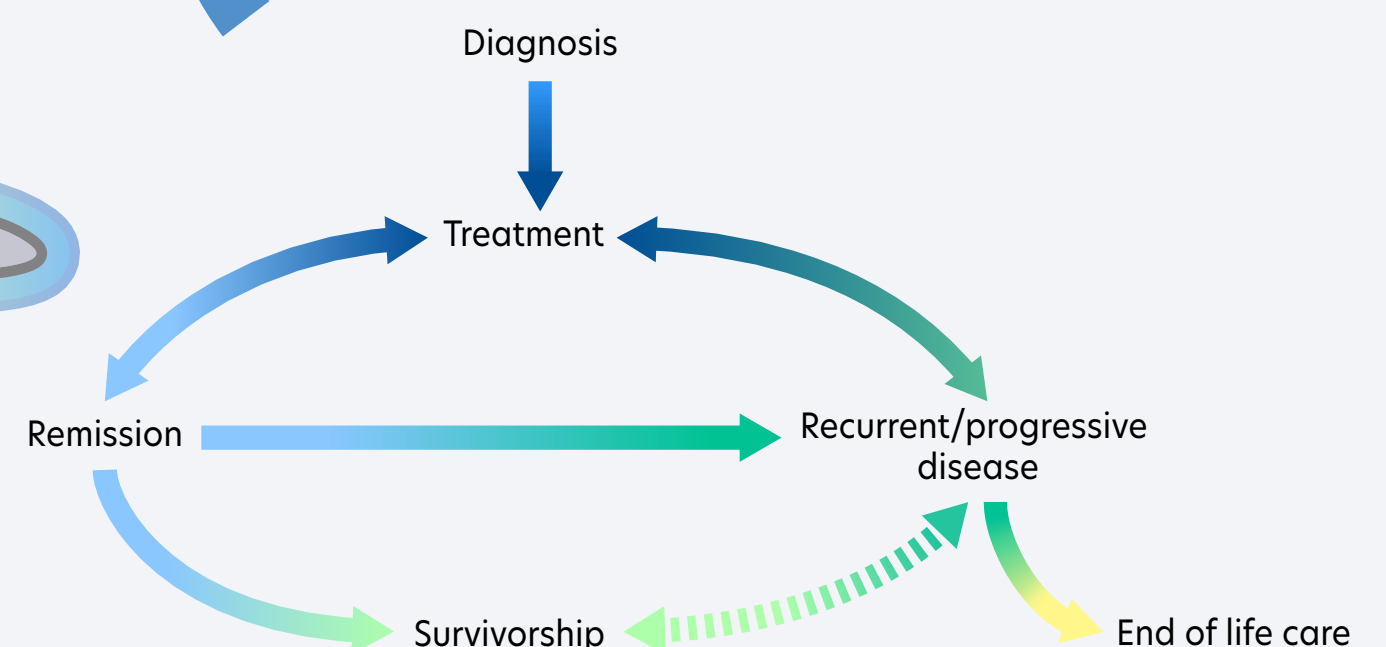
Multiple  
Partners  
*Consensual non-monogamy  
Polyamory*

Platonic  
*Chosen family  
Queer platonic*

Romantic  
Sexual  
*Spouse  
Primary partner*

**Relationships can be structured in a spectrum ranging from monogamy to polyamory.** Monogamy means the person has one primary partner, like a husband, girlfriend, etc. Polyamory (or poly) means having multiple partners, it is a spectrum that includes different types of relationships. A person can also be unpartnered. Relationship types can range from romantic/sexual relationships to platonic ones. **People may have other platonic or familial supportive relationships (chosen family or family of origin).**

## Cancer Pathway



Where a person is on their cancer pathway will impact their identity, understanding of self and outlook on life. People with diverse gender identities, sexual orientations and relationship structures may have unique experiences along the cancer pathway. **Understanding SGD basic terms, why it is important to someone's identity, and the connections to cancer, is the first step in providing inclusive care.**